

# Postgraduate Diploma

Therapeutic Intervention in Emotion  
from Mindfulness, Focusing and  
Other Body Techniques



## Postgraduate Diploma

### Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques

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

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-therapeutic-intervention-emotion-mindfulness-focusing-other-body-techniques](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-therapeutic-intervention-emotion-mindfulness-focusing-other-body-techniques)

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# 01

# Introduction

Emotion, as an indivisible part of the human being, contributes significantly to quality of life and full social participation. The affective-emotional sphere is probably one of the most important when considering the level of well-being. Students in this program will work specifically on the emotional processing of patient situations, looking at emotion as an adaptive reaction that allows survival and reaction to the environment. For this purpose, this program explores body techniques such as Mindfulness and Focusing with the objective of combining in the patient acceptance, attention, awareness, body focus, curiosity, non-judgmental attitude and concentration on the present, among others.





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*With this program you will be able to master the new diagnostic and therapeutic procedures in the emotion dealing with the patient with body techniques"*

People often neglect their health and quality of life because of possible changes or problems in their bodies. This situation is due to the fact that, on many occasions, they are unaware of the benefits that body techniques can bring, improving their well-being. Therefore, having professionals specialized in emotion therapy can be of great help to guide them in their daily work.

With this objective, students who complete this program will acquire the knowledge required to offer their patients an effective and quality therapeutic intervention, through numerous body techniques that work precisely on the emotions.

The syllabus covers the main current topics in Therapeutic Intervention. The student will learn about the intervention of emotion through the body, with special attention to Mindfulness and Focusing techniques. Also, the reptilian, mammalian and human brain and the development of learning.

Over the course of 6 months, students will delve into the field of application of therapeutic intervention, understanding the different existing body techniques, so they will position themselves as leaders in this branch of medicine. Additionally, the student has the best study methodology 100% online, which eliminates the need to attend classes in person or have to comply with a predetermined schedule.

This **Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and other Body Techniques** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in therapeutic intervention in emotion, Mindfulness, Focusing and other body techniques
- ♦ 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



*Don't miss the opportunity to update your knowledge in Therapeutic Intervention in Emotion to improve your patient care"*



“

*This Postgraduate Diploma is key because it addresses those aspects that have received the most attention in the research carried out on the subject”*

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.

*Make the most of this opportunity to learn about the latest advances in Therapeutic Intervention and body techniques and improve your patient care.*

*Contribute with quality and safety to decision making, diagnosis, treatment and patient care.*



# 02 Objectives

The objective of this qualification is to offer in a single program the most exhaustive and detailed knowledge of therapeutic intervention in emotion. As a result, the students will be able to distinguish themselves in an area of growing interest in the medical field, being able to direct their professional careers towards large-scale therapeutic sessions and studies with a demand for specialized therapists.





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*If your goal is to become a reputable practitioner in the field of emotion therapy, you are in the right place to achieve it"*



## 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 the 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



*You have before you a Postgraduate Diploma that will become your best ally to catapult your profession in therapeutic intervention towards success"*





## Specific Objectives

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### Module 1. *Mindfulness*

- ♦ Discover what *Mindfulness is*, its origins, attitudes, and applicability in therapy
- ♦ In-depth knowledge about the concept of Mindfulness and its application from different therapeutic models
- ♦ Master the Mindfulness technique and apply it to the different motives for consultation

### Module 2. Intervention of Emotion through the Body

- ♦ Discover therapies that work on emotions through the body
- ♦ Relate body language to the expression and treatment of emotions through body-based therapies
- ♦ Learn how the body functions throughout a person's development

### Module 3. The Brain and Learning

- ♦ Master the different types of learning and the role of emotion in learning
- ♦ Understand basic learning processes
- ♦ Understand the importance of early attachments in the development of self-concept
- ♦ Discover how emotional schemes are formed

03

# Course Management

The teaching team in charge of the development of this Postgraduate Diploma has been selected by TECH due to its extensive experience in therapeutic intervention. This experience is reflected throughout the syllabus, as the faculty has taken special care to incorporate the most important technical advances along with their own expertise from numerous real cases.







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*Leading therapists will teach you the most important body techniques to help your patient with their daily concerns”*



## 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)



### **D. 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

### Mr. 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

### Ms. 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

### Ms. 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 the Quirónsalud Hospital in Marbella

### Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at the Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ 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

This program is structured in several different modules, which cover all the teaching material along different subtopics within each one of them. In an orderly and clear manner, the students can easily access any of the topics and plan their teaching as they wish. In this way, TECH makes it easier for the student to consult doubts or study each content.





