

Master's Degree Family Therapy and Stress





Master's Degree Family Therapy and Stress

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/master-degree/master-degree-family-therapy-stress

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01

Introduction to the Program

Family dynamics have drastically changed in recent decades, facing new challenges that impact the emotional health of its members. According to the American Psychological Association (APA), Family Stress is a key factor in the development of Psychological Disorders, affecting the stability and well-being of millions of people. The need for professionals trained in family therapy has never been more urgent, especially in a society where economic, social, and personal crises increase the demand for specialized interventions. In this context, TECH has developed an innovative and 100% online program designed to provide advanced tools for addressing stress and family dynamics, allowing professionals to update themselves with the most effective and up-to-date approaches in the field.





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Explore the main intervention strategies in Family Therapy and acquire effective tools to address conflicts in a productive manner. Take your professional practice to the next level!”

Stress and conflicts within the family environment have gained increasing relevance in the healthcare field, with effects that go beyond emotional well-being. Clinical evidence shows that dysfunctional dynamics can be linked to the development of Psychological Disorders and Psychosomatic Diseases, highlighting the importance of having professionals specialized in family therapy. In a context where social, economic, and technological changes directly influence the stability of households, it is essential to have evidence-based intervention strategies to mitigate their effects and promote healthy relationships.

This Master's Degree offers the opportunity to delve into the most effective therapeutic approaches for crisis intervention, Stress management, and resolving family conflicts. Its content combines theory and practical application, providing tools that optimize clinical work in various care settings. In addition to expanding knowledge in therapeutic models, this academic qualification represents an opportunity to strengthen your professional career, opening doors in hospitals, clinics, and private practices.

Thanks to its 100% online modality, access to this program adapts to the demands of clinical practice without compromising the quality of learning. Its flexible methodology, with updated resources and cutting-edge digital tools, allows for constant learning without geographical barriers. This model facilitates the balance between professional development and medical practice, ensuring rigorous preparation to address current challenges in family therapy.

With an integrative and evidence-based approach, this qualification responds to the growing demand for specialists capable of intervening in a key area for mental health and social well-being. Furthermore, professionals will have access to 10 complementary Masterclasses led by a renowned International Guest Director with broad professional and academic recognition.

This **Master's Degree in Family Therapy and Stress** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical case studies presented by experts in Medicine and Family Therapy
- ♦ 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 in Therapy and Stress Management
- ♦ 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



Expand the knowledge acquired in the Master's Degree through complementary Masterclasses of great academic value, delivered by a renowned International Guest Director of high prestige"

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Delve into the impact of stress on family dynamics and its direct relationship with mental health and well-being”

The teaching staff includes professionals belonging to the field of medicine, who contribute their work experience to this program, as well as renowned specialists from reference 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 an immersive learning experience designed to prepare for real-life situations.

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

Master the most innovative techniques for the evaluation and diagnosis of family issues with an updated therapeutic approach.

Learn how to design intervention plans tailored to each clinical and social context, ensuring an integrative and personalized approach. Make a difference in the well-being of families!.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistuba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

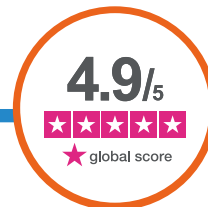
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

Addressing stress and family conflicts is an increasing challenge in the clinical field, with a direct impact on Mental and Physical Health. This syllabus has been designed to provide an integrative approach, combining theory and practice in the application of evidence-based therapeutic models. Through case analysis and innovative methodologies, strategies for crisis intervention and conflict mediation are explored. With a multidisciplinary perspective, this program strengthens professionals' ability to respond to the sector's demands, optimizing their impact on family and social well-being.





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Enjoy a 100% online modality that allows you to study without sacrificing your personal and professional life, with continuous access. Learn with total flexibility and guaranteed comfort!”

