

# Postgraduate Certificate

Emotional Intervention  
through the body





## Postgraduate Certificate Emotional Intervention through the body

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/emotional-intervention-through-body](http://www.techtute.com/us/medicine/postgraduate-certificate/emotional-intervention-through-body)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Although emotion has been a subject of interest to human beings for thousands of years and references to emotional states can be found in the earliest philosophers. Medicine has long underestimated the importance of emotion in human behavior and its influence on health status. With this 100% online high-level specialization, the student will specialize in Emotional Intervention through the Body, with the help of professionals with extensive experience in emotional wellness therapies.





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*This Postgraduate Certificate will  
allow you to help your patients  
grow emotionally”*

The body and emotions are intimately related to each other, since an alteration of feelings can cause physical pain, and vice versa. Nowadays, there are multiple therapies through the body that can help control moods. Although not widely studied by specialists, it is extremely important for physicians to learn how to intervene in emotion through the body.

Students who complete this program will acquire the necessary skills and knowledge to offer their patients a more effective and quality therapeutic intervention. To do this, you will learn numerous techniques that work precisely from the main place, the emotion, and you will unite them through the body. Likewise, you will be able to carry out personal growth treatments, since this program is not only oriented to the clinical area, but also to be able to help others to grow emotionally and lead a fuller life.

Additionally, as it is a 100% online program, the student is not constrained by fixed timetables or the need to move to another physical location, but can access the contents at any time of the day, balancing their professional or personal life with their academic life. In just six weeks you will obtain your qualification in a comfortable and flexible way.

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

- ♦ Practical cases presented by experts in Body-Based Emotional Intervention
- ♦ 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 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



*Join a growing community and learn yourself with the best. You will increase your professionalism in a comfortable way”*

“

*Take the opportunity and take the step to get up to speed on the latest developments in Emotion Intervention, focusing attention on the body”*

The program's teaching staff includes professionals from the 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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*TECH brings to this course the most complete and up-to-date didactic and methodological program on the market. We adapt to you.*

*With this program you will be able to master new techniques and strategies for the benefit of your patient's daily life.*



# 02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the professional can master in a perfect and rigorous way everything he/she needs to know to apply the most innovative techniques of emotion intervention, in different stages of development, through the body. In this way, academic excellence is guaranteed, which is essential to comply with the professional profile required by the different centers.



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*Upgrade your knowledge and get your program in Emotion Intervention through the Body in 6 weeks”*



## General Objectives

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- ♦ Provide the student with the necessary knowledge to be able to offer real emotional well-being to their patients
- ♦ Get trained 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 intervene in the patient's discomfort or health





## Specific Objectives

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- Discover therapies that work on emotions through the body
- Relate body language to the expression and treatment of emotions through body-based therapies
- Learn how the body functions throughout a person's development

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*Be part of a unique experience and learn everything you need to enhance your professional practice as a therapist”*

03

# Course Management

In order to offer a quality education, it is necessary to have renowned professionals who motivate the student to acquire solid and up-to-date knowledge in this field of specialization. Therefore, those who take this program will have the guarantees required to specialize internationally in the intervention of emotion through the body, which will catapult them to professional success.



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*Receive the support of an outstanding teaching team with multiple years of experience in emotion intervention and boost your professional profile at an international level”*

## Management



### Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist



### Dr. Mónica González Agüero

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirónsalud Marbella and Avatar Psicólogos
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

## Professors

### Dr. Mariela Mazza

- ♦ Psychologist Specialist in Emotional Wellness Therapies
- ♦ Responsible for the Transpersonal Development Area. Avatar Psychologists
- ♦ Mindfulness and Meditation Facilitator. Hospital Quirónsalud Marbella
- ♦ Contributor to Grace of No Age, a Personal Growth Platform for Women
- ♦ Specialist in Family Constellations
- ♦ Professor of the Spanish School of Transpersonal Development (EDT)
- ♦ Author of the Book, Owl, An Adventure of Awakening (Personal Growth)
- ♦ Creator of the Estimavirtual website. Personal Growth Online Platform
- ♦ Program in Psychology Studies. National University of Mar del Plata, Argentina
- ♦ Expert in Regressive Therapy and Brian Weiss Method
- ♦ Unconscious Therapist, Trained by María José Álvarez Garrido School of the Unconscious
- ♦ Trained in the Hero's Journey Method by María José Álvarez Garrido
- ♦ Family Constellation and Transpersonal Systemic Therapy Facilitator
- ♦ Expert in Mindfulness and Meditation
- ♦ Expert in Transpersonal Development. Spanish School of Transpersonal Development

