

# Postgraduate Certificate

## Group Intervention Techniques with First Responders



## Postgraduate Certificate

### Group Intervention Techniques with First Responders

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

Website: [www.techtitute.com/pk/medicine/postgraduate-certificate/group-intervention-techniques-first-responders](http://www.techtitute.com/pk/medicine/postgraduate-certificate/group-intervention-techniques-first-responders)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

# 01

# Introduction

Mitigating stress in intervention teams through the use of Defusing and Debriefing techniques has become a recurrent practice carried out by their professionals, including medical specialists. This can ensure optimal rest periods, reduce disorientation and stress levels, and consequently maintain productivity levels without affecting mental health. This program includes all the information graduates need to get up to date on the most innovative self-care techniques developed by experts in psychology. This course will allow them to update their knowledge of the most effective relaxation and demobilization strategies 100% online and in only 6 weeks.





“

*If what you need is a qualification with which to work on perfecting your self-care skills, choose this Postgraduate Certificate and look no further. You'll find everything you need to achieve it"*

The physical and emotional discomfort resulting from continuous and prolonged exposure to critical situations (catastrophes, accidents, bereavement, delivery of bad news, etc.) can have serious consequences on the physician's health. For this reason, keeping abreast of psychological demobilization techniques has become an optimal alternative to prioritize your self-care and that of your team. It is a set of techniques and actions through which professionals work on the management of their emotions with expression and communication, obtaining a series of benefits that usually translate into an increase in their productivity and the recovery of an optimal mood.

Based on the lack of qualifications focused on this field and dedicated to the medical sector, TECH and its team of experts in psychology have developed this Postgraduate Certificate in Group Intervention Techniques with First Responders. Through a dynamic and intensive syllabus, doctors will be able to delve into the latest developments related to *Defusing*, *Debriefing* and *Peer Support* strategies, as well as the best relaxation and demobilization strategies.

The university will make available to them 150 hours of diverse content, which they will be able to enjoy for 6 weeks 100% online. This will allow them to connect from wherever they want, without schedules or limits and through any device with internet connection. In addition, among the most significant features of this program is the inclusion of diverse additional material: detailed videos, research articles, complementary readings, self-knowledge exercises and real clinical cases. In conclusion, everything graduates will need to obtain from this educational experience a performance adapted to their needs and requirements.

This **Postgraduate Certificate in Group Intervention Techniques with First Responders** 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 Emergency Psychology
- ♦ 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



*Would you like to perfect your detection skills to know when it is necessary to intervene psychologically with emergency responders? This Postgraduate Certificate will give you the keys to achieve it"*

“

*TECH's team of experts has selected a multitude of clinical cases, so that you can learn what has been developed in the syllabus, as well as perfect your medical skills in a practical way"*

