

# Postgraduate Certificate Couples Therapy



## Postgraduate Certificate Couples Therapy

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/couples-therapy](http://www.techtitute.com/us/medicine/postgraduate-certificate/couples-therapy)

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# 01

# Introduction

Medical up-to-date training in the field of couples therapy is crucial to keep abreast of theoretical and practical advances, allowing doctors to provide more effective and personalized care to couples seeking help in resolving their relational problems. The constant evolution of couples therapy also makes it important for doctors to keep their knowledge and skills up-to-date in order to adapt to new trends and needs of the population. This TECH university program is designed and created with the needs of medical updates in this field in mind. Delivered in a 100% online format, the program explores how couple relationships are formed and develop, attachment and how to structure effective couple therapy.



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*With this TECH program you will acquire skills to assess and measure the effectiveness of couples therapy, which will enable you to demonstrate the value of your work to patients and other professionals"*

This Postgraduate Certificate is specifically designed for medical professionals interested in delving deeper and bringing their knowledge up-to-date in the field of couple therapy. The program is delivered in a 100% online format, which means that the specialist can take the lessons at a time that is most convenient for them.

During the program, it will be explained in depth how couple relationships are formed and developed, attachment and how an effective couple therapy is structured. In this way, the medical professional will bring up to date their knowledge of the different theoretical models and tools used in couple therapy, and how to apply them in practice.

The most common reasons for consulting in couple therapy, such as conflict management, infidelity, jealousy, among others, will also be explored. Intervention protocols for each of these cases will be analyzed, as well as the application of specific questionnaires for the diagnosis and follow-up of patients.

Finally, the transversal aspects that are necessary to work with couples who come to consult will be addressed, such as effective communication, time management, stress and anxiety management, and the construction of healthy and healthy relationships.

At the end of the program, the specialist will have a deep and practical understanding of couples therapy and will be prepared to apply this knowledge in their clinical practice.

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in Psychology and Sexology
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions for experts, discussion forums on controversial issues and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*This is a university qualification that will provide you with the latest scientific evidence on sexual dysfunction"*

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*After completing the Postgraduate Certificate, you will improve your ability to provide quality couple therapy, which will increase your patients' satisfaction and enhance your professional reputation"*

*You will develop specific skills for conflict resolution in couples, which can reduce the number of unnecessary medical consultations and visits.*

*A high-level Postgraduate Certificate that will bring you up-to-date in the most effective methods to develop your own couple therapy, which will increase your professional prestige.*

The program's teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. This will be done with the help of an innovative system of interactive videos made by renowned experts.



# 02 Objectives

The main objective of the Postgraduate Certificate in Couples Therapy is to provide doctors with the necessary tools to offer effective and personalized couple therapy. Throughout the program, participants will learn about the formation and development of couple relationships, as well as the most common reasons for consultation and the recommended interventions for their management. The Postgraduate Certificate will also address cross-cutting aspects of couple therapy, such as communication and the construction of healthy and long-lasting relationships. At the end of the program, doctors will be better prepared to face the challenges of couple therapy and improve the quality of care they provide to their patients.





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*By enrolling in this Postgraduate Certificate, you will be investing in your personal and professional development, which will help you achieve your long-term goals in the field of medicine and couples therapy"*



## General Objectives

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- ◆ Acquire knowledge about sexuality by broadening the vision of sexuality from a biopsychosocial perspective
- ◆ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ◆ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ◆ Acquire skills to be able to share information about sexuality in a clear way
- ◆ Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- ◆ Describe the dynamics of couple relationships and factors that generate alterations in them
- ◆ Investigate complex issues such as gender violence and child sexual abuse
- ◆ Achieve skills to face the multiple incidences and decision making that may arise in the exercise of their profession
- ◆ Gain in-depth knowledge of deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would produce an impairment of the therapeutic work
- ◆ Carry out research programs in sexuality





## Specific Objectives

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- ◆ Gain an in-depth knowledge of how couple bonds are formed
- ◆ Understand the functioning of attachment
- ◆ Learn how to deal with the most common couple difficulties
- ◆ Know how to approach transversal aspects to work on in couple relationships

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*The objective of this program is for you to develop specific skills for conflict resolution in couples, which will make your clinic a more valued and visited place”*

03

# Course Management

The teaching team of the program's staff are experienced and recognized professionals in the field of couples therapy. They are experts in their field and have extensive experience in clinical practice, research and teaching. Students will have the opportunity to learn from them through lectures, group discussions and practical activities.



