

Postgraduate Certificate

Psychological Care for Stress and Emotional Management



Postgraduate Certificate Psychological Care for Stress and Emotional Management

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Accreditation: 15 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitude.com/us/medicine/postgraduate-certificate/psychological-care-stress-emotional-management

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01

Introduction

Emotional management is one of the foundations of any intervention in the stress environment. A physician working in this field must be able to provide appropriate psychological support. This qualification offers you all the knowledge you may need for this type of intervention, with the most current and relevant mental and practical tools. It is an opportunity to incorporate the approach to these conditions into your training through the development of family therapy.



A close-up photograph of a hand holding a black pen, poised to write on a white clipboard. The background is a soft-focus office setting. A large blue diagonal graphic element covers the top right portion of the image.

“

Learn to provide psychological support to your patients to help them manage stress, as an advanced form of medical intervention”

Learning how to help your patients with emotional management, enabling them to control stress, is essential for physicians to provide successful support in this area. Medications will be ineffective without this type of intervention.

This Postgraduate Certificate is unique because it addresses aspects that have been the focus of significant attention in recent research on the subject. To this end, we explore issues related to the relationship between external stress factors, family interaction, and psychological problems in children and adolescents.

The hypothesis, more or less explicitly stated by researchers, is that the negative impact certain external factors may have on the development of emotional and behavioral problems in children and adolescents is directly modulated by family functioning. Stress factors, in many cases, alter the family climate, making it dysfunctional.

The Postgraduate Certificate will feature an internationally renowned Guest Director, recognized for their outstanding professional career. They will lead a Masterclass dedicated to the study of Family Therapy and Stress.

This **Postgraduate Certificate in Psychological Care for Stress and Emotional Management** 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
- ♦ 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
- ♦ Latest developments on this topic
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ 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 professional skills by attending the high-level Masterclass led by a prestigious International Guest Director, an expert in Family Therapy and Stress"

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*Advance in your profession
by learning and growing with
a qualification designed to
be intensive yet manageable”*

It includes in its teaching staff expert professionals who bring to this specialization their work experience, as well as recognized specialists from reference 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 an immersive learning experience designed to prepare for real-life situations.

The design of this program focuses on Problem-Based Learning, by means of which the teacher must try to solve the different professional practice situations that are presented to them. For this purpose, specialist will be assisted by an innovative interactive video system created by renowned and experienced experts

*Acquire the necessary competencies
to work through family therapy with
this exceptional qualification.*

*We offer you the best teaching
methodology in the market and a
complete theoretical and practical
material that will help you to carry out
an immersive study of this subject.*



02 Objectives

The objective of this qualification is to provide professionals with a complete and efficiently structured learning process that enables them to achieve new levels of efficiency in their medical practice. Through high-quality, practice-focused teaching, you will learn how to carry out procedures and implement the necessary tools to develop them in the context of stress intervention through family therapy.



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A work approach that will allow you to quickly and effectively learn the theoretical and practical knowledge you need to work in this field”



General Objectives

- ♦ Master the current knowledge of psychic and social disorders in the family environment
- ♦ Learn how to achieve a therapist-patient bond in the field of family therapy
- ♦ Identify the agents who live with the child and adolescent, and discover their impact on family psychopathology.
- ♦ Develop understanding of the dynamics between the parents and the consequences on the family
- ♦ Design intervention protocols considering the characteristics and specific aspects of the systemic relationship within the family
- ♦ Identify the evolution of different disorders listed in the DSM-5 or ICD-10
- ♦ Master the fields of the physician-psychologist interaction in family interventions
- ♦ Provide the professional with all the up-to-date references on the diagnosis, intervention and therapeutic process of the family
- ♦ Describe with decision protocols the individualized study of family members to perform a rigorous psychopathological study
- ♦ Use decision trees to make a permanent differential diagnosis
- ♦ Frame all information within a multidisciplinary model for studying the biopsychosocial framework of the family in this century





Specific Objectives

- ♦ Use intervention to determine when it is necessary for other professionals to join the analysis process
- ♦ Redirect the attitude for effective teamwork cooperation
- ♦ Define and understand the focusing and control of thought
- ♦ Differentiate between empathy and sympathy
- ♦ Expand knowledge of mirror neurons and how they function
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence.
- ♦ Act before the formal cases of matrimonial nullity
- ♦ Provide a personal description of each party, addressing each of the processes within the couple
- ♦ Define the degrees of permanent incapacity and severe disability
- ♦ Understand the psychological, physical and social consequences of violence against women and identify the expert profile of this area



A unique, essential and decisive learning experience to boost your professional development"

03

Course Management

The teaching staff is made up of psychology professionals who are experts in family therapy, with a long track record in working with this type of intervention. They will teach you how to intervene therapeutically with patients suffering from stress, acquiring the necessary resources to take direct advantage of the possibilities of family therapy.