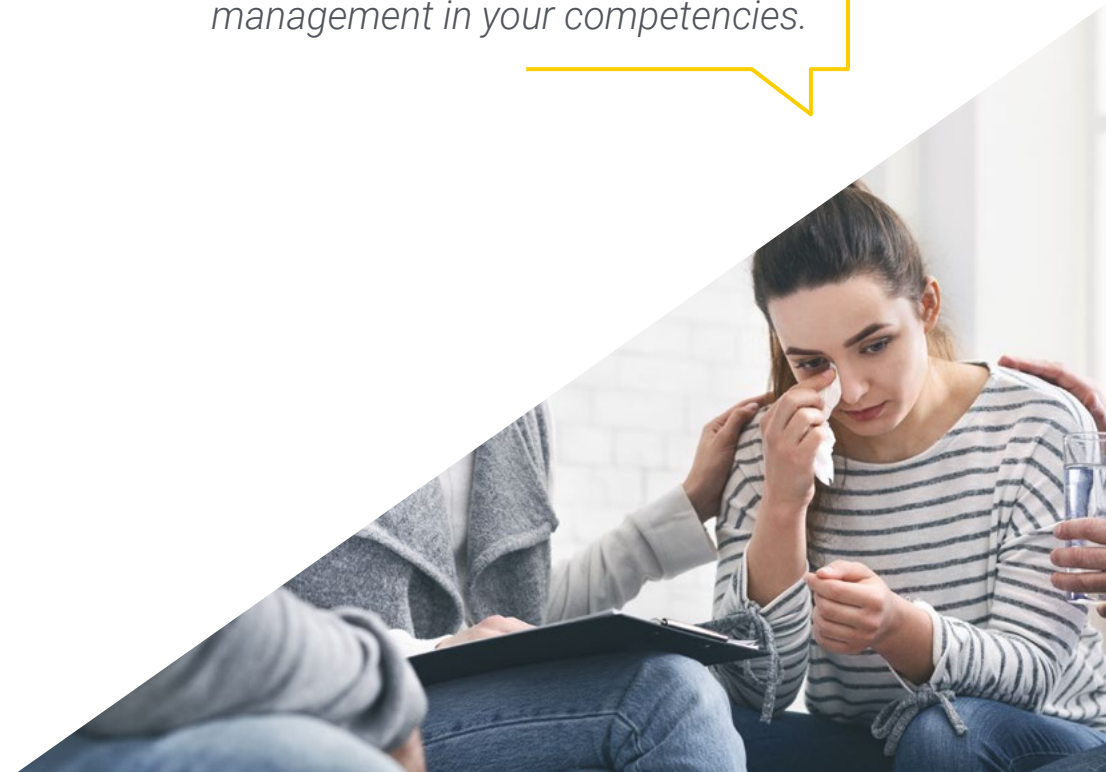
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

*The program includes a catalog of activities that you can carry out with your team to work as a group on stress management once exposed to critical situations.*

*You will be able to implement the most innovative physiological and cognitive-behavioral strategies for anxiety management in your competencies.*



# 02 Objectives

The relevance of mental health self-care is the reason why TECH has considered it necessary to develop this Postgraduate Certificate. Therefore, the objective of this course is to serve as a guide for the graduates in their update on the most innovative and effective demobilization techniques. To this end, they will have the best syllabus, designed based on the latest information in the field of psychology, as well as the best teaching tools to make the course of this qualification a productive and dynamic educational experience.





“

*If one of your objectives is to perfectly master the Peer Support techniques for mutual support with the members of your team, enroll in this Postgraduate Certificate because you will find the keys to achieve it"*



## General Objectives

---

- Develop a broad and specialized knowledge of group intervention techniques with emergency responders
- Know in detail the main individual and group strategies for stress management and prevention of illnesses affecting mental health



*A comprehensive qualification, aimed at all those specialists who seek professional excellence through the exhaustive and innovative use of Defusing and Debriefing techniques"*





## Specific Objectives

---

- ♦ Know and study the main group techniques for intervention with first responders
- ♦ Know and study the main individual techniques for intervention with first responders
- ♦ Differentiate group techniques from individual techniques
- ♦ Know about Peer Support Systems
- ♦ Know the consequences of poor intervention

03

# Structure and Content

Part of TECH's success lies in the use of the innovative and effective Relearning methodology in the development of its qualifications. This teaching technique combines the resolution of real cases and complex situations with an update based on the reiteration of the most important concepts. Thanks to this, it is possible to offer educational experiences through which medical professionals can work on updating their knowledge in a progressive and natural way, without having to invest extra hours in memorizing.



