

Postgraduate Certificate

Study of Effective
Psychotherapies
in the Elderly



Postgraduate Certificate

Study of Effective Psychotherapies in the Elderly

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 7 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/study-effective-psychotherapies-elderly



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01

Introduction

Elderly individuals often require multiple medications simultaneously. Therefore, in situations where it is feasible, the use of psychotherapies becomes especially effective. However, due to advanced age, not all therapies are applicable. This is why, throughout this program, we will analyze the most appropriate psychotherapies for treating elderly patients. These therapies have been developed based on the latest research in psychogeriatrics. The ultimate goal is to enable healthcare professionals to apply them in their practice, enhancing the quality of care. All of this is offered through a 100% online format, with no set hours, allowing for better personal and professional life balance.



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The professors at TECH will present real-life cases for you to observe the effectiveness of the psychotherapies studied in practice”

The most appropriate way to intervene with an elderly patient is in a preventive manner— stimulating them before cognitive decline occurs or in its early stages. Once the disease has progressed, the effectiveness of psychotherapy is significantly reduced.

In this regard, the program offered by TECH analyzes the common and distinct elements of psychotherapy in the elderly, as well as the various types of conflicts and models that explain health and illness behaviors, enabling scenarios, and motivational interviewing.

Subsequently, the course delves into different types of psychotherapies, including systemic therapy, family sculpting, strategic therapy, and constructivism, alongside more widely used approaches such as magnetic resonance therapy.

These contents will be made available to students in a 100% online format, without set schedules, and with full access to the materials from day one. This format allows students to organize their studies according to their circumstances, balancing work and learning.

A prestigious International Guest Director will deliver an in-depth Masterclass, providing graduates with advanced skills.

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

- ♦ The development of practical case studies presented by experts in psychotherapy for the elderly
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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



A renowned International Guest Director will offer an exclusive Masterclass that delves into the latest trends in the Study of Effective Psychotherapies in the Elderly"

“

The various therapies covered in the syllabus will be explained in a clear and concise manner, enabling you to apply them to your patients without difficulty”

This program has been developed based on the most recent advancements in psychogeriatrics and psychotherapies for the elderly.

The syllabus outlines the recent developments in systemic therapies, allowing you to analyze the patient's environment with greater precision.

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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.



02 Objectives

The ultimate goal of this study is to train graduates in the most innovative psychotherapeutic techniques for the elderly. To achieve this, the program will explore the common and differential elements in elderly psychotherapy and analyze the different types of conflicts and models that explain health and illness behaviors. All of this will be based on the most recent studies in psychogeriatrics.



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TECH's commitment is to promote the most innovative psychotherapies as a way to improve the quality of treatment received by the elderly”



General Objectives

- Update knowledge about effective psychotherapies for the elderly
- Learn about the most innovative psychotherapies

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TECH professors will provide you with various tips that will help you successfully carry out psychotherapies”





Specific Objectives

- Define the specific elements of psychotherapy in the elderly
- Delve into the models that explain health and illness behaviors
- Work with different innovative psychotherapies oriented to the elderly

03

Course Management

During the Postgraduate Certificate, you will work alongside top-tier medical professionals from the most reputable centers worldwide. Moreover, special consideration has been given to ensuring that these doctors have experience in educational areas. This approach not only guarantees the use of up-to-date, high-quality information but also ensures effective internalization of learning.



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The extensive academic and professional experience of TECH's faculty will allow you to raise even the most specific questions that may arise”

International Guest Director

Dr. Abby Altman is a renowned **Psychologist** specialized in **Anthropology** and **Philosophy**. Her line of work focuses on providing personalized therapeutic plans to patients with conditions such as **Cognitive Impairment** or **Dementia** in order to optimize their long-term quality of life.

Her passion for integrating **behavioral health** into primary care has led her to lead important programs focused on **mental wellness**. One example is **iCBT**, which promotes **neurological resilience**. In addition, during her career, she has held strategic roles such as the **Director of Brain Support and Wellness Services** at Brigham and Women's Hospital in Massachusetts.

Moreover, her leadership skills in healthcare settings have allowed her to contribute to the comprehensive training of specialists. In this way, she has contributed to physicians developing a **multidisciplinary approach** based on behavioral change.

