

# Postgraduate Certificate Psychology of the Voice





## Postgraduate Certificate Psychology of the Voice

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/psychology-voice](http://www.techtitute.com/us/medicine/postgraduate-certificate/psychology-voice)

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# 01

# Introduction

Emotions directly affect the voice. Stress, in particular, is a source of affectation that frequently presents itself in the consultation room. However, it is not the only one, but it composes, together with the other human emotions, an important field that the physician must know in order to be able to help patients who suffer in their voice the pathological consequences of these emotions. This Postgraduate Course is an advanced collection of knowledge with which student will learn, in a complete and practice-oriented way, everything they need to address voice disorders.







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*Learn how emotions can create pathologies in the voice and how to deal with them from a broad and integrative vision that gives the necessary support to the affected patient"*

Stress, depression, and other intense emotions directly affect human health. In the area of the voice, this can result in specific disorders that can seriously affect the individual. The physician needs to know what these mechanisms are in order to be able to deal with them and make an efficient approach.

Physicians intervene in the care of their patients' voices in many contexts and situations. Professionals such as broadcasters, journalists, commercials, actors, singers, etc., require knowledge and management of their speaking apparatus, since its use is essential for their work. In this sense, it is also important to be aware of the multifactorial nature of the voice and its alterations. The changes that occur in the human voice over time are related, among other factors, to the maturation and development of the phonorespiratory system, as well as to its deterioration. There are also modifications in the voice due to professional use and to structural and functional alterations associated or not with other pathologies. And all of this is evident in both the normal voice and the pathological voice.

For all these reasons, knowledge about the use of one's own voice, programs for the prevention of disorders and Vocal Therapy applied to the use in different contexts, are crucial elements for the health, well-being and development of any speaker.

This program offers a very broad view of vocal pathology and voice physiology, with examples of successful cases. It includes all the necessary and basic techniques for the preparation and re-education of the voice, taking into account the professions that use it as their main working tool, providing tools, experiences and advances in this field, which have also been guaranteed by the teaching staff of the Postgraduate Certificate, as they all work in this field. Professionals will learn based on professional experience, as well as evidence-based pedagogy, which makes student education more effective and accurate.

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

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practising experts
- ♦ State-of-the-art interactive video systems.
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-assessment and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums.
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the program



*The study of the voice and its care from the pathologies derived from emotions in a high-intensity program for physicians"*

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*A program created and directed by active professionals who are experts in this field of work, which makes this Postgraduate Certificate a unique opportunity for professional growth”*

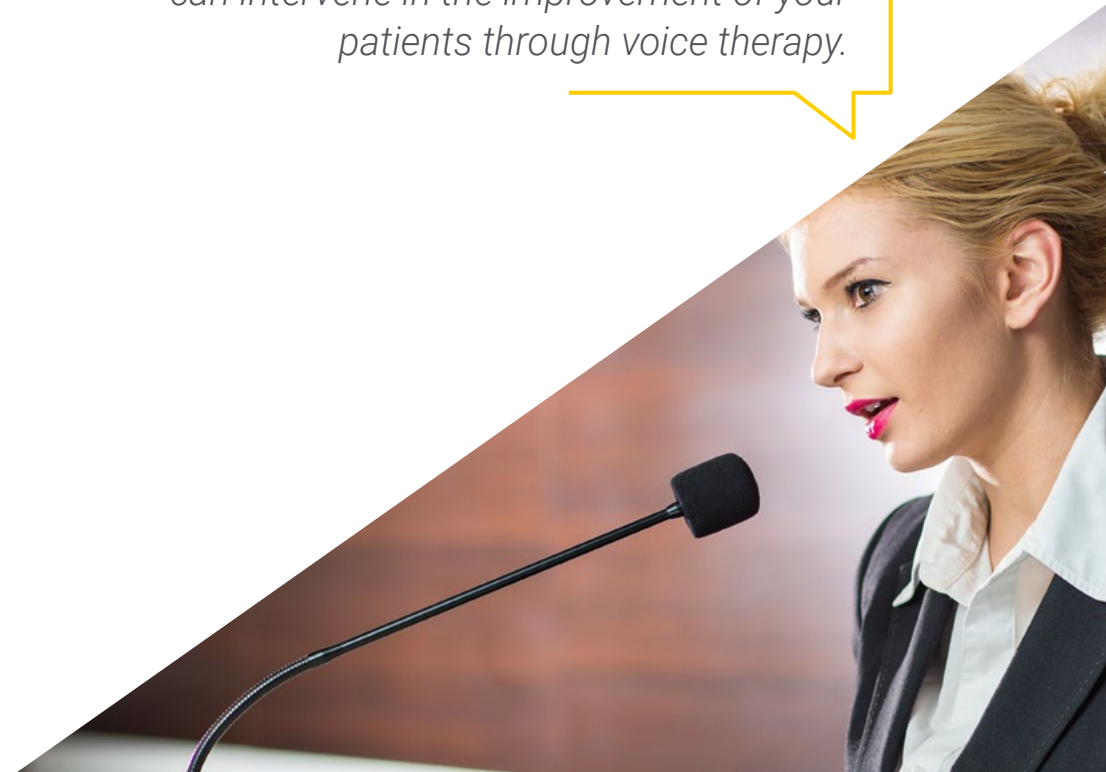
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

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

*The study of the voice and its care from the pathologies derived from emotions in a high-intensity program for physicians.*

*A program that will allow you to become a highly competent professional who can intervene in the improvement of your patients through voice therapy.*





# 02 Objectives

The Postgraduate Certificate offers in detail the most relevant advances in the specialty from an eminently practical point of view, in an era in which the accreditation of knowledge plays a fundamental role.