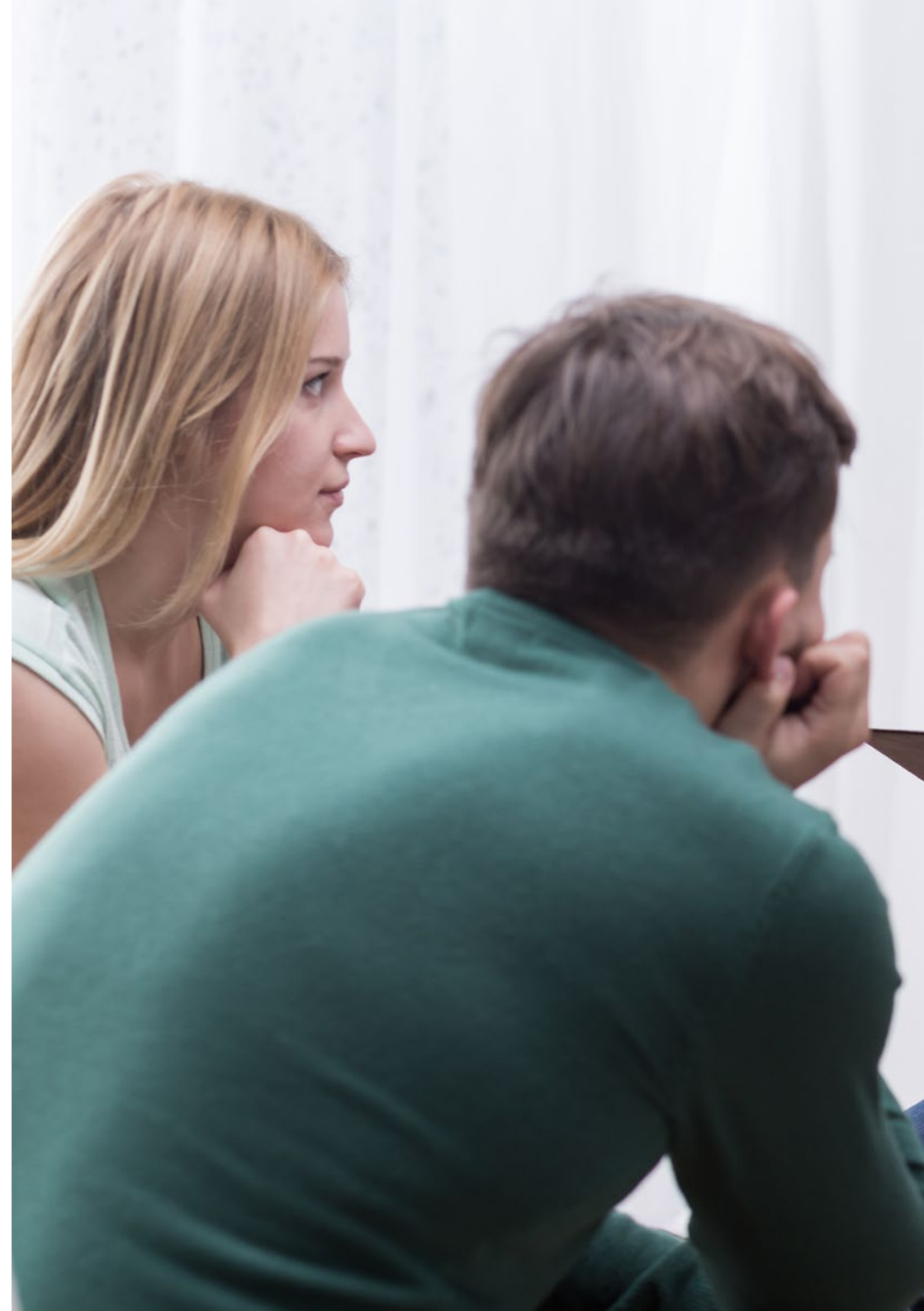


“

*A qualification that is defined by its innovative and dynamic character and in which the search for professional excellence is the main objective"*