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*You will have access to a series of valuable audiovisual resources, including detailed videos and practical summaries of each topic covered”*

## Module 1. Mindfulness

- 1.1. Meditation
- 1.2. What is *Mindfulness*?
  - 1.2.1. Full Attention
  - 1.2.2. Benefits and Scientific Evidence
  - 1.2.3. Formal and Informal Practice
- 1.3. The 7 attitudes in *Mindfulness*
- 1.4. Directing Attention
- 1.5. Fields of Application
- 1.6. Mindfulness for Children
- 1.7. Mindfulness and ADHD
- 1.8. Stress, Anxiety and Mindfulness
- 1.9. Mindfulness and Impulse Dyscontrol Related Disorders
- 1.10. Mindfulness and Eating Disorders
- 1.11. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
- 1.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 1.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

## Module 2. Intervention of Emotion through the Body

- 2.1. Body Therapies
  - 2.1.1. What are Body Therapies?
  - 2.1.2. Evolution Over Time
- 2.2. Characteroanalytic Vegetotherapy
  - 2.2.1. Origins W. Reich
  - 2.2.2. What is Characteroanalytic Vegetotherapy?
  - 2.2.3. Vegetotherapy Today
- 2.3. Lowen Bioenergetic Analysis
  - 2.3.1. What is Bioenergetics?
  - 2.3.2. Historical journey
  - 2.3.3. Bioenergetic Types
  - 2.3.4. Psychotherapeutic Techniques
  - 2.3.5. The Bioenergetic Therapist

- 2.4. *Focusing*
  - 2.4.1. Historical Approach: Eugene Gendlin
  - 2.4.2. Protocol
  - 2.4.3. Applications in Psychotherapy
- 2.5. Yoga
  - 2.5.1. Brief Historical Review. Origins
  - 2.5.2. The 9 Branches of the Yoga Tree
  - 2.5.3. Yoga Doctrines
  - 2.5.4. Benefits
- 2.6. Risootherapy
  - 2.6.1. Brief Historical Review
  - 2.6.2. Therapy or Psychotherapeutic Technique?
  - 2.6.3. Techniques and Exercises
- 2.7. Art Therapy
  - 2.7.1. What is Art Therapy?
  - 2.7.2. A Bit of History
  - 2.7.3. What Can Be Worked On? Objectives
  - 2.7.4. Materials and Techniques.
  - 2.7.5. Art Therapy in Children
- 2.8. DMT: Dance Movement Therapy
  - 2.8.1. What Is It? Definition
  - 2.8.2. A Bit of History
  - 2.8.3. Movement and Emotion
  - 2.8.4. Who Can Benefit from DMT?
  - 2.8.5. Techniques
  - 2.8.6. A DMT Session



### Module 3. The Brain and Learning

- 3.1. The Three Brains
  - 3.1.1. The Reptilian Brain
  - 3.1.2. The Mammal Brain
  - 3.1.3. The Human Brain
- 3.2. Reptilian Brain Intelligence
  - 3.2.1. Basic Intelligence
  - 3.2.2. Pattern Intelligence
  - 3.2.3. Parameter Intelligence
- 3.3. The intelligence of the Limbic System
- 3.4. The Intelligence of Neocortex
- 3.5. Evolutionary Development
- 3.6. The Stress Response or Flight Attack
- 3.7. What is the World? The Learning Process
- 3.8. Learning Schemes
- 3.9. The Importance of the Link
- 3.10. Attachment and Parenting Styles
- 3.11. Basic Desires, Primary Desires
- 3.12. Secondary Desires
- 3.13. Different Contexts and their Influence on Development
- 3.14. Emotional Schemes and Limiting Beliefs
- 3.15. Creating a Self-Concept

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*You will be able to go deeper into Mindfulness and Focusing with the numerous complementary readings and case studies compiled by the teachers themselves”*

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. Gervas, 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 Therapeutic Intervention in Emotion from Mindfulness, Focusing and other Body Techniques 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 Therapeutic Intervention in Emotion from Mindfulness, Focusing and other Body Techniques** 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 Therapeutic Intervention in Emotion from Mindfulness, Focusing and other Body Techniques**

Official N° of Hours: **500 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.

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university

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