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A faculty of expert professionals in family therapy will guide you through your learning process, providing direct and accessible support”

International Guest Director

Dr. David H. Rosmarin is a renowned **clinical psychologist** and founder of the **Center for Anxiety**, where he has led a team of more than 80 physicians who treat more than 1,000 patients annually. His specialization encompasses **intensive** and **outpatient** treatment of anxiety disorder, as well as **depression** in all ages. In addition, his approach combines **scientific evidence** with **spirituality**, seeking to transform the pathology into a strength that contributes to **personal growth**.

He has also held prominent positions as **Associate Director of Psychology** in the **Department of Psychiatry** at Harvard Medical School and as **Director of the Spirituality and Mental Health Program** at McLean Hospital. These positions have allowed him to develop advanced skills in **clinical treatment** and **mental health** integration. Likewise, his ability to lead teams and train new professionals has been fundamental to the advancement of **psychological practice**.

Internationally, he has been recognized for his innovative contributions in the treatment of **Anxiety** and **Depression**. In this sense, he has received multiple awards for his **clinical and academic work**, standing out as a **pioneer** in mental health. Also, his approach, which has promoted the acceptance of **human emotions** as a way to overcome the stigmas associated with these disorders, has earned him invitations to prestigious **conferences** and **events** around the world.

In addition to his **clinical practice**, he has authored numerous peer-reviewed **articles** and **publications**. His **research** has focused on the relationship between **spirituality** and **mental health**, exploring how these elements can be integrated into the treatment of **emotional disorders**. Additionally, his commitment to professional development has been reflected in the APPIC-approved **Anxiety Center Psychology program**.



Dr. Rosmarin, David H.

- Director of the Mental Health Program at McLean Hospital, Massachusetts, United States
- Associate Director of Psychology in the Department of Psychiatry at Harvard Medical School
- Director of the Spirituality and Mental Health Program at McLean Hospital
- Assistant, Department of Psychiatry, Harvard University
- Postdoctoral Fellowship in Clinical Psychology at Harvard University
- Ph.D. in Clinical Psychology from Bowling Green State University
- Master's Degree in Counseling Psychology from the University of Toronto

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Thanks to TECH, you will be able to learn with the best professionals in the world”

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 educational centers
- ♦ Author of several books on Psychology
- ♦ Expert communicator in Psychology in the media
- ♦ Professor in university courses and postgraduate studies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Selective Dissociation Targeting

Teachers

Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Professor in the Department of Psychology at the University of Castilla-La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Bachelor's Degree in Psychology
- ♦ Doctor of Medicine

Dr. González Agüero, Mónica

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

Dr. Gandarias Blanco, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Bachelor's Degree in Psychology. University of Deusto
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

Dr. Roldán, Lucía

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

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's Degree in Time-Limited Psychotherapy and Health Psychology from the European Institute of Time-Limited Psychotherapies
- ♦ Master in Neurolinguistic Programming at Richard Bandler's SNLP-The Society of NLP



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

The structure of the content has been designed by a team of psychology experts who have taken into account the latest strategies and innovations in the field. In a structured way, a complete syllabus has been developed, oriented towards practical learning with a direct look at the implementation of what has been learned, with the security of the most up-to-date knowledge.



“

A broad yet specific syllabus that will guide you toward your learning goals in an engaging and effective way”