## Module 1. Group Techniques for Intervention with First Responders

- 1.1. The First Responders
  - 1.1.1. The First Responder
  - 1.1.2. Types of First Responders
  - 1.1.3. The Importance of Intervention
- 1.2. Group Techniques vs. Individual Techniques
  - 1.2.1. Introduction to the Concept of Group Techniques vs. Individual Techniques
  - 1.2.2. Main Group Techniques for Intervention with First Responders
  - 1.2.3. Main Individual Techniques for Intervention with First Responders
- 1.3. Physiological Stress Management Techniques
  - 1.3.1. Main Physiological Stress Management Techniques
  - 1.3.2. Efficacy of Physiological Stress Management Techniques
  - 1.3.3. New Physiological Stress Management Techniques
- 1.4. Cognitive-Behavioral Techniques for Stress Management
  - 1.4.1. Introduction to Cognitive-Behavioral Techniques
  - 1.4.2. Main Cognitive-Behavioral Techniques for Stress Management
- 1.5. When to Do Group Intervention with First Responders
  - 1.5.1. The Importance of Group Intervention
  - 1.5.2. Advantages of Group Intervention
  - 1.5.3. When is Group Intervention with First Responders Appropriate?
  - 1.5.4. Risks of Group Intervention
- 1.6. Peer Support Systems
  - 1.6.1. Introduction to the Concept of Peer Support Systems
  - 1.6.2. Types of Peer Support Systems
  - 1.6.3. Application in Children and Teenagers
- 1.7. Defusing
  - 1.7.1. What is Defusing?
  - 1.7.2. Technique Objectives
  - 1.7.3. Advantages and Disadvantages of Defusing





- 1.8. Debriefing
  - 1.8.1. What is Debriefing?
  - 1.8.2. Technique Objectives
  - 1.8.3. Technique Stages
  - 1.8.4. Advantages and Disadvantages of Debriefing
- 1.9. Relaxation
  - 1.9.1. What is Relaxation?
  - 1.9.2. Technique Objectives
  - 1.9.3. Advantages and Disadvantages
- 1.10. Demobilization
  - 1.10.1. What is Demobilization?
  - 1.10.2. Technique Objectives
  - 1.10.3. Advantages and Disadvantages

“

*A qualification that will mark a before and after in your life. Facing critical situations by making use of the most effective and innovative relaxation strategies will considerably reduce your stress in the long run”*