The objective of this training is to offer professionals who work in Vocal Therapy, the necessary knowledge and skills to perform their duties using the most advanced protocols and techniques of the moment.







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*The objectives of this program have been designed to ensure that students learn in a stimulating and fast way, incorporating what they have learned in an immediate and practical way"*



## General Objectives

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- ♦ Learn the specific anatomical and functional aspects of the phonatory system as a basis for the rehabilitation of vocal pathologies and for vocal work with voice professionals
- ♦ Gain in-depth knowledge of the most current diagnostic and treatment techniques
- ♦ Delve into the knowledge and analysis of the results obtained in objective voice assessments
- ♦ Learn how to implement a correct and complete assessment of vocal function in daily clinical practice
- ♦ Know the most important features of the voice and learn to listen to different types of voices in order to know which aspects are altered to guide clinical practice
- ♦ Analyze the different possible vocal pathologies and achieve scientific rigor in treatments
- ♦ Learn about different approaches to the treatment of vocal pathologies
- ♦ Raise awareness of the need for vocal care
- ♦ Teach Vocal Therapy work focused on different voice professionals
- ♦ Learn the importance of multidisciplinary work in some voice pathologies
- ♦ View the voice as a global ability of the person and not as an exclusive act of the phonatory system
- ♦ Solve real case studies with current therapeutic approaches based on scientific evidence





## Specific Objectives

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- Explain the importance of multidisciplinary work in the prevention and treatment of voice pathologies
- Describe the relationship between voice and emotions
- Describe the relationship between voice and stress
- Explain the different types of dysphonia in which a multidisciplinary approach is needed
- Analyze aspects of voice problem prevention from a psychological and health perspective



*A boost to your CV that will give you the competitiveness of the best prepared professionals in the labor market"*

03

# Course Management

Within the concept of total quality of our program, we are proud to put at your disposal a Teaching Staff of the highest level, chosen for their proven experience. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*The learning of this Postgraduate Certificate is performed through the most advanced educational means in online teaching to guarantee that your effort will have the best possible results"*

## Guest Director



### Dr. Gavilán, Javier

- ♦ Head of Service and Professor of Otorhinolaryngology at the La Paz university hospital, Madrid
- ♦ 350 articles in international scientific journals
- ♦ Recipient of the Honor Award from the American Academy of Otolaryngology-HNS
- ♦ Member of more than 25 Scientific Societies

## Management



### Ms. Martín Bielsa, Laura

- ♦ Director of Multidisciplinary Center Dime Más
- ♦ Speech therapist and teacher
- ♦ Expert in voice pathology
- ♦ Director of Multidisciplinary Center Dime Más
- ♦ CFP Estill Voice Training
- ♦ Extensively trained in different methods of vocal rehabilitation
- ♦ Dean of the Professional Association of Speech-Language Pathologists of Aragon

## Professors

### Dr. Ogén Morado, Carolina

- ♦ ENT Service at the La Paz university hospital of Madrid
- ♦ Postgraduate course in rehabilitation and improvement of the professional speaking and singing voice Institute of Human Sciences-University of Alcalá de Henares Madrid
- ♦ Postgraduate course in voice pathology Institute of Human Sciences-University of Alcalá de Henares Madrid
- ♦ Graduate in Teaching, specializing in Hearing and Language, La Coruña University
- ♦ Postgraduate course in Hearing and Language Disorders at the University of La Coruña
- ♦ Diploma in Speech Therapy from the University of La Coruña

### Dr. García-López, Isabel

- ♦ PhD in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Medical Specialist in Otorhinolaryngology with specific training and dedication to Voice Disorders
- ♦ General Vice-Secretary of the Spanish Society of Otorhinolaryngology and Head and Neck Surgery
- ♦ Lecturer in the postgraduate course on Voice Disorders at the Ramon Llull University of Barcelona
- ♦ Professor of the Master's Degree in Vocal Disorders at the Catholic University of Murcia
- ♦ Member of the main scientific societies in the world related to voice: Voice Foundation, Collegium Medicorum Theatri, European Society of Laryngology, International Association of Phonosurgery and Spanish Society of Otorhinolaryngology and Head and Neck Surgery
- ♦ Otorhinolaryngology Department, La Paz hospital, Madrid
- ♦ General Vice-Secretary of the Spanish Society of Otorhinolaryngology and Head and Neck Surgery

