

# Postgraduate Certificate Emotion-Based Psychotherapy





## Postgraduate Certificate Emotion-Based Psychotherapy

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Acceso web: [www.techtute.com/us/medicine/postgraduate-certificate/emotion-based-psychotherapy](http://www.techtute.com/us/medicine/postgraduate-certificate/emotion-based-psychotherapy)

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# 01

# Introduction

Each individual reacts differently to the situations that arise, but all, to one degree or another, make use of their emotions. Therefore, psychotherapy takes them into account, associating them to its adaptive process. In this way, it emphasizes the affective world, in favor of the patient's well-being. To this end, this 100% online program is concerned with analyzing and addressing how each person feels and how they respond to the events they face. The student will approach the affective-emotional sphere based on the inclinations, responses and emotional resources that each patient has with respect to the external world.



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*With a methodological design based on proven teaching techniques, this qualification will take you through different approaches to enable you to learn in a dynamic and effective way”*

Emotion-based psychotherapy is a more humane and sensitive approach to the normal concerns and psychological and mental disturbances that a person may have. This therapy is involved in a very important area for each person, such as the emotions they experience and the affections they receive or want to receive.

This program will promote therapeutic intervention focused on emotions, preserving its neutrality and scientific perspective, in order to provide the theoretical and practical tools that patients can solve. The first step in this program involves building a supportive relationship by acknowledging, understanding and emotionally validating the patient's problems.

Likewise, as it is a fully online Postgraduate Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help them reach the elite of Emotion-Based Psychotherapy at any time of the day, balancing, at their own pace, their work and personal life with their academic life.

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

- ◆ The development of practical cases presented by experts in Emotion-Based Psychotherapy
- ◆ 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 self-assessment can be used to improve learning.
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Enhance your therapeutic sessions with an advanced program that includes an interactive learning system"*

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*You have before you the best qualification in the online teaching market in a program created specifically for professionals in the sector”*

The program’s teaching staff includes professionals from sector who contribute their work experience to this educational 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 throughout the program. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*A comprehensive and specialized program that will allow you to study without problems of compatibility with your daily life.*

*This Postgraduate Certificate differs from others in its theoretical and practical content and the extensive professional experience of the faculty.*



# 02

# Objectives

This Postgraduate Certificate has been created from beginning to end to become a tool for personal and professional growth for the student, deepening the key aspects of the advances in Emotion-Based Psychotherapy. With the most interesting and up-to-date knowledge of the moment, this comprehensive program will accompany and propel the student to the elite of the specialty.





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*You will have access to the most interesting and up-to-date knowledge of the moment in a specialization intensively focused on practice"*



## General Objectives

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- ◆ Provide the student with the necessary knowledge to be able to offer real emotional wellness to their patients
- ◆ Become prepared to generate a good therapist-patient bond
- ◆ Know and understand the functioning of the human being and the importance of emotional management in it
- ◆ Discover the different therapies and models based on emotion
- ◆ Develop intervention protocols adapted to the patient and reason for consultation
- ◆ Master the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health



*This Postgraduate Certificate is unique because it offers a complete syllabus, both for therapeutic and preventive treatment and personal growth, from a comprehensive and multifactorial vision of the human being"*





## Specific Objectives

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- ◆ Discover the scientific basis of emotion and its relevance
- ◆ Observe the path of emotion throughout the history of psychology and its different models
- ◆ Know what emotion-based psychotherapy is
- ◆ Manage Time Limited Psychotherapy as a reference model.
- ◆ Master the 10 basic emotions, their biochemistry and platform of action
- ◆ Master the different types of learning and the role of emotion in learning
- ◆ Understand basic learning processes
- ◆ Understand the importance of early attachments in the development of self-concept
- ◆ Discover how emotional schemes are formed

# 03

# Course Management

This Postgraduate Certificate provides the opportunity to learn from the best, with a teaching staff of professionals in the sector who will invest their theoretical and practical knowledge to take the student to the highest level of knowledge.

