

# Postgraduate Diploma

## Psychological Intervention in Tobacco and Alcohol Addiction





## Postgraduate Diploma Psychological Intervention in Tobacco and Alcohol Addiction

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

Official N° of hours: **600 h.**

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-psychological-intervention-tobacco-alcohol-addiction](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-psychological-intervention-tobacco-alcohol-addiction)

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01

# Introduction

The relationship between tobacco and alcohol consumption has become of interest to the scientific and medical community. When combined, alcohol accelerates the rate at which the body breaks down nicotine, increasing the risk of health-threatening addiction. For this reason, medical personnel must be prepared to deal, physically and psychologically, with patients presenting this condition. This program will strengthen students' knowledge and help them identify changes in the behavior of people with this condition.



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*Performs an initial psychological assessment of a patient addicted to tobacco and alcohol and plan an intervention from the field of medicine"*

The program covers most of the addictions that a physician will encounter in their daily practice, helping them to situate and orient themselves in the psychological intervention of addicted patients with the support of the criteria of other scientific areas. In this way, they will develop a realistic and committed vision of the role of the drug market in the global context.

In this sense, a review will be made of the changes that an addicted person goes through after undergoing treatment. In this way, it is essential to make a distinction between the concepts of use, abuse, dependence, tolerance and abstinence, since depending on the situation, a different approach must be taken.

This program is available in a completely online format, making it easy to adapt to student schedules. It also has a teaching staff that has specialized in this field and contributes valuable knowledge to the module that makes up the program, making it a unique and enriching experience.

This **Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- The development of practical cases presented by experts in tobacco and alcohol addiction
- 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 the self-assessment process can be carried out 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



*This Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction contains the most complete and up-to-date scientific program on the market"*

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*Make this program the perfect opportunity to improve your medical practice and offer psychological treatment to your patients with addictions”*

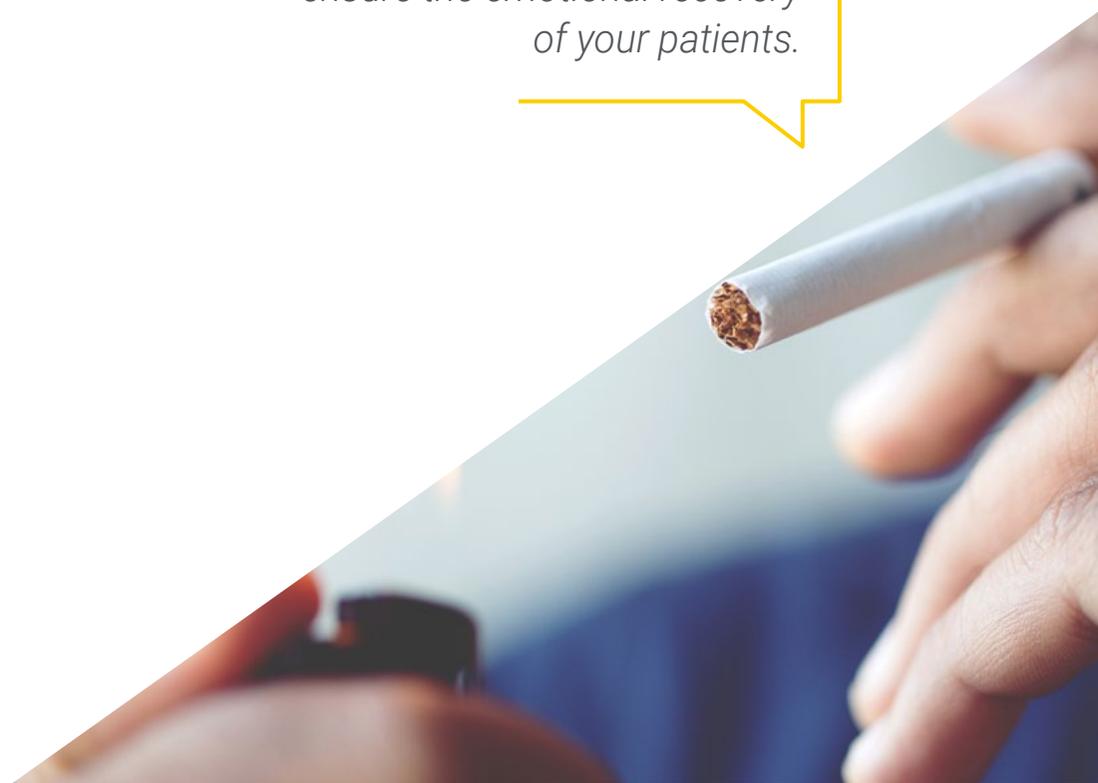
The program includes, in its teaching staff, health professionals belonging to the field of medicine, who bring to this training their work experience, as well as renowned specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, this Postgraduate Diploma will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide immersive education programmed to learn in real situations.