### Dr. Tamara Berbel Jurado

- ♦ Clinical Psychologist and Trainer in Avatar Psicólogos
- ♦ Diploma in Childhood and Adolescence Psychologist at Hospital Quirónsalud Marbella
- ♦ Clinical Psychologist at the Fibromyalgia Association of Marbella (AFIMAR)
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Diploma in Legal, Forensic and Penitentiary Psychology of the University of Seville
- ♦ Member of: Psychosocial SERIES of the Spanish Red Cross

### Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirónsalud Hospital in Marbella
- ♦ Director of the Clinical and Health Area of Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Freedom Technique by the World Center for EFT
- ♦ Transpersonal Therapist in the Spanish School of Transpersonal Development
- ♦ Bachelor in Psychology at the Complutense University of Madrid
- ♦ Master in Time-Limited Psychotherapy and Health Psychology at the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP- Richard Bandler's Society of Neuro-Linguistic Programming)

### Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-Behavioral Intervention Specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

### Dr. Villar Martín, Alejandro

- ♦ Yoga teacher at Yoga with Dharma: Sanatana Dharma
- ♦ Creator of the Integrative Meditation
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model
- ♦ Doctor in Biology from the University of Oviedo

# 04

# Structure and Content

Understanding the intervention of emotion that can be applied through a person's body should be the result of a carefully designed program that provides the necessary tools to develop a critical and evaluative therapeutic session. The structure of the contents of this program has been designed by a team of professionals from leading educational centers and universities. In this way, in each class the professional will better understand meditation techniques to prevent states of anxiety and depression.



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*It has a scientifically based program to understand how emotion intervention helps people of different ages and different realities”*

## Module 1. Intervention of Emotion through the Body

- 1.1. Body Therapies
  - 1.1.1. What are Body Therapies?
  - 1.1.2. Evolution Over Time
- 1.2. Characteranalytic Vegetotherapy
  - 1.2.1. Origins W.Reich
  - 1.2.2. What is Characteroanalytic Vegetotherapy?
  - 1.2.3. Vegetotherapy Today
- 1.3. Lowen Bioenergetic Analysis
  - 1.3.1. What is Bioenergetics?
  - 1.3.2. Historical journey
  - 1.3.3. Bioenergetic Types
  - 1.3.4. Psychotherapeutic Techniques
  - 1.3.5. The Bioenergetic Therapist
- 1.4. Focusing
  - 1.4.1. Historical Approach: Eugene Gendlin
  - 1.4.2. Protocol
  - 1.4.3. Applications in Psychotherapy
- 1.5. Yoga
  - 1.5.1. Brief Historical Review. Origins
  - 1.5.2. The 9 Branches of the Yoga Tree
  - 1.5.3. Yoga Doctrines
  - 1.5.4. Benefits
- 1.6. Risotherapy
  - 1.6.1. Brief Historical Review
  - 1.6.2. Therapy or Psychotherapeutic Technique?
  - 1.6.3. Techniques and Exercises





- 1.7. Art Therapy
  - 1.7.1. What is Art Therapy?
  - 1.7.2. A Bit of History
  - 1.7.3. What Can Be Worked On? Objectives
  - 1.7.4. Materials and Techniques
  - 1.7.5. Art Therapy for Children
- 1.8. DMT: Dance Movement Therapy
  - 1.8.1. What Is It? Definition
  - 1.8.2. A Bit of History
  - 1.8.3. Movement and Emotion
  - 1.8.4. Who Can Benefit from DMT
  - 1.8.5. Techniques
  - 1.8.6. A DMT Session



