Postgraduate Diploma

Transpersonal Therapy and Spirituality-Based Emotional Intervention

tech *technological university*

tech technological university

Postgraduate Diploma
Transpersonal Therapy and Spirituality-Based Emotional Intervention

» Modality: **online**
» Duration: **6 months**
» Certificate: **TECH Technological University**
» Schedule: **at your own pace**
» Exams: **online**

Website: **www.techtitute.com/medicine/us/postgraduate-diploma/postgraduate-diploma-transpersonal-therapy-spirituality-based-emotional-intervention**

Index
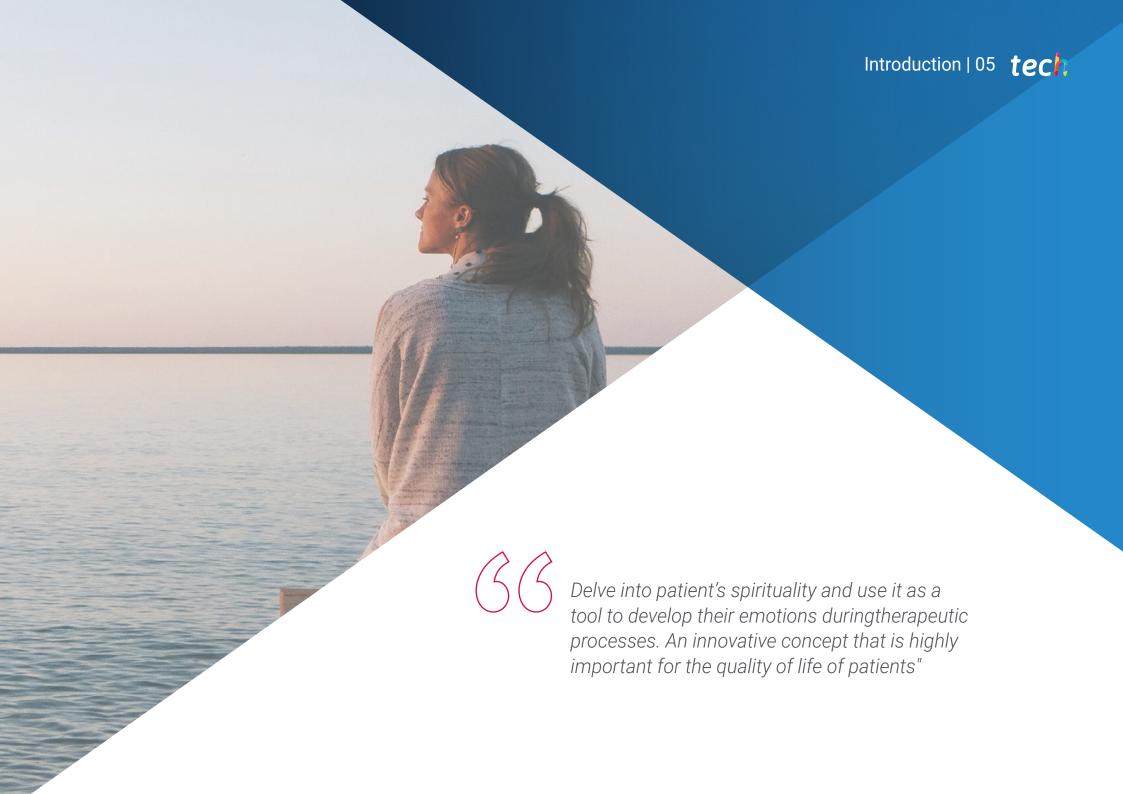
01
Introduction

Transpersonal Therapy does not pursue simple treatment, rather, it aims to ensure that individuals are able to live full, balanced and free lives, all while understanding who they really are. In general terms, the role of the professional in this field is to study the here and now of the patients. Analyzing their relationship with the world around them in order to achieve spiritual fulfillment. Through a series of exercises based on real cases, the student will learn to integrate emotions and mental states with the space and personal interests of each patient. The techniques demonstrated by this program serve to enhance your ability to empathize with people. As such, it succeeds in developing the individual's consciousness to a higher level with a spiritual focus.

tech

"
Delve into patient's spirituality and use it as a tool to develop their emotions duringtherapeutic processes. An innovative concept that is highly important for the quality of life of patients"

All life experiences are considered valuable and likely to enhance growth. In Transpersonal Psychology, healing and growth are approached through the recognition of the centrality of the self. Each individual is treated according to their innate desire to strive toward a higher reality.

The Postgraduate Diploma brings together knowledge of spiritual traditions from around the world, which are then integrated with elements of contemporary therapy. Therefore, the student will gain a complete understanding of the patient, their capabilities and their relationships, and will leave them equipped with the tools to help them deal with their problems beyond therapy.