It should be noted that her work has been recognized internationally on multiple occasions. One of her main contributions is the **digital approach** in the field of **Geriatric Psychotherapy**. In this way, she has received a variety of awards for her work in improving access to **mental health** and the use of **motivational interviewing** to promote behavior change in users.

Firmly committed to progress in this area, she has balanced this work with her role as a **Clinical Researcher**. As such, she has conducted multiple exhaustive analyses on topics such as loneliness, behavioral patterns or the adaptation of **Cognitive-Behavioral Therapies**.

She is also a member of the **Motivational Interviewing Trainers Network**. In this organization she participates in the design of educational programs and didactic materials of this technique for different contexts, from Primary Care to Addictions management.



Dr. Altman, Abby

- Co-director of Neurological Wellness at Brigham and Women's Hospital in Boston, United States
- Geropsychologist at Brigham and Women's Hospital
- Clinical Leader, iCBT program at Brigham and Women's Hospital
- Psychologist at Brigham and Women's Hospital
- Director of Psychology Education at Brigham and Women's Hospital
- Subject Matter Expert at Inflect Health Advisory
- Assistant Project Coordinator at Boston VA Research Institute
- Clinical Psychology Intern at Bay Pines VA Healthcare System
- Behavioral Specialist at Eldercare Assessment & Resources
- Ph.D. in Philosophy at Lehigh University

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

Management



Dr. Anasagasti, Aritz

- Director at Emotional Network and Expert in Neurodegenerative Diseases and Emotional Intelligence
- European Specialist Psychologist in Psychotherapy at the Bilbao-Casco Viejo Health Center
- Bachelor's Degree in Psychology from the University of the Basque Country/Euskal Herriko Unibertsitatea
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Specialist in Psychogeriatrics
- Specialist in Neurodegenerative Diseases by the University of the Basque Country/Euskal Herriko Unibertsitatea
- Psychologist Specialist in Psychotherapy
- Certified Psychotherapist by the Spanish Federation of Psychotherapist Associations (FEAP)
- EuroPsy Certificate as a Specialist Psychologist and Specialist Psychotherapist
- Member of: Basque Association of Gestalt Therapy Zimentarri and IEPTL European Institute of Time-Limited Psychotherapies

Coordinator



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. Fernández, Ángel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the aCEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

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. 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. Otero, Verónica

- ♦ Psychologist Specialist in Psychotherapy. Bilbao-Casco Viejo Health Center
- ♦ Head of Child and Juvenile Area of intervention with TLP. Bilbao-Casco Viejo Health Center
- ♦ Bachelor's Degree in Psychology. University of Deusto
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychologist Specialist in Children and Adolescents
- ♦ Specialist in Reciprocal Interaction Therapy
- ♦ Certified Psychotherapist. Spanish Federation of Psychotherapist Associations
- ♦ EuroPsy Certificate as Specialist Psychologist
- ♦ EuroPsy Certificate as Specialist Psychotherapist

Dr. Zabala Baños, María Carmen

- ♦ Health Psychologist Expert in Psychosocial Rehabilitation and Occupational Therapy
- ♦ Researcher at the Department of Nursing, Physiotherapy and Occupational Therapy. University of Castilla-La Mancha
- ♦ Doctor of Psychology. University of Castilla-La Mancha
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

04

Structure and Content

The syllabus begins by providing an overview of psychotherapies for the elderly, analyzing the common and differential elements, distinguishing between types of conflicts and models that explain health and illness behaviors, and defining effective scenarios and motivational interviewing. It then delves deeper into the various psychotherapies recommended for the elderly, such as family sculpting or metaphorical storytelling.