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

*The program content is available in an online mode, adapting to your schedule and availability.*

*Plan and develop new psychological interventions to ensure the emotional recovery of your patients.*



# 02 Objectives

A series of objectives have been designed for this Postgraduate Diploma that will allow the student to acquire the necessary knowledge to perform a psychological intervention for patients with alcohol and tobacco addiction. In this way, physicians who attend the program will have a complete and comprehensive professional profile.





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*Each substance has a psychological and physical effect on the body. Classifying them helps to identify them in patients that have an alcohol and tobacco addiction”*



## General Objectives

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- ♦ Analyze the current state of the world of addictions and drugs
- ♦ Discover the neurological bases of different addictions
- ♦ Define the basic concepts commonly used by the scientific community in the area of addictions and formulate the different aspects to be taken into account by the expert in the assessment and intervention in these cases
- ♦ Offer a base of knowledge and procedures which provides the student with the necessary confidence and solid foundations to address real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the evaluation framework in the case of addictions
- ♦ Show the criteria for the choice of therapeutic goals when facing an addiction intervention
- ♦ Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the above approach
- ♦ Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions





## Specific Objectives

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### Module 1. Cognitive-Behavioral Treatment of Smoking Addiction

- ♦ Propose therapeutic procedures and techniques from other areas which could help to improve the efficiency of the treatment, to prevent relapses and maintain the results

### Module 2. Time-Limited Psychotherapy Intervention in Smoking

- ♦ Identify the changes made by an addict through their treatment with the aim of adapting the process to be able to create new therapeutic goals
- ♦ Define the concepts of use, abuse, dependence, tolerance, *craving* and polyconsumption in a concise way
- ♦ Classify the different substances and addictions, and identify the signs and effects of addiction
- ♦ Plan and carry out interventions in addiction cases where you can apply what you have learnt

### Module 3. Cognitive-Behavioral Treatment of Alcohol Addiction

- ♦ Define and classify the different types of alcoholic beverages to identify the problems related to them
- ♦ Get to know the impact and effects on health in healthy people
- ♦ Identify the neurobiology behind alcohol consumption
- ♦ Perform a psychological assessment of patients with alcohol addiction in order to refer them to appropriate treatment
- ♦ Address the different pathologies that are present in alcohol addiction

# 03

# Course Management

TECH has designed this program together with a team of professionals in this area to help students to strive for and achieve their most ambitious goals. For this reason, it has brought together for this qualification a faculty versed in the field of Tobacco and Alcohol Psychological Intervention. As a result, the student will be able to learn from their successful strategies in the academic field. Thanks to this, the student who decides to take this Postgraduate Diploma will enjoy the opportunity to learn from the most qualified professionals in this field.