Over the course of 6 months, students will delve into the field of application of Transpersonal Therapy, understanding the competitive advantages it brings, thereby positioning them at the forefront of the medical sector. In addition, the student has the best 100% online study methodology, which eliminates the need to attend classes in person or follow a fixed schedule.

This **Postgraduate Diploma in Transpersonal Therapy and Spirituality-Based Emotional Intervention** 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 Transpersonal Therapy and Spirituality-Based Emotional Intervention
- 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
- 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

TECH compiles up-to-date content to make this Postgraduate Diploma a highly effective specialization process"

" You are before a highly specific online qualification, which will allow you to achieve, in a short period of time, the necessary tools to work with emotions from spirituality"

Incorporate the spirituality approach to your work in the area of Transpersonal Therapy and bring to your objectives, the goal of emotional development of this new form of intervention.

Learn about the advances in emotion intervention, from an eminently practical approach that will allow you to give an innovative twist to 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.

02

Objectives

The main objective of this program is to provide you with the vision and skills necessary to turn the area of Emotional Education into an invaluable tool for the development of the integral wellbeing of the human being. Beyond its potential in physical terms, in this Postgraduate Diploma we will work on its protective capacity of the brain, its influence on brain function, emotions, motivation, perception, in short, learning.

tech

Enhance your skills in the approach to emotional intervention based on spirituality through this Postgraduate Diploma"
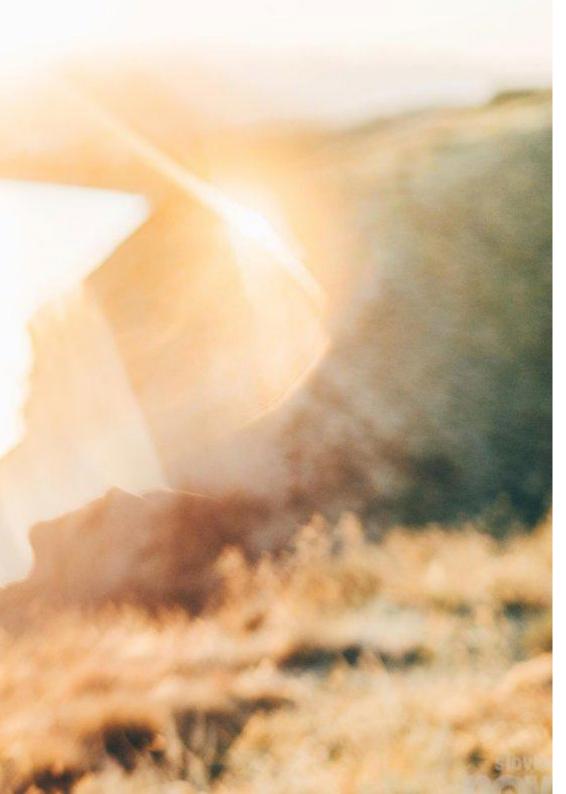
General Objectives

- 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

Get up to date with the new processes in Transpersonal Therapy from Spirituality and give a new impulse to your professional career"

Specific Objectives

Module 1. Up to the Emotion from Spirituality. Transpersonal Therapy

- Understand what Transpersonal Therapy is and its applications
- Work with emotion from a broader perspective of personal growth through transpersonal therapy
- Discover the different classifications of emotions according to the spiritual model from which they are worked on

Module 2. 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

Module 3. Emotion

- Learn about the role of emotion and its historical evolution
- Know the scientific research related to emotions
- Know what a basic emotion is and its function
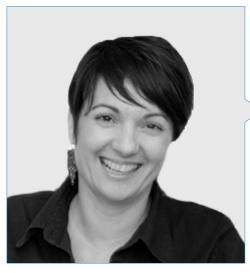- Understand how emotion affects different cognitive processes.

Course Management

The design and development of this Postgraduate Diploma has been carried out by a renowned multidisciplinary teaching staff. In pursuit of excellence, the faculty offers its experience to create learning situations that will make the student become a professional in the field. The students will learn from a highly competent teaching staff that will accompany them throughout the learning process and will update their knowledge.

Don't miss this opportunity to improve your transpersonal therapy skills with this high-level program taught by elite professionals"

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)

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

- Head of 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

Ms. Berbel Jurado, Tamara

- Psychologist expert in childhood and adolescence at Quirón Salud Marbella Hospital and at 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

Structure and Content

The structure of the contents of the Postgraduate Diploma has been designed by leading professionals in the field of Transpersonal Therapy and Emotional Intervention, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with extensive mastery of new technologies applied to therapy from spirituality.