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*An expert and multidisciplinary teaching staff will accompany and guide you to make your learning more effective"*

## Management



### Ms. Ramos Escamilla, María

- ◆ Sexologist and Couple Therapist
- ◆ Director of Destino Kink
- ◆ Degree in Psychology from the Complutense University of Madrid
- ◆ Master's Degree in Sexology, Sex Education and Sexological Counseling from Camilo José Cela University

## Professors

### Ms. Rodríguez Sastre, Laura

- ◆ Psychologist, Sexologist and Specialist in Sex and Couple Therapy
- ◆ Specialist in Sex and Couple Therapy
- ◆ General Health and Emergency, Crisis and Catastrophe Psychologist
- ◆ Psychologist in Psychology and Sexology offices



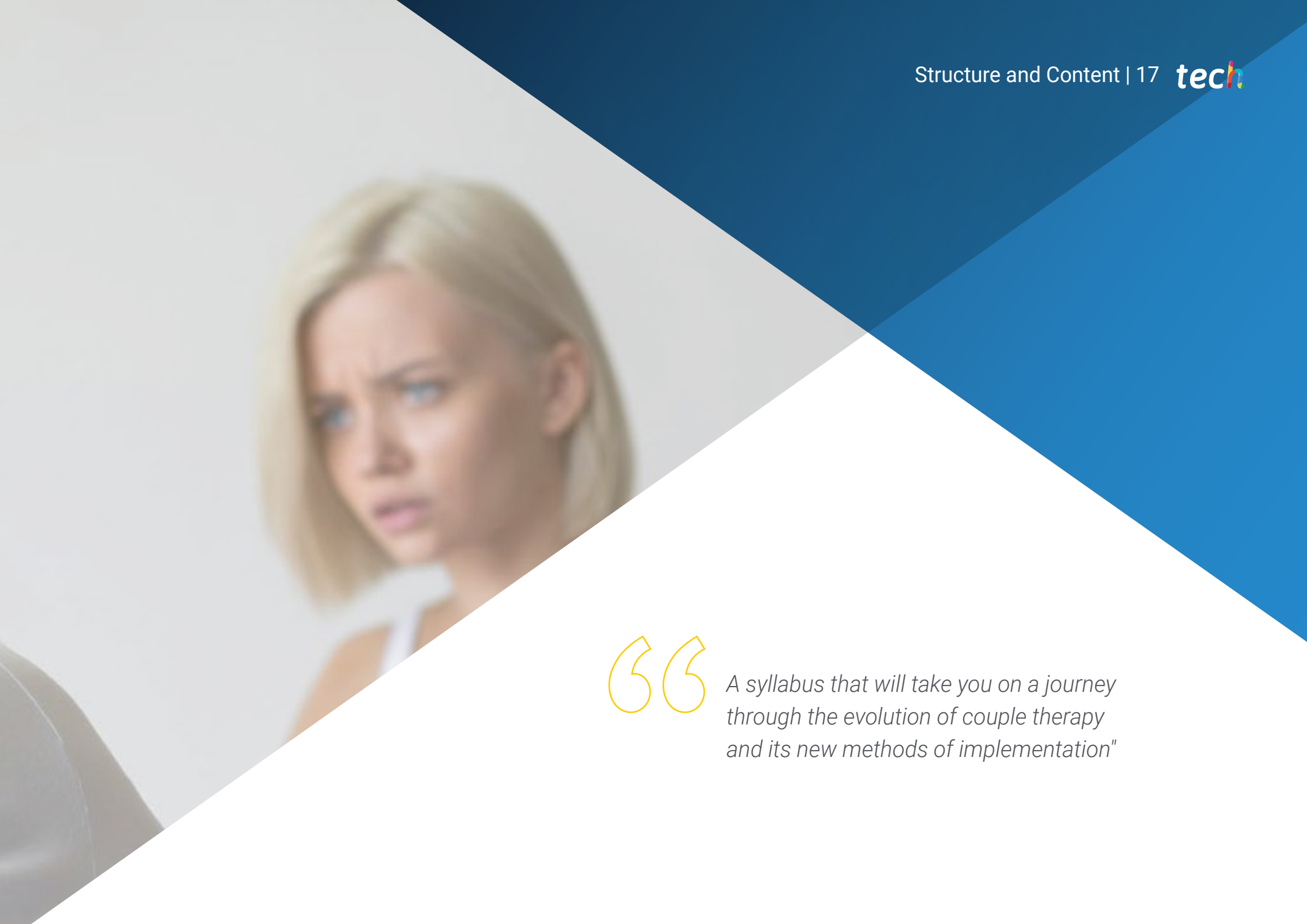
# 04

## Structure and Content

The syllabus of the Postgraduate Certificate addresses fundamental topics such as the building and development of couple relationships, attachment, conflict management, infidelity, jealousy and other common reasons for consultation in couple therapy. In addition, the program also includes transversal aspects such as communication, empathy and the construction of healthy relationships. At the end of the Postgraduate Certificate, participants will be better prepared to face the challenges of couple therapy and improve the quality of assistance they provide to their patients.







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*A syllabus that will take you on a journey through the evolution of couple therapy and its new methods of implementation"*

## Module 1. Couples Therapy

- 1.1. Formation of Couple Relationships
  - 1.1.1. Defining Elements
  - 1.1.2. Structure of Couples
- 1.2. Evolution of Couple Relationships
  - 1.2.1. Search and Attraction
  - 1.2.2. Falling in Love
  - 1.2.3. Love
  - 1.2.4. Milestones of the Couple Relationship
- 1.3. Attachment and Couple Relationships
  - 1.3.1. Attachment System Formation