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*A perfect qualification to delve into the approach of Psychological Intervention in Tobacco and Alcohol Addiction”*

## Management



### **Dr. Gandarias Blanco, Gorka**

- 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)
- Degree in Psychology. Deusto University
- 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)

## Coordinator



### **Mr. 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 schools
- Author of several books on Psychology
- Communicator and expert in Psychology in the media
- University courses and postgraduate studies teacher
- President of the European Institute of Time-Limited Psychotherapies
- Master's Degree in Clinical and Health Psychology
- Specialist in Clinical Psychology
- Selective Dissociation Targeting Specialist

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Nuclear Medicine Area Specialist, La Paz University Hospital
- ♦ Physician in the Nuclear Medicine Department of the Ramón y Cajal University Hospital
- ♦ Specialist in nuclear medicine area at the University Hospital Rey Juan Carlos-Quirón
- ♦ Doctor of Medicine
- ♦ Expert researcher in the field of cancer and hormone receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ V.E.C. coaching
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

### 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 CEP
- ♦ 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

### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital of Marbella
- ♦ Psychologist at Avatar Psychologists
- ♦ Psychologist and teacher at the European Institute of Time-Limited Psychotherapies (I.E.P.T.L.)
- ♦ Degree in Psychology, UNED

### Mr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### Dr. Martínez Lorca, Manuela

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



**Ms. Roldan, Lucía**

- ◆ Health Psychologist
- ◆ Cognitive-behavioral intervention specialist
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in energy therapy intervention

**Ms. Soria, Carmen**

- ◆ Head of the Psychosocial Unit of the CEP (Evaluation and Psychotherapy Center associated with IEPTL)
- ◆ Private practice specializing in long-term disorders (Personality, Bipolar and Psychotic)
- ◆ Collaborating Professor Practicum at the Complutense University of Madrid
- ◆ Professor of the Master's Degree of Psychotherapy at the IEPTL
- ◆ Degree in Psychology from the Autonomous University of Madrid
- ◆ Specialist in General Health Psychology
- ◆ Master's Degree in Clinical and Health Psychology by CINTECO
- ◆ Master's Degree in Time-Limited Psychotherapy by IEPTL
- ◆ EMDR Therapist
- ◆ Specialized training in Personality Disorders and Psychotic Disorders in adults and adolescents
- ◆ Training in Dissociative Disorders
- ◆ Training in Couples Therapy

# 04

## Structure and Content

The program of this Postgraduate Diploma is adapted to the needs of physicians who wish to provide support and assistance to their patients with addictions. From a psychological perspective, the health professional will understand the difference between use, abuse, dependence and tolerance, fundamental concepts for an adequate intervention. Likewise, they will be trained to propose alternative therapeutic techniques to prevent patients from relapsing.





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*Provide psychological support to patients who are addicted to tobacco and alcohol”*

## Module 1. Cognitive-Behavioral Treatment of Smoking Addiction

- 1.1. Social Concept of Tobacco
- 1.2. Classification of Problems Related to Tobacco
- 1.3. Impact and Effect of Tobacco on Health
- 1.4. Neurobiology of Addiction to Tobacco
- 1.5. Tobacco Consumption Problems
- 1.6. Psychological Evaluation in Smoking
- 1.7. Medical treatment
- 1.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 1.9. Other Therapeutic Interventions and Types of Intervention Programs
- 1.10. Psychological Intervention in Adolescents
- 1.11. Approach to Other Pathologies Present in Addiction to Tobacco
- 1.12. Prevention of Relapses and Maintaining Results

## Module 2. Time-Limited Psychotherapy Intervention in Smoking

- 2.1. Historical and Social Aspects
- 2.2. Figures Worldwide
- 2.3. The Consumption of Tobacco and Health
- 2.4. Tobacco Bias and Explanatory Models of Smoking Behavior
- 2.5. Tobacco and Psychopathology
- 2.6. Tobacco and Schizophrenia
- 2.7. Alcohol and tobacco
- 2.8. Smoking Treatment
- 2.9. Biological Treatment of Abstinence Syndrome
- 2.10. Behavioral Treatment of Smoking
- 2.11. Treatment With Time-Limited Psychotherapy (TLP)
  - 2.11.1. Interpersonal Moment of Intervention With TLP
  - 2.11.2. Intrapersonal Moment of Intervention With TLP
- 2.12. A Real Case is Worth More Than a Thousand Explanations