# 04 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.



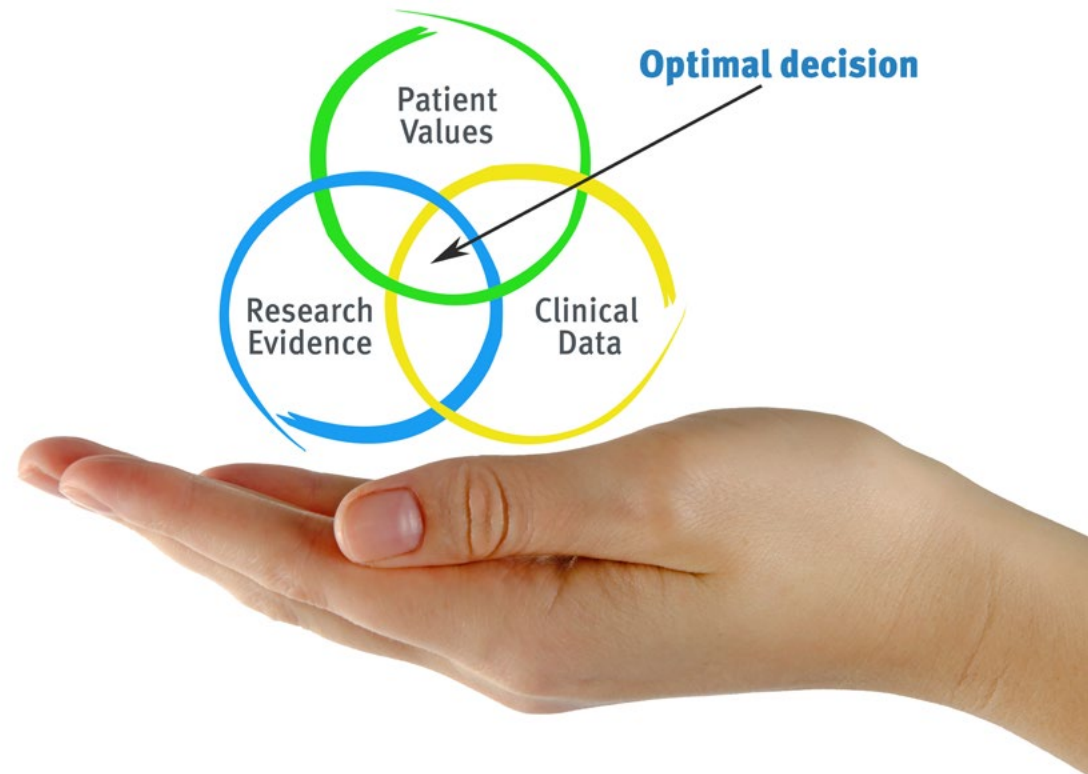
“

*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. Gervas, 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.

“

*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.

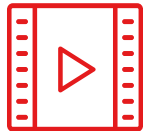
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

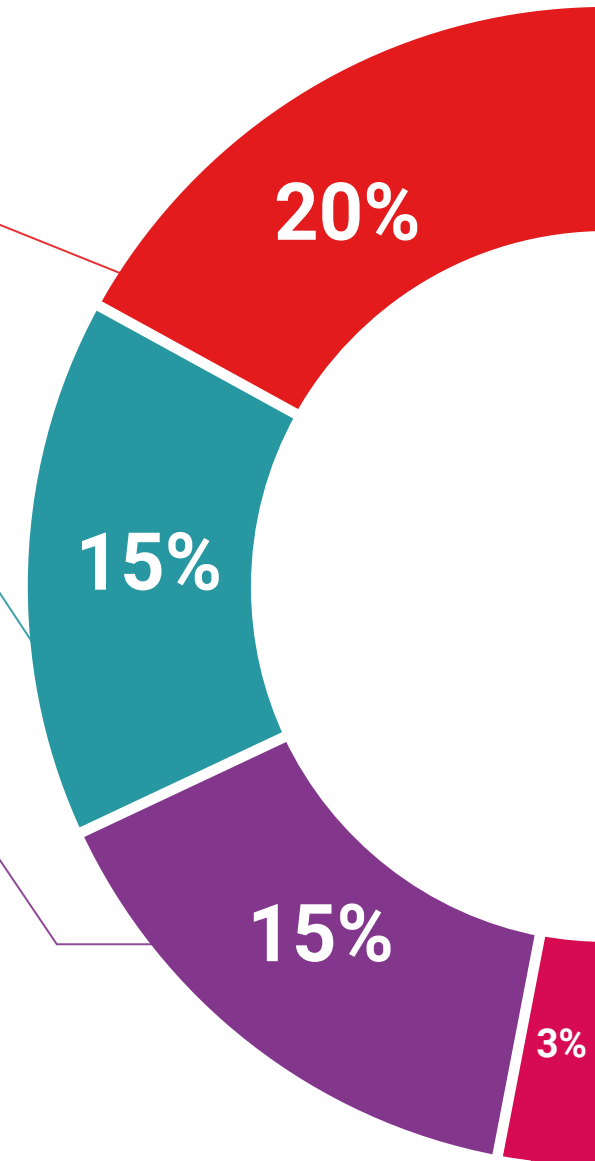
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

