

# Postgraduate Certificate

The Therapist's Role in  
the Patient's Emotional  
Well-Being



## Postgraduate Certificate The Therapist's Role in the Patient's Emotional Well-Being

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/therapist-role-patient-emotional-well-being](http://www.techtute.com/us/medicine/postgraduate-certificate/therapist-role-patient-emotional-well-being)

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# 01

# Introduction

There are several functions that a therapist performs during a therapy process. They must create a healthy and safe relationship with the patient, continuously improve communication channels, discover behavior patterns, etc. It is true that the elaboration of all these functions is done together with the patient, in a conscious and, as far as possible, pleasant way. This program provides the professionals with the tools to create an operational work structure. In such a way that offers the patients a session that allows them to face and overcome their situations, transmitting to them, in the most effective way possible, the most relevant knowledge and techniques for the life of the individual who has placed their trust in them.



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*Therapist training is a never ending process, in which one can always learn more and more. Take advantage of this opportunity that TECH offers you"*

Therapists are people who are in a different position from the rest of the people around the patients. They are specialists who listen, recommend and set guidelines for individuals. Patients are able to tolerate what the therapist tells them, but only from them and not from someone else, because they hope to learn something from the professional that they were unable to discover on their own.

This program is designed to intensively train professionals in the therapeutic branch in the guidelines necessary to better understand and manage their patients. The skills that the students will acquire by completing this program will enable them to work optimally in the cordiality, trust, kindness, empathy, listening and a long list of other aspects, so they will become a true reference for their patients.

Additionally, this Postgraduate Certificate stands out for being 100% online, allowing students to train without having to neglect their work in any way, or the rest of their regular obligations. A high quality program designed with the best teaching methodology to facilitate its comprehension and add value to the professional careers of the therapists who take it.

This **Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being** contains the most complete and up to date educational program on the market. Its most notable features are:

- The development of practical cases presented by experts in The Therapist's Role in the Patient's Emotional Well-Being
- 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.
- 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



*Since it is completely online, you will be able to take the program wherever and whenever you want, from any device with an Internet connection"*



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*This program supports all the educational materials with practical experiences that will help you in your professional practice"*

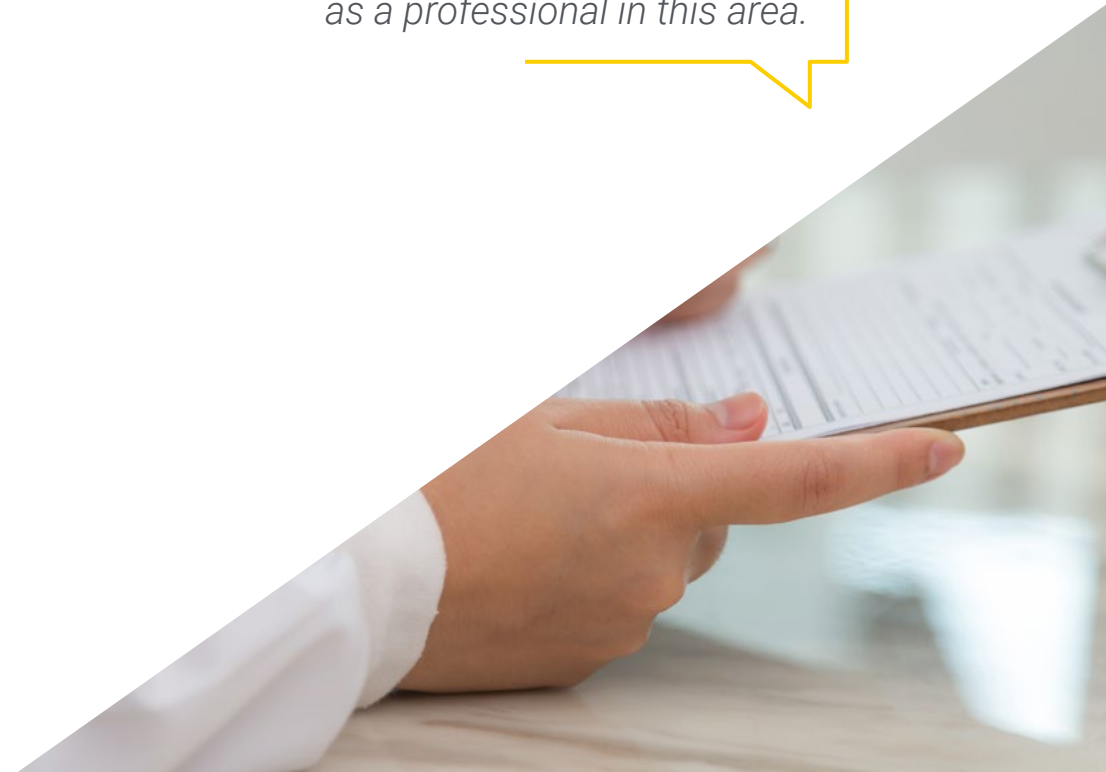
The program's teaching staff includes professionals from the sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The knowledge you will acquire with this Postgraduate Certificate will provide you with the skills to work in the best possible way with your patients.*

