

# Postgraduate Certificate Grief Management



## Postgraduate Certificate Grief Management

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 150 h.

Website: [www.techtute.com/medicine/postgraduate-certificate/grief-management](http://www.techtute.com/medicine/postgraduate-certificate/grief-management)

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# 01

# Introduction

Death is often inevitable when suffering from cancer. As a result, family members experience grief involving different emotions and behaviors. When it develops favorably, it allows people to close a cycle and move on with their lives. But in some cases, this is not the case and intervention is necessary. That is why, before it happens, family members of cancer patients should receive the necessary emotional support to help them cope with this difficult time. With this program, the student will get to know the theoretical principles to improve the mourner's coping capacity, laying the foundations to prevent a complicated bereavement.







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*Address the needs of the family after the loss of a loved one with cancer”*

Grief is an emotional response that a person experiences after suffering a loss. It may be accompanied by painful and intense feelings that come and go randomly. In families going through a cancer process, there is always the expectation of receiving the news of the death of their loved one. That is why mourning is fundamental to conclude this stage of their lives.

Due to the above, this Postgraduate Certificate in Grief Management will provide a psychoeducational experience that will help the physician to understand what a normal bereavement process is like and what factors complicate it. This will enable you to provide family members with the tools to cope with their grief in a healthy way.

Because of the emotional pain experienced after the death of a loved one, it is necessary to consider an approach that goes beyond the illness and the end of life. For this reason, there are models such as Bowlby's model and the nuclear belief model, among others. All of them help to explain, empirically, the suffering of a person according to the degree of attachment.

At the end of the program, the student will be able to apply the appropriate techniques to deal with their patients and family members, making this program an excellent opportunity to guide the physician in such a complicated process.

This **Postgraduate Certificate in Grief Management** contains the most complete and up-to-date educational program on the market. The most important features are:

- ◆ Practical cases presented by experts in Psycho-Oncology
- ◆ The graphic, schematic, and eminently 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
- ◆ Special emphasis on innovative methodologies for psychological treatment for families of cancer patients
- ◆ 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



*Take preventive action to avoid the onset of Complicated Grief"*

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*The different theoretical principles developed by psycho-oncologists will help you, as a physician, to deal with the grief process of your patients"*

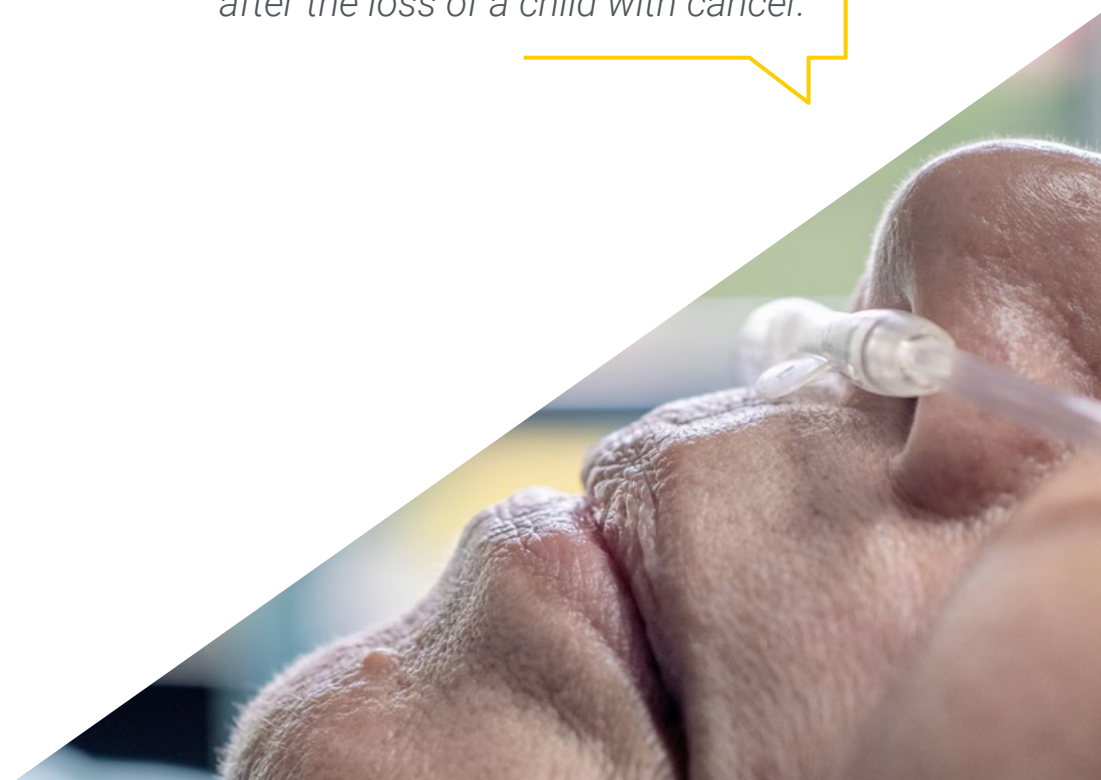
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 training programmed to train 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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Identify the signs that may be life-threatening to a person who has just lost a loved one.*

*Determine the most appropriate intervention, together with the psycho-oncology team, after the loss of a child with cancer.*



# 02 Objectives

Thanks to this program, the student will learn about the techniques and models used to deal with the grief of family members who lose a loved one to cancer. In this way, you will be able to make the relevant approach, showing your empathy and compassion. Likewise, they will be able to detect the physical signs that a person shows when they are not able to overcome grief correctly. Therefore, the physician will be more than qualified to provide comprehensive care, enabling them to work together with a multidisciplinary team in a hospital.