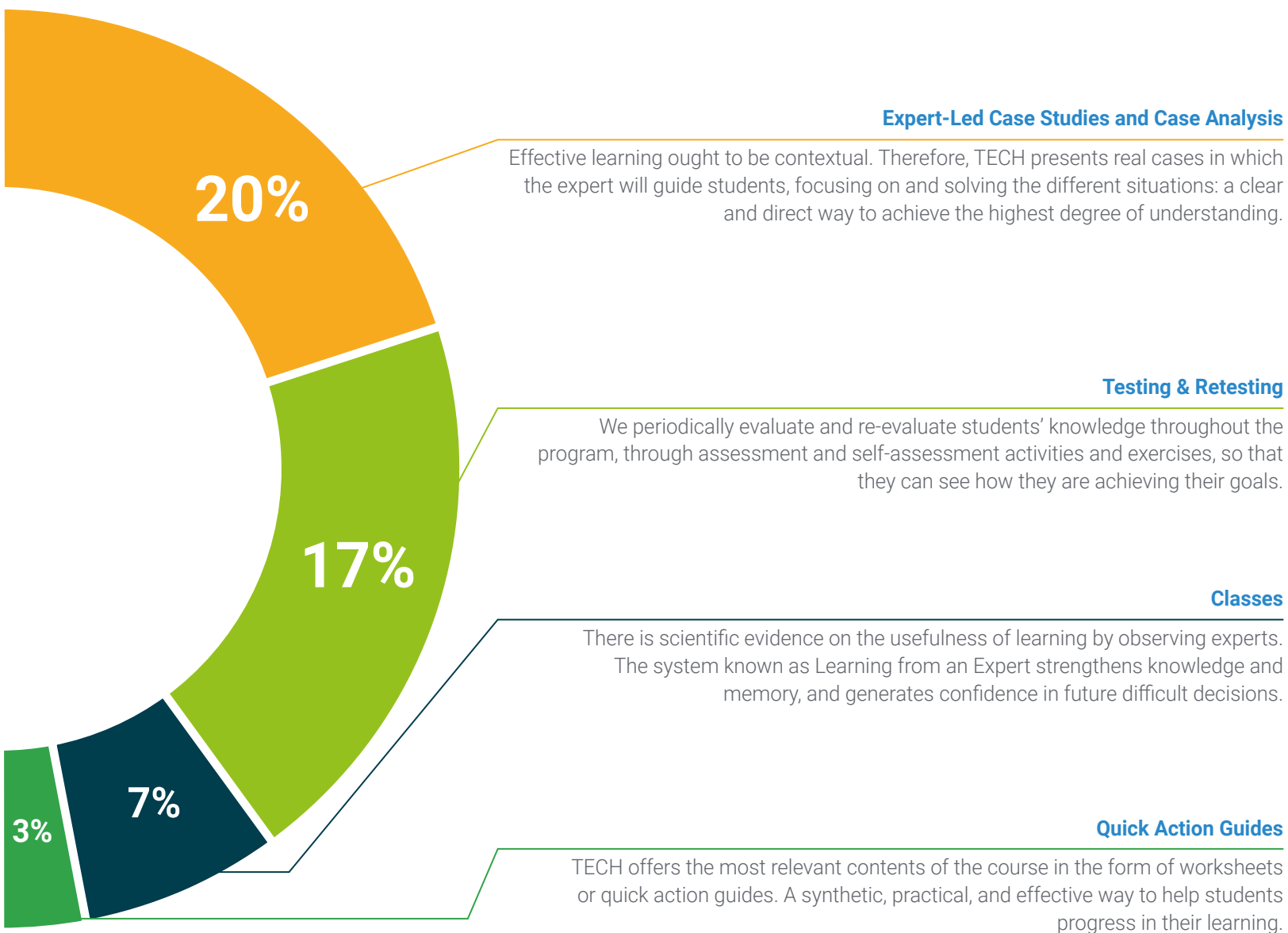
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





# 05 Certificate

The Postgraduate Certificate in Intervention Techniques with First Responders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University



“

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

This **Postgraduate Certificate in Group Intervention Techniques with First Responders** 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 Group Intervention Techniques with First Responders**

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.



**Postgraduate Certificate**  
Group Intervention  
Techniques with  
First Responders

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

# Postgraduate Certificate

## Group Intervention Techniques with First Responders