With the most current and effective teaching methods in the online teaching market, the student will be able to apply everything they have learned from day one.





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*Specialize in Emotion-Based Psychotherapy with this high-level program meticulously designed by professionals with extensive experience in the sector”*

## Management



### Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- ♦ Professor in the Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy
- ♦ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL)
- ♦ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria.
- ♦ Collaborator in different Red Cross programs
- ♦ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at *Human Resources Consulting Services (HRCS)*



### Mr. Aguado Romo, Roberto

- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Author with patents in psychotherapy models and techniques.
- ♦ Psychologist Specialist in Clinical Psychology, founder and director of the CEP of Madrid, Bilbao and Talavera de la Reina
- ♦ Tutor of the Basic Psychology course at the UNED
- ♦ Director of the scientific journal *Psinapsis*
- ♦ Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology

## Professors

### Dr. De Dios González, Antonio

- ◆ Director of Avatar Psychologists
- ◆ Director of the Psychology Department of Hospital Quirón de Marbella.
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ◆ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ◆ EFT Specialist by the World Center for EFT
- ◆ Specialist in Clinical Hypnosis and Relaxation
- ◆ Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldán, Lucía

- ◆ Health Psychologist
- ◆ Cognitive-behavioral intervention specialist
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ◆ Expert in Energy Therapy Intervention

### Dr. Furelos, Maribel

- ◆ Psychologist specializing in Clinical Psychology
- ◆ Sexologist in Osakidetza at the Santurce outpatient clinic
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology

### Dr. Navas Casado, María Luisa

- ◆ Health Psychologist
- ◆ Specialist in Family and Couple Intervention in the Spanish Police Confederation in Madrid
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology

### Dr. Gandarias, Gorka

- ◆ Health Psychologist
- ◆ European specialist psychologist in Psychotherapy by the EFPA in Vitoria, Spain.
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in intervention in bizarre behavior and drug addiction.

### Dr. Martínez-Lorca, Manuela

- ◆ Doctorate in Psychology from the University of Castilla-La Mancha
- ◆ Health Psychologist.
- ◆ Lecturer in the Department of Psychology at the UCLM
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ◆ Specialist in Clinical Hypnosis and Relaxation

### Dr. Soria, Carmen

- ◆ European specialist psychologist in Psychotherapy at the Spanish Police Confederation health center Madrid
- ◆ Head of Psychosocial Unit
- ◆ Health Psychologist
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Specialist in chronic patients
- ◆ Specialist in Clinical Hypnosis and Relaxation

04

# Structure and Content

TECH, with the confidence and solvency of being the largest online university in the world, has developed a compendium of specialized and up-to-date knowledge to give physicians the opportunity to get up to date. The professional who completes this program will incorporate the most advanced methods in Emotion-Based Psychotherapy in the current field.





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*The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the program closer to the physician's clinical practice"*

### Module 1. The Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

### Module 2. The Brain and Learning

- 2.1. The Three Brains
  - 2.1.1. The Reptilian Brain
  - 2.1.2. The Mammal Brain
  - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
  - 2.2.1. Basic Intelligence
  - 2.2.2. Pattern Intelligence
  - 2.2.3. Parameter Intelligence
- 2.3. The intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Stress Response or Flight Attack
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires, Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept





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*Make the most of this opportunity to update your knowledge of Emotion-Based Psychotherapy and improve your patient care”*