### Dr. Bernáldez Millán, Ricardo

- ♦ ENT Assistant in the specialty of Otorhinolaryngology at La Paz university hospital, La Paz
- ♦ PhD in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Teaching collaborator for the subject of Otorhinolaryngology at the Faculty of Medicine of the UAM
- ♦ More than 30 ENT-related publications in scientific journals
- ♦ Author of 15 book chapters on Otolaryngology
- ♦ Specialized in Head and Neck Surgery

### Dr. Rivera Schmitz, Teresa

- ♦ Head and Neck Section of the La Paz university hospital, Madrid
- ♦ Specialized in Laryngology
- ♦ Degree in Surgery
- ♦ She studied at the Autonomous University of Madrid and completed her residency at the Unviersiy Hospital Complex of Vigo
- ♦ Fellowship at the Bradford Royal Infirmary Hospital in the United Kingdom, in the field of Otology
- ♦ She has published several articles as author or co-author and has participated in some book chapters and papers in recent years In addition, she has participated in lectures and courses as a speaker in the field of voice and dysphagia

### Quílez Félez, Olaya

- ♦ Collaborator in research projects with the University of Zaragoza
- ♦ Health Psychologist at Dime Más Multidisciplinary Center and other Health Centers in Aragon
- ♦ Master's Degree in Neuropsychology
- ♦ Collaborator in research projects with the University of Zaragoza

# 04

## Structure and Content

The contents of this Postgraduate Certificate have been developed by different experts, with a clear purpose: to ensure that our students acquire each and every one of the skills necessary to become true experts in this field.

A complete and well-structured program that will take you to the highest standards of quality and success.







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*This Postgraduate Certificate in Psychology of the Voice contains the most complete and updated scientific program on the market”*

## Module 1. Psychology and Voice

- 1.1. Voice Psychology as a Specialty
  - 1.1.1. Voice Psychology as a Specialty
  - 1.1.2. Relation Between Voice and Psychology
  - 1.1.3. Voice as a Fundamental Element in Non-Verbal Communication
  - 1.1.4. Summary
- 1.2. Connection Between Voice and Psychology
  - 1.2.1. What is Voice?
  - 1.2.2. What is Psychology?
  - 1.2.3. Psychological Aspects of the Voice
  - 1.2.4. Voice According to Mood
  - 1.2.5. Voice According to Personality
  - 1.2.6. Summary
- 1.3. Voice as a Fundamental Element in Non-Verbal Communication
  - 1.3.1. Non-Verbal Communication
  - 1.3.2. Paraverbal Elements of Communication
  - 1.3.3. Impact of the Voice on the Oral Message
  - 1.3.4. Psychological Types and Vocal Characteristics
  - 1.3.5. Summary
- 1.4. Voice and Emotions
  - 1.4.1. What is an Emotion?
  - 1.4.2. Functions of Emotions
  - 1.4.3. Classification of Emotions
  - 1.4.4. Expressing Emotions
  - 1.4.5. Summary
- 1.5. Voice and Stress
  - 1.5.1. What is Stress?
  - 1.5.2. Theories and Models that Explain Stress
  - 1.5.3. Characteristics of Stressors
  - 1.5.4. Consequences of Stress
  - 1.5.5. Summary





- 1.6. Types of Functional and Psychogenic Dysphonias
  - 1.6.1. What are Dysphonias?
  - 1.6.2. Difference Between Functional and Organic Dysphonia
  - 1.6.3. Causes of Functional Dysphonia
  - 1.6.4. Types of Functional Dysphonia
  - 1.6.5. Summary
- 1.7. Prevention of Voice Problems
  - 1.7.1. Healthy Lifestyle Habits
  - 1.7.2. Sleep-Wake Connection
  - 1.7.3. Feeding
  - 1.7.4. Tobacco
  - 1.7.5. Physical Exercise
- 1.8. Consciousness: Mind-Body Connection
  - 1.8.1. Difference Between Consciousness and Conscience
  - 1.8.2. Historical Trajectory of Consciousness
  - 1.8.3. Properties of Consciousness
  - 1.8.4. Self-Awareness
  - 1.8.5. Summary
- 1.9. Psychoeducation
  - 1.9.1. What is Psychoeducation?
  - 1.9.2. Psychoeducation in Functional Dysphonia
  - 1.9.3. Psychoeducational Program
  - 1.9.4. Summary
- 1.10. *Mindfulness*
  - 1.10.1. What is *Mindfulness*?
  - 1.10.2. Types of *Mindfulness* Practices
  - 1.10.3. Benefits of *Mindfulness*
  - 1.10.4. Summary
- 1.11. Psychological Therapy in Voice Pathology
  - 1.11.1. Organic Pathologies
  - 1.11.2. Functional Pathologies

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 Psychology of the Voice 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 Psychology of the Voice** contains the most complete and up-to-date scientific 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 Psychology of the Voice**

Official N° of Hours: **175 hours**.



\*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.

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



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