" *This program will provide you with the necessary knowledge to help your patients to grow emotionally from Transpersonal Therapy"*

Module 1. Up to the Emotion from Spirituality. Transpersonal Therapy

1.1. The Integration of East and West
1.2. Origins and Founders
1.3. A New Look: Transpersonal Therapist
1.4. Transpersonal Psychotherapy
1.5. Tools and Techniques: The Shadow
1.6. Tools and Techniques: The Inner Child
1.7. Tools and Techniques: Family Constellations
1.8. Tools and Techniques: The Witness
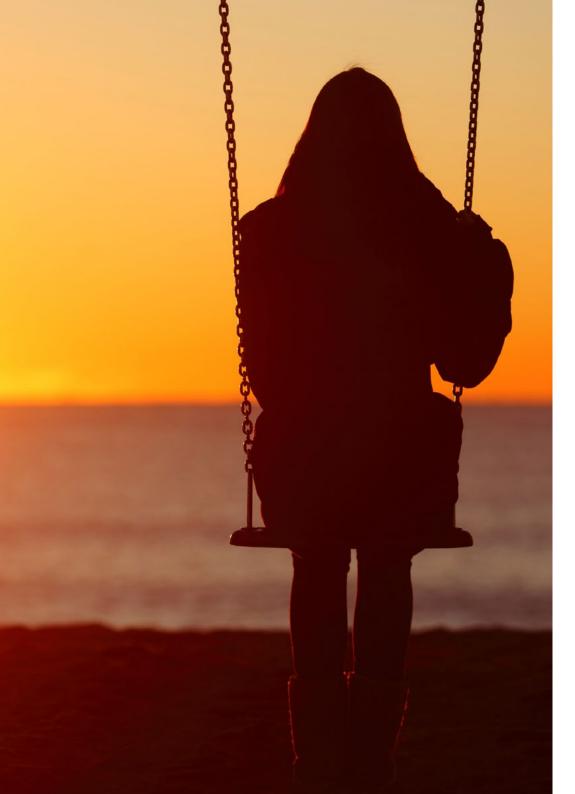1.9. Support Orders
1.10. Transpersonal Therapy and Self-Esteem

Module 2. The Brain and Learning

2.1. The Three Brains
    2.1.1. The Reptilian Brain
    2.1.2. The Mammal Brain
    2.1.3. The Human Brain
2.2. Reptilian Brain Intelligence
    2.2.1. Basic Intelligence
    2.2.2. Pattern Intelligence
    2.2.3. Parameter Intelligence
2.3. The intelligence of the Limbic System
2.4. The Intelligence of Neocortex
2.5. Evolutionary Development
2.6. The Stress Response or Flight Attack
2.7. What is the World? The Learning Process
2.8. Learning Schemes
2.9. The Importance of the Link
2.10. Attachment and Parenting Styles
2.11. Basic Desires, Primary Desires
2.12. Secondary Desires
2.13. Different Contexts and their Influence on Development
2.14. Emotional Schemes and Limiting Beliefs
2.15. Creating a Self-Concept

Module 3. Emotion

3.1. What is an Emotion?
    3.1.1. Definition
    3.1.2. Difference Between Emotion, Feeling and State of Mind
    3.1.3. Function, Are there Positive and Negative Emotions?
3.2. Different Classifications of Emotions
3.3. Fear
    3.3.1. Function
    3.3.2. Platform for Action
    3.3.3. Neurological Structures
    3.3.4. Associated Biochemistry
3.4. Anger
    3.4.1. Function
    3.4.2. Platform for Action
    3.4.3. Neurological Structures
    3.4.4. Associated Biochemistry
3.5. Blame
    3.5.1. Function
    3.5.2. Platform for Action
    3.5.3. Neurological Structures
    3.5.4. Associated Biochemistry
3.6. Disgust
    3.6.1. Function
    3.6.2. Platform for Action
    3.6.3. Neurological Structures
    3.6.4. Associated Biochemistry

0?
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.

"*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.

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

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.

15%

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".

15%

3%

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.

20%

17%

7%

3%

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 Transpersonal Therapy and Spirituality-Based Emotional Intervention guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Transpersonal Therapy and the Intervention on Emotion from Spirituality** 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 Transpersonal Therapy and Spirituality-Based Emotional Intervention**

Official Nº of Hours: **400 h.**

tech technological university

Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Transpersonal Therapy and Spirituality-Based
Emotional Intervention

This is a qualification awarded by this University, equivalent to 400 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD235   techtitute.com/certificates

*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.

tech technological university

Postgraduate Diploma
Transpersonal Therapy and Spirituality-Based Emotional Intervention

» Modality: **online**
» Duration: **6 months**
» Certificate: **TECH Technological University**
» Schedule: **at your own pace**
» Exams: **online**

Postgraduate Diploma
Transpersonal Therapy and Spirituality-Based Emotional Intervention

tech technological university