*Studying this program will take you a step further in your career. Understand different therapeutic methods and enhance your professional profile"*

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.*



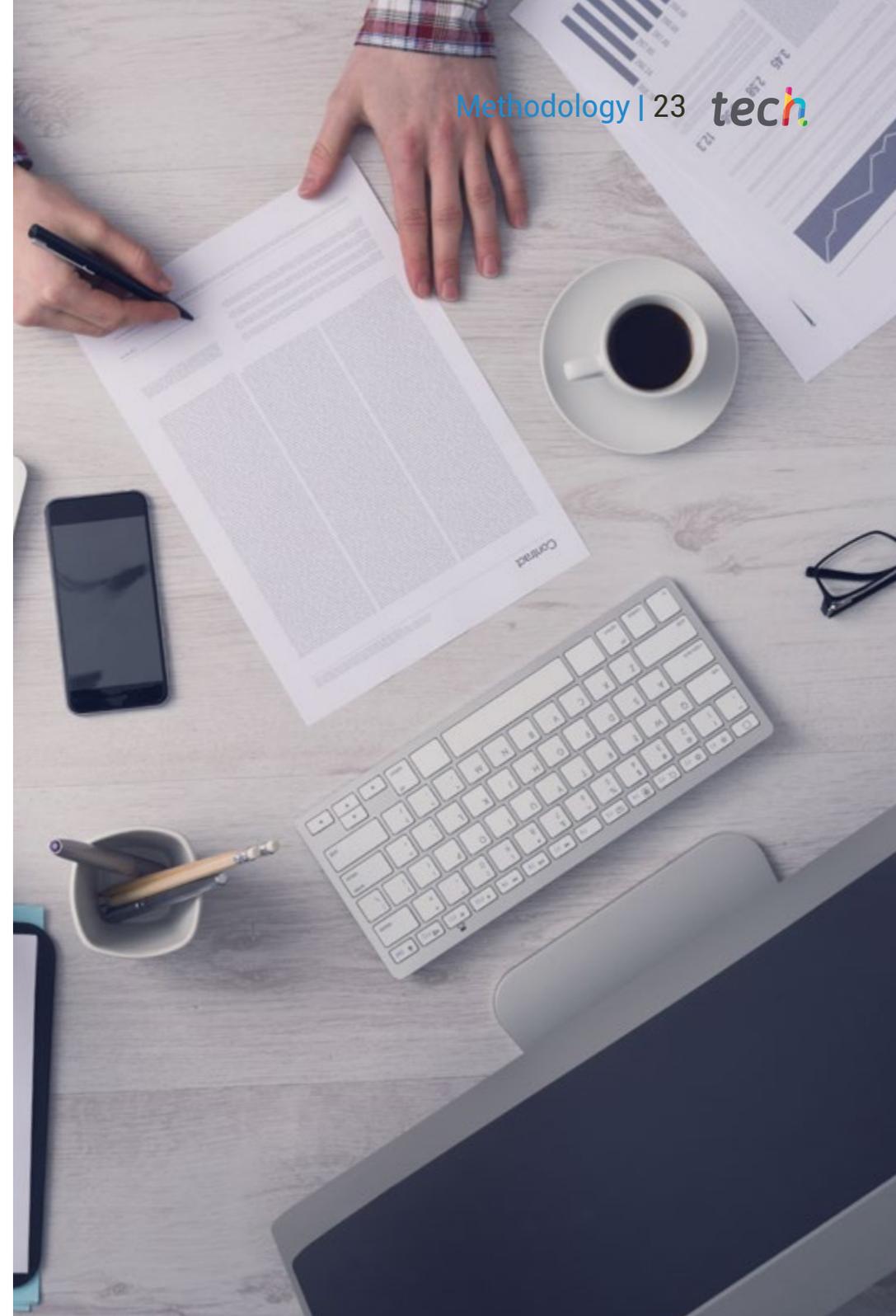
According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that 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 Emotional Intervention through the body guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Certificate in Emotional Intervention through the body** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Emotional Intervention through the body**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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