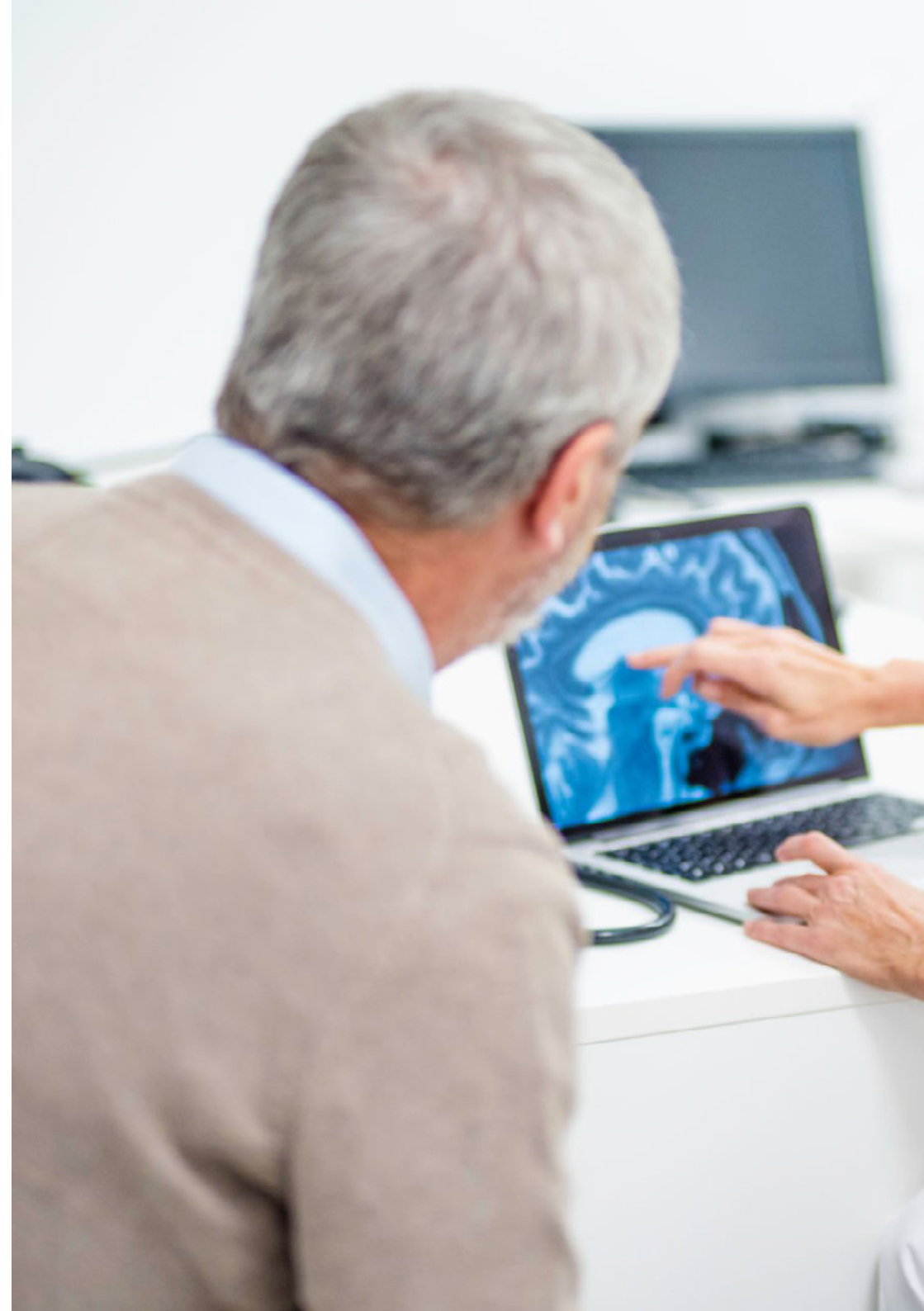


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By enrolling in TECH, you will gain access to one of the most prestigious online study centers in Spanish-speaking countries worldwide”

Module 1. Psychotherapies and Intervention in the Elderly from a Clinical Psychology Perspective

- 1.1. Common and Differential Elements in Psychotherapy of Elderly People
- 1.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 1.3. Competent Scenarios and Motivational Interviewing
- 1.4. Behavior Modification and Time-Limited Psychology in the Elderly
- 1.5. Functional Analysis
- 1.6. Systemic Therapy
- 1.7. MRI: Problem-Focused Brief Therapy
- 1.8. SFBT: Solution-Focused Brief Therapy
- 1.9. Family Sculpting
- 1.10. Narrating Metaphoric Stories
- 1.11. Prescriptions: Healing Processes
- 1.12. Original Prescriptions
- 1.13. Strategic Therapy and Constructivism
 - 1.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy





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The effectiveness of the psychotherapies proposed by TECH has been tested by esteemed professionals at various centers across the globe”

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.