Module 1. Methods of Intervention in Family Therapy

- 1.1. Concept of Conflict
 - 1.1.1. Changing the Attitude Towards Team Cooperation
 - 1.1.2. Improving the Attitude
 - 1.1.3. Emphasizing Performance
- 1.2. Types of Conflict
 - 1.2.1. Attraction-Attraction
 - 1.2.2. Avoidance-Avoidance
 - 1.2.3. Attraction-Avoidance
- 1.3. Family Mediation
 - 1.3.1. Mediator is Present, Does Not Influence
 - 1.3.2. Arbitration. Making Decisions by Listening to Both Parties
 - 1.3.3. Neutral Evaluation. Drawing Conclusions from the Data Collected
- 1.4. Family Coaching
 - 1.4.1. Similarities
 - 1.4.2. Differences
 - 1.4.3. Contradictions
 - 1.4.4. Intrusiveness
- 1.5. Learning in Coaching
 - 1.5.1. Declaring Bankruptcy
 - 1.5.2. Shedding the Masks
 - 1.5.3. Reengineering Ourselves
 - 1.5.4. Focusing on the Task
- 1.6. Habits to Improve in Coaching
- 1.7. Focusing on the Activity
 - 1.7.1. Focusing Techniques
 - 1.7.2. Thought Control Techniques
- 1.8. Clear Goals
 - 1.8.1. Defining Where We Are
 - 1.8.2. Defining Where We Want to Go





- 1.9. Taking the Reins of Your Life: Proactivity
- 1.10. Positive Psychology
- 1.11. Conflict Management with the Conscious Emotional Bonding Model (CEB)
 - 1.11.1. Identifying Emotions
 - 1.11.2. Identifying the Right Emotions
 - 1.11.3. Changing One Emotion for Another
- 1.12. Training to Deal with Conflicts in the Family

Module 2. Family Models and Parental Roles

- 2.1. Separation, Divorce, and Annulment
- 2.2. Work Incapacity from Expert Testimony
 - 2.2.1. Deficiency, Disability, and Impairment
 - 2.2.2. Civil Incapacity and Work Incapacity
 - 2.2.3. Degrees of Permanent Incapacity
 - 2.2.4. Severe Disability
- 2.3. Gender-Based Violence
 - 2.3.1. Psychological Violence
 - 2.3.2. Psychological Consequences of Violence
- 2.4. Mistreatment
 - 2.4.1. Establishing the Facts
 - 2.4.2. Psychological Consequences
 - 2.4.3. The Causal Link
- 2.5. Secondary Victimization
 - 2.5.1. Credibility of the Testimony
 - 2.5.2. Difficulty of the Psychological Report
- 2.6. Psychopedagogical Expert Evaluation of Substance Abuse
- 2.7. Expert Evaluation in the Elderly
- 2.8. Profile of the Basic Emotion "Guilt" in Current Research

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“

TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

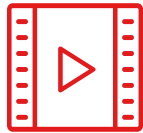
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

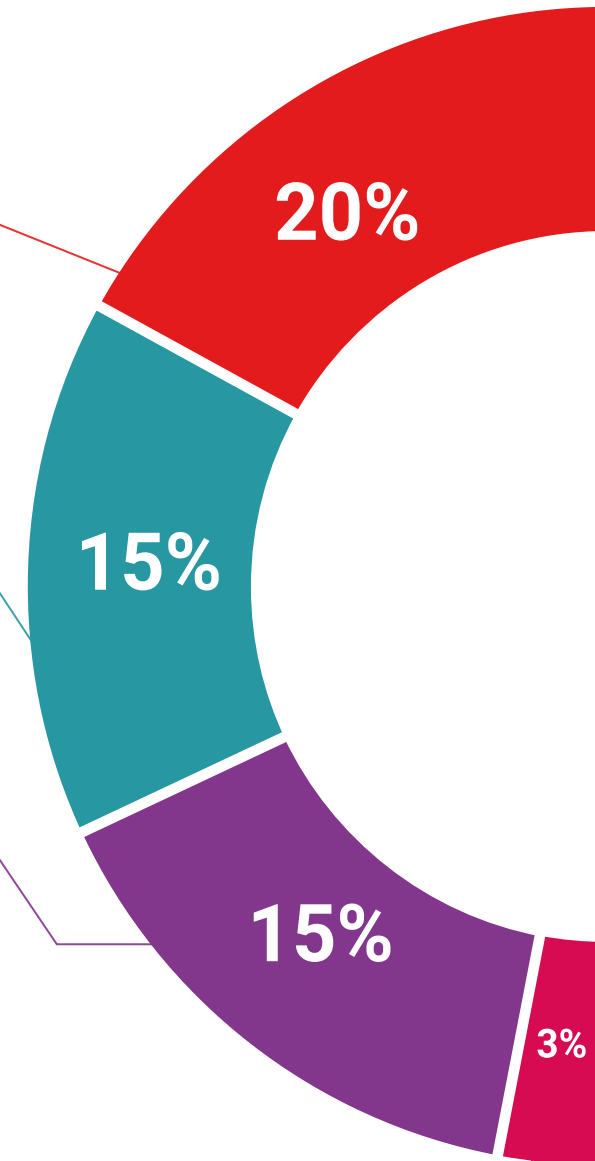
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