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.*





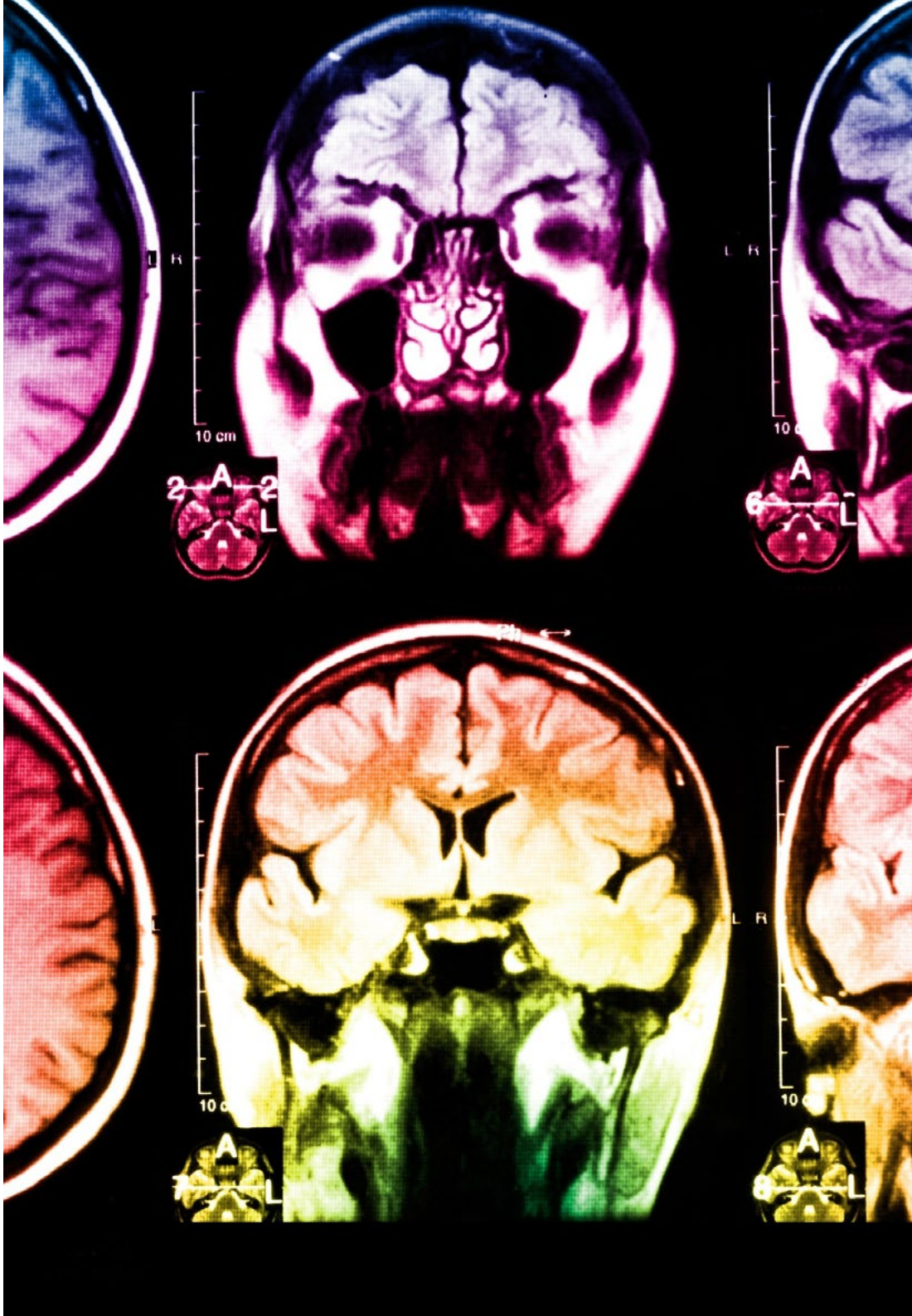
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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 adapted in 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