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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.

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*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.

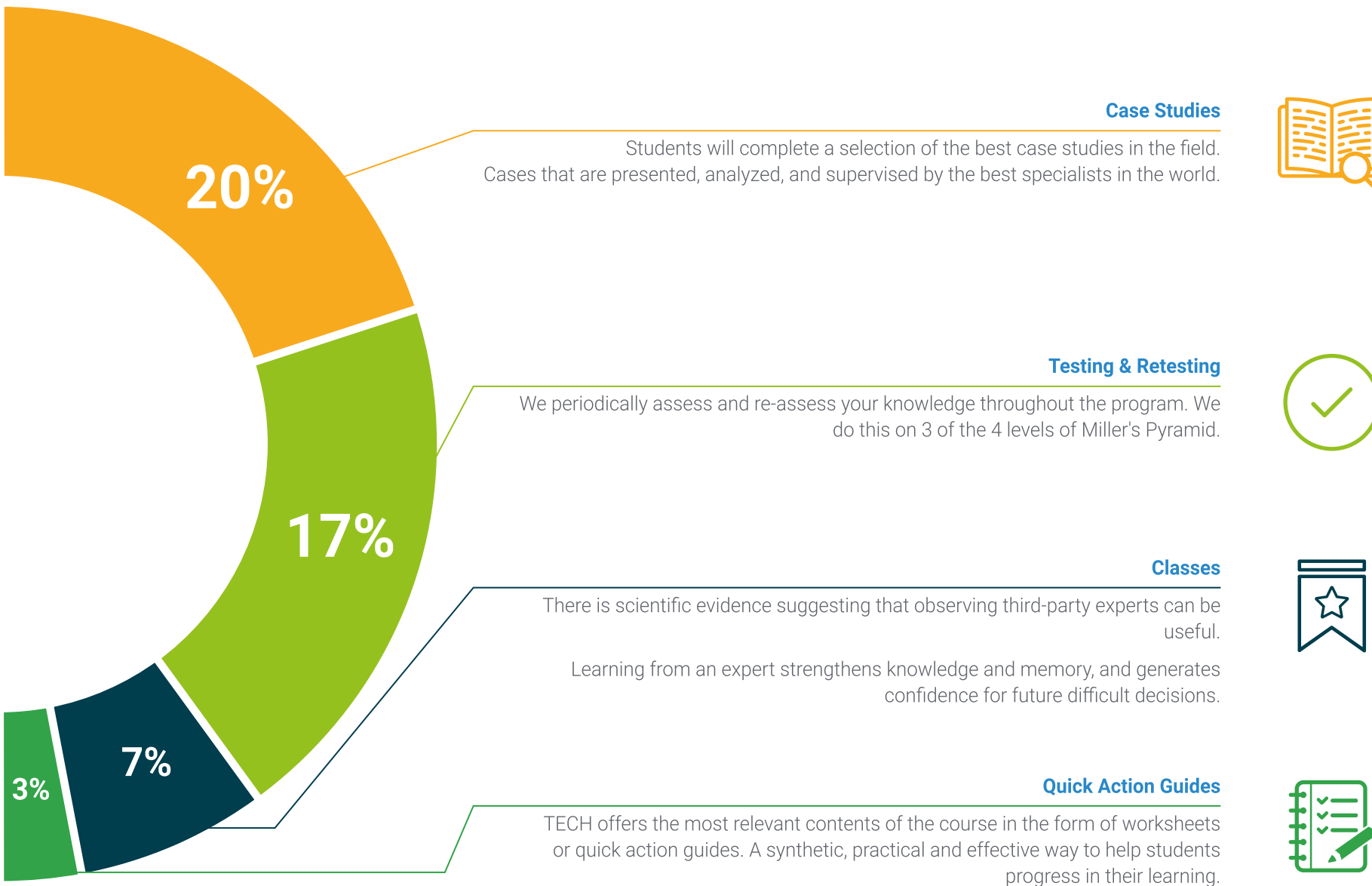
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Study of Effective Psychotherapies in the Elderly 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 Study of Effective Psychotherapies in the Elderly** 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

Study of Effective Psychotherapies in the Elderly