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*The death of a loved one is ranked as one of the most traumatic life events experienced by a person"*



## General Objectives

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- ◆ Gain in-depth knowledge of the different therapeutic options in the psychological treatment of cancer
- ◆ Contribute to the control of mood alterations through appropriate psychological strategies
- ◆ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors





### Specific Objectives

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- ◆ Prevent the onset of complicated grief prior to death as much as possible
- ◆ Continue to prevent through emotional support, after the death, the onset of complicated grief, providing the tools that help the person to say goodbye to their loved one
- ◆ Provide guidance in carrying out bereavement tasks
- ◆ Develop the capacity for empathy, listening and compassion that allows us to be in tune with the patient's pain, without over-involvement and, at the same time, create a sufficiently strong therapeutic bond in the face of difficulties that may arise in the process



*If family members who have just experienced a loss receive the right support, they will be able to overcome grief and negative feelings"*



# 03

# Course Management

This Postgraduate Certificate is taught by a multidisciplinary team, specialized in psychology and psycho-oncology. Thanks to this, physicians interested in the subject will be able to develop their empathy and understanding in order to tune in to the pain of their patient's relatives. Due to their many years of experience, they are positioned as a quality team, capable of providing the best tools for the development of the program. In this way, the student will be able to improve their skills in dealing with the patients in their care.





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*This excellent team will help you develop a strategy to help children understand bereavement of a relative"*



## Management



### Mr. Garrido Jiménez, Sergio

- ♦ Provincial Coordinator of the Section of Psycho-Oncology and Palliative Care of (Ilustre Colegio Oficial de Psicólogos de Andalucía Oriental - COPAO) in Jaén
- ♦ General Health Psychologist for the Junta de Andalucía. NICA Business School 43384
- ♦ Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP).
- ♦ Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA.
- ♦ Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- ♦ Member of the Spanish Society of Psycho-Oncology (SEPO)
- ♦ Degree in Psychology. University of Jaen (UJA)
- ♦ Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)



## Professors

### **Dr. Montes Berges, Beatriz**

- ◆ Psychologist and Criminologist
- ◆ PhD in Psychology
- ◆ Professor of Social Psychology
- ◆ Gestalt Therapist
- ◆ Member of the Section of Psycho-Oncology and Palliative Care of the Western Andalusia Official College of Psychology
- ◆ Professor of Psychology in the Nursing Degree

### **Dr. Aranda López, María**

- ◆ Assistant PhD Professor in the area of Social Psychology at the University of Jaén.
- ◆ Member of the Psychology Cabinet of the University of Jaen.
- ◆ Member of the group PAIDI "HUM651: Psychosocial Analysis of Behavior in the Face of a New Reality" and "HUM836: Psychological Assessment and Intervention"
- ◆ PhD in Psychology
- ◆ Expert psychologist in Emergencies and Disasters
- ◆ Collaborator in various volunteer programs, health programs, programs for people at risk of social exclusion or vulnerable and employment orientation programs

# 04

## Structure and Content

The content of this program will provide the physician with a set of indispensable knowledge that will help the family members of a patient to cope with the grieving process. Thanks to this, they will learn a series of empirical principles such as Bowlby's attachment theory or the conceptual models on trauma, all of them proposed by the psycho-oncological approach. In this way, the student will be able to successfully provide comprehensive treatment, focusing beyond the physical symptoms of those affected by the disease.



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*Manage the emotional grief of family members  
after the patient's death"*



## Module 1. Grief Management

- 1.1. Death, Culture and Society
  - 1.1.1. Health Professionals in the Face of Death
- 1.2. Psychological Evaluation of Grief
  - 1.2.1. Interview and Specific Instruments for Assessment
- 1.3. Common Reactions to Grief
  - 1.3.1. Normal Grief and Complicated Grief
  - 1.3.2. Vulnerability Factors
  - 1.3.3. Differential Diagnosis Between Grief and Depression
- 1.4. Main Theoretical Models About Grief
  - 1.4.1. Bowlby's Attachment Theory
  - 1.4.2. Nuclear Beliefs and Meaning Reconstruction
  - 1.4.3. Conceptual Models About the Trauma
- 1.5. Objectives of Intervention in Grief and Recommended Interventions
  - 1.5.1. Facilitating the Normal Process of Grief. Prevention of Complicated Grief
  - 1.5.2. Suggestions for Intervention Before and After the Death
  - 1.5.3. Bereavement Psychotherapy from an Integrative Relational Model
- 1.6. Group Intervention in Attention to Grief
  - 1.6.1. Psychological Intervention Grief Due to the Loss of a Child
- 1.7. Stages of Grief
  - 1.7.1. Bereavement Tasks
- 1.8. Grief in Children
- 1.9. Suicide and Cancer
- 1.10. Psychopharmacology in Attention to Grief







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*Provide appropriate individual and group support to prevent life-threatening actions”*

# 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 Grief Management guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this training program and receive your university certificate without travel or laborious paperwork”*

This **Postgraduate Certificate in Grief Management** 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 certificate 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 Grief Management**

**Official N° of Hours: 150 h.**



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

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



## Postgraduate Certificate Grief Management

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 150 h.

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