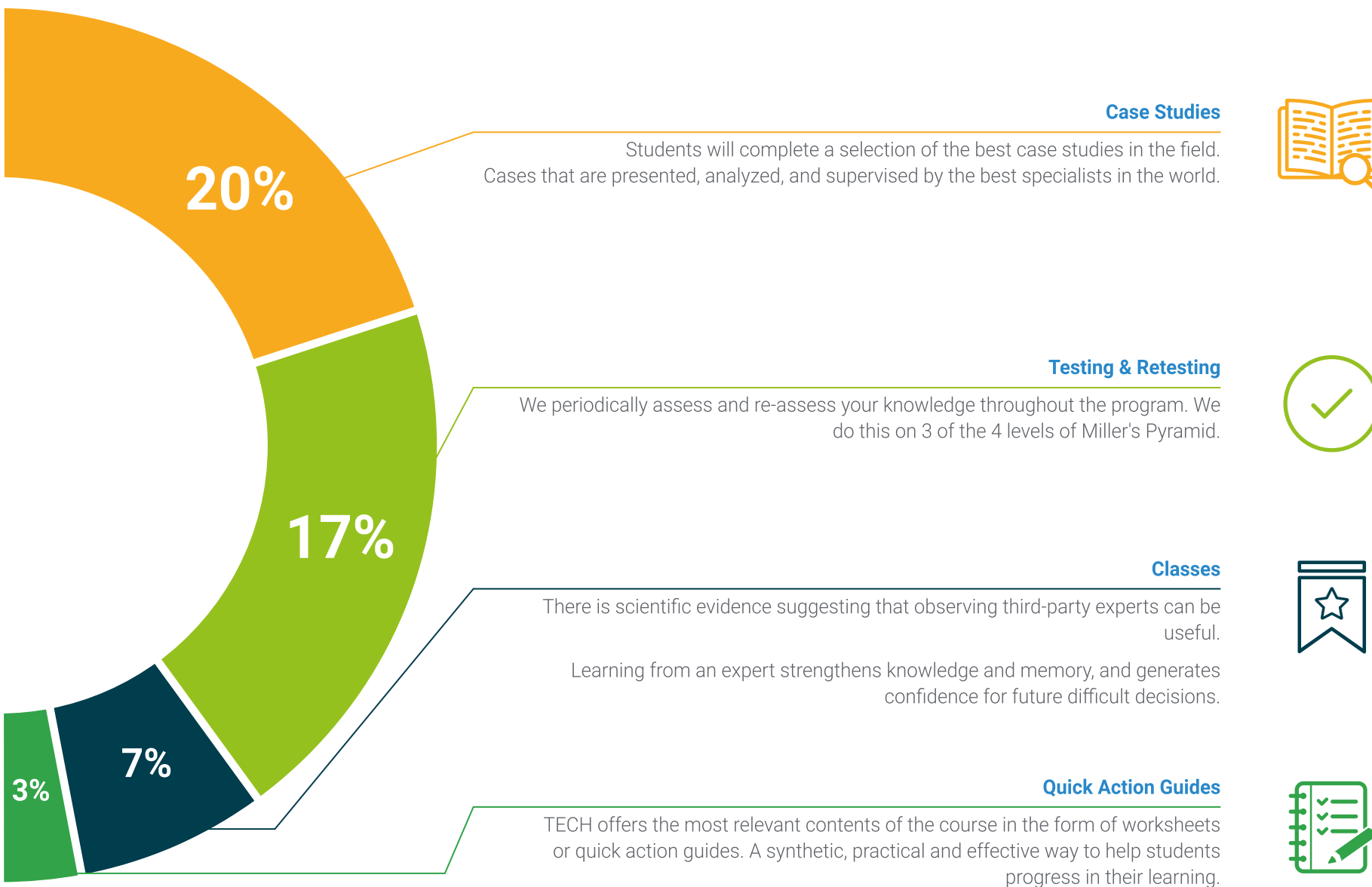
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

This Postgraduate Certificate in Psychological Care for Stress and Emotional Management guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the 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 private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Psychological Care for Stress and Emotional Management** 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** private qualification, 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.

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Postgraduate Certificate

Psychological Care for Stress and Emotional Management