### Module 3. Cognitive-Behavioral Treatment of Alcohol Addiction

- 3.1. Definition and Classification of Alcoholic Drinks
- 3.2. Classification of Problems Related to Alcohol
- 3.3. Impact and Effect of Alcohol on Health
- 3.4. Neurobiology of Addiction to Alcohol
- 3.5. Disorders Related to Alcohol
- 3.6. Psychological Evaluation in Alcohol Addiction
- 3.7. Medical Treatment
- 3.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 3.9. Other Therapeutic Interventions and Types of Intervention Programs
- 3.10. Psychological Intervention in Adolescents
- 3.11. Approach to Other Pathologies Present in Addiction to Alcohol
- 3.12. Prevention of Relapses and Maintaining Results

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*With this program, you will acquire new skills that will allow you to improve your professional profile at an international level”*

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.

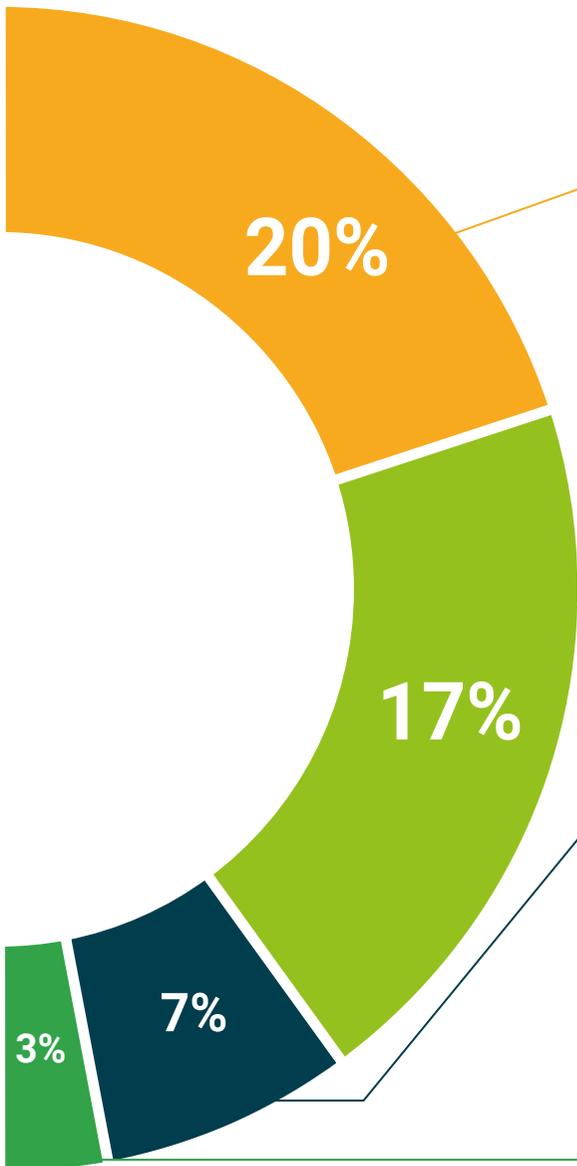
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Psychological Intervention in Tobacco and Alcohol Addiction guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Psychological Intervention in Tobacco and Alcohol Addiction** 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction**

Official N° of hours: **600 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.

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



## Postgraduate Diploma

Psychological  
Intervention in  
Tobacco and  
Alcohol Addiction

Course Modality: Online

Duration: 6 months

Certificate: TECH Technological University

Official N° of hours: 600 h.

# Postgraduate Diploma

## Psychological Intervention in Tobacco and Alcohol Addiction