  - 1.3.2. Secure Attachment
  - 1.3.3. Anxious Attachment
  - 1.3.4. Avoidant Attachment
- 1.4. Couples Therapy
  - 1.4.1. Features
  - 1.4.2. Indications and Contraindications of Couples Therapy
  - 1.4.3. Basic Principles
  - 1.4.4. Aspects to be Observed
- 1.5. Structure of Couples Therapy
  - 1.5.1. Different Approaches
  - 1.5.2. Initial Interviews
  - 1.5.3. Establishment of Hypothesis and Feedback
  - 1.5.4. Intervention
  - 1.5.5. Follow-up and Contract Creation
- 1.6. Some Tools in Couples Therapy
  - 1.6.1. Myths of Romantic Love
  - 1.6.2. Positive Exchanges
  - 1.6.3. Leisure Time Management





- 1.7. Conflict Management in Couples
  - 1.7.1. Introduction to Conflict Theory
  - 1.7.2. Factors that Influence the Couple's Conflict
  - 1.7.3. Defense Mechanisms
  - 1.7.4. Identification of the Problems in Couples
  - 1.7.5. Negotiation Strategies
- 1.8. Infidelity
  - 1.8.1. Definition
  - 1.8.2. Etiology and Epidemiology
  - 1.8.3. Myths and Realities in infidelity
  - 1.8.4. Specific Aspects to Assess and Work On
  - 1.8.5. Ethical and Deontological Implications
- 1.9. Jealousy Management
  - 1.9.1. Definition
  - 1.9.2. Differences between Jealousy as an emotion and Jealousy as a Feeling
  - 1.9.3. Specific Aspects to Assess and Work On
- 1.10. Breakup of Couple
  - 1.10.1. Accompaniment of the Breakup Process
  - 1.10.2. Reactions to the Rupture
  - 1.10.3. Loving Grief
  - 1.10.4. Traumatic Breakup
  - 1.10.5. Legal Formalities

“*From the methods of shaping couple relationships, to the accompaniment in the breakup: this program is the most complete academic option on the market in Couple Therapy*”

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Couples Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Couples Therapy**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present couples

development language

virtual classroom

**tech** technological  
university

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