*TECH offers you the most avant garde contents in the therapeutic sector that will enable you to grow as a professional in this area.*



# 02 Objectives

This program is designed to foster and strengthen the capabilities of the Therapist's Role in the Patient's Emotional Well-Being. Therefore, the aim is to develop new skills and abilities that will be essential in their professional development and will allow them to obtain a better performance in their work. After completing this program, the student will become a much more sought after professional in the labor market, due to the good reviews and recommendations of their patients.





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*TECH's goal is clear, to  
achieve academic excellence  
and help you achieve it too"*



## General Objectives

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- ◆ Provide the student with the necessary knowledge to be able to offer real Emotional Well-Being to their patients
- ◆ Get trained to generate a good therapist-patient bond
- ◆ In depth knowledge and understanding about the functioning of the human being and the importance of emotional management in it
- ◆ Discover the different therapies and models based on emotion
- ◆ Develop intervention protocols adapted to the patient and reason for consultation
- ◆ Master therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health



*TECH provides you with the best content in order to increase your reputation and your referrals"*





## Specific Objectives

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- Develop effective communication with the patient
- Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- Acquire the knowledge and basic tools to generate a good therapeutic bond
- Gain knowledge about what intrapersonal psychology is, and what is the importance of self knowledge and self management
- Understand what an emotion is, how it differs from feelings and moods, and its function
- Master the basics of human brain function and development

03

# Course Management

This Postgraduate Certificate is designed by a team of high level professionals, who work specifically in the field of therapy, who contribute to this program their years of work experience in the profession. All of this will allow students to acquire exceptional skills that will improve their knowledge and open the doors to a successful professional future both nationally and internationally.







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*You will be guided by the most knowledgeable professionals in the industry, who will take your career to the next level"*



## Management



### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in Quironsalud Hospital and Avatar Psychologists in Marbella
- ♦ Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL).
- ♦ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria.
- ♦ Collaborator in different Red Cross programs
- ♦ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer in Human Resources Consulting Services (HRCS)



### Mr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- ♦ Director of the scientific journal Psinapsis
- ♦ Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- ♦ Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has conducted his training
- ♦ Creator of Integrative Meditation, developed from the Big Mind model
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós

### Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella.
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Expert in energy therapy intervention

### Dr. Mazza, Mariela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in Mindfulness and Meditation, and facilitator of these techniques at Quirón Hospital Salud Marbella

### Dr. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at Hospital Quirón Salud Marbella and at Avatar Psicólogos
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross

# 04

## Structure and Content

The Postgraduate Certificate offers innovative content focused on the development of the therapist's professional skills in terms of the patient's emotional well-being. For this, TECH has developed a program designed to suit the therapists, which is taught in 100% online format so that they themselves choose the time and place that best suits their availability.



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*A comprehensive syllabus focused on acquiring knowledge and converting it into real skills, created to propel you to excellence"*

## Module 1. The Therapist's Role in Emotional Well-Being

- 1.1. Intrapersonal Intelligence (Gardner)
- 1.2. Self Knowledge
- 1.3. Self Management
- 1.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 1.5. The Therapist-Patient Bond
  - 1.5.1. Therapist as Escort and Referrer
  - 1.5.2. U Techniques
- 1.6. Approach to Neuro-Linguistic Programming (NLP)
- 1.7. Motivational Interviewing

## Module 2. Techniques for Emotional Processing in Therapy

- 2.1. Emotional Memories
  - 2.1.1. Creation of Memories
  - 2.1.2. Classification and Types of Memory
  - 2.1.3. Difference Between Memories and Reminiscences
- 2.2. Traumatic Memory
- 2.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 2.4. *Brainspotting*
- 2.5. Emotional Freedom Technique. EFT
- 2.6. Writing-Based Techniques. Written Ventilation
- 2.7. Integrative Meditation from the *Big Mind Model*. Dialogue of Voices
- 2.8. Clinical Hypnosis
- 2.9. Hypnotic Induction Techniques
- 2.10. Techniques for Children







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*You have before you a  
challenging program that  
lays the foundation for your  
professional success in the  
international therapeutic field”*

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 The Therapist's Role in the Patient's Emotional Well-Being 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 The Therapist's Role in the Patient's Emotional Well-Being** 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 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 The Therapist's Role in the Patient's Emotional Well-Being**

Official N° of hours: 300 h.



\*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.

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



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