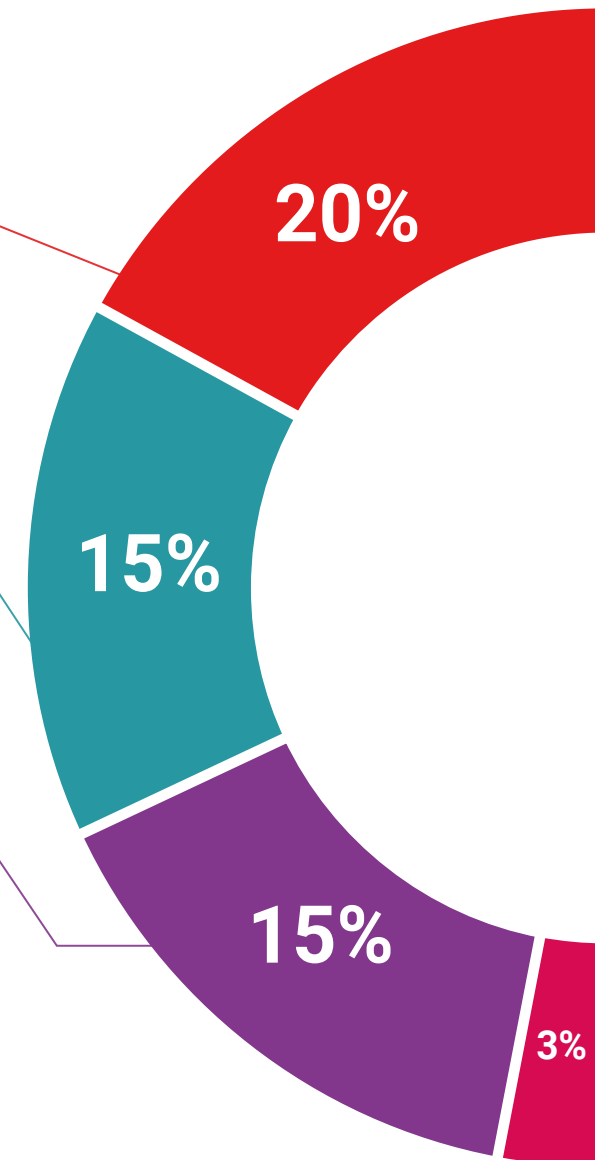
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

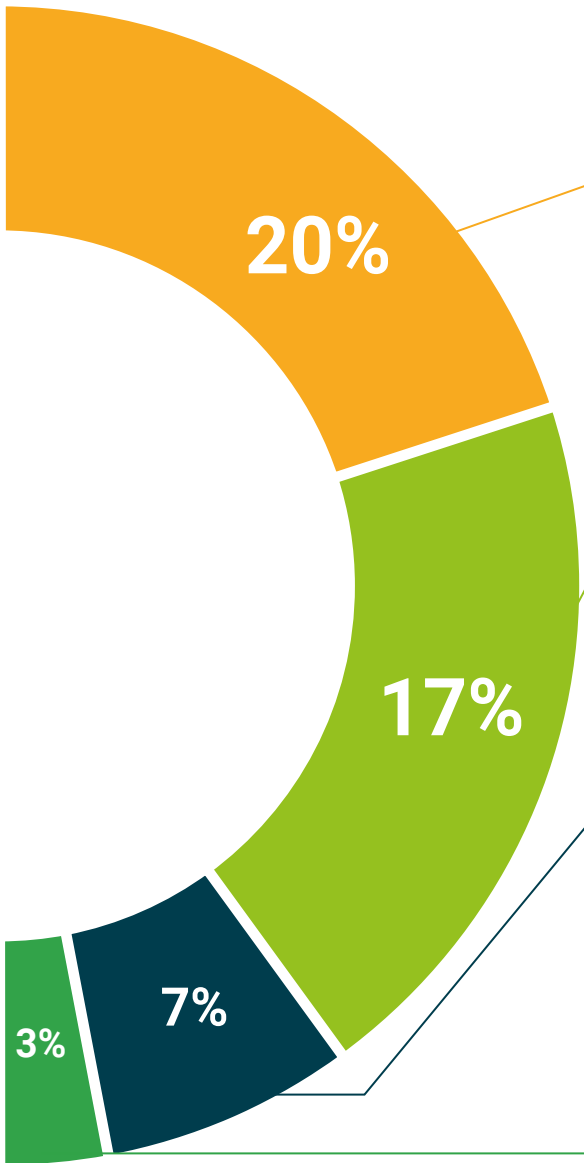
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Emotion-Based Psychotherapy 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 Emotion-Based Psychotherapy** 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 Emotion-Based Psychotherapy**

Official N° of Hours: **300 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.



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# Postgraduate Certificate

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