Module 1. Psychodiagnosis and Assessment of the Family System

- 1.1. Anthropological, Historical, Sociological and Psychological Perspective of the Family
- 1.2. Diagnosis as a Catalyst for the Therapeutic Bond
- 1.3. Evaluator Skills
 - 1.3.1. Being Helpful in the Process
 - 1.3.2. Understanding What Is Happening
 - 1.3.3. Being Open and Understanding
 - 1.3.4. Becoming an Authority
- 1.4. Psychodiagnosis and Assessment of the Family System
 - 1.4.1. Language
 - 1.4.2. Pathological and Healthy Bonds
 - 1.4.3. Utilizing Others
 - 1.4.4. Rejection and Abandonment
 - 1.4.5. Stress, Distress and Eustress
 - 1.4.6. Conflicts and Tensions
 - 1.4.7. Family Psychopathology
- 1.5. Place in the Sibling Group and Social Desirability
 - 1.5.1. Family Composition
 - 1.5.2. The Right to Have Siblings
 - 1.5.3. Twins
 - 1.5.4. The Sick Sibling
 - 1.5.5. Grandparents and Uncles
 - 1.5.6. Other Components
- 1.6. Objectives of Psychodiagnosis
 - 1.6.1. Evaluator and Evaluated Bond
 - 1.6.2. Discovering What Exists
 - 1.6.3. Clarifying the Facts
 - 1.6.4. Explaining the State of the Subject with Scientific Facts
 - 1.6.5. Understanding the Relationship Between the Study Participants and the Situation They Have Experienced



- 1.7. Millon's Clinical Multiaxial Inventory (MCMII-III)
 - 1.7.1. Modifier Scales: Desirability and Alteration Index
 - 1.7.2. Basic Personality Scales: Schizoid, Avoidant, Depressive, Dependent, Histrionic, Narcissistic, Antisocial, Aggressive-Sadistic, Compulsive, Passive-Aggressive, Self-Destructive
 - 1.7.3. Severe Personality Scales: Schizotypal, Borderline and Paranoid
 - 1.7.4. Moderate Clinical Syndromes: Anxiety, Hysteriform, Hypomania, Depressive Neurosis, Alcohol Abuse, Drug Abuse, PTSD
 - 1.7.5. Severe Clinical Syndromes: Psychotic Thinking, Major Depression and Psychotic Delirium
- 1.8. CATELL's 16 PF-5
 - 1.8.1. Affability, Reasoning, Stability, Dominance, Animation, Attention to Norms, Boldness, Sensitivity, Vigilance, Abstraction, Privacy, Apprehension, Openness to Change, Self-Sufficiency, Perfectionism, and Tension Includes Scales for "Social Desirability" (MI), "Infrequency" (IN), and "Acquiescence" (AQ) to Control Response Biases
- 1.9. Behavior Assessment System for Children BASC
 - 1.9.1. Internalizing Problems: Depression, Anxiety, Social Anxiety, Somatic Complaints, Obsession-Compulsion, and Post-Traumatic Symptomatology
 - 1.9.2. Externalizing Problems: Hyperactivity and Impulsivity, Attention Problems, Aggression, Defiant Behavior, Anger Control Issues, Antisocial Behavior
 - 1.9.3. Specific Problems: Antisocial Behavior, Eating Disorders, Schizotypy, Substance Abuse
- 1.10. Questionnaire for Evaluating Adopters, Caregivers, Tutors, and Mediators (CUIDA)
- 1.11. Personality Assessment Inventory (PAI)
 - 1.11.1. Validity Scales: Consistency, Infrequency, Negative Impression, Positive Impression
 - 1.11.2. Clinical Scales (Somatic Complaints, Anxiety, Anxiety-Related Disorders, Depression, Mania, Paranoia, Schizophrenia, Borderline Traits, Antisocial Traits, Alcohol Problems, Drug Problems)
 - 1.11.3. Considerations for Treatment Scales (Aggression, Suicidal Ideations, Stress, Lack of Social Support, Treatment Rejection)
 - 1.11.4. Two Interpersonal Relationship Scales (Dominance and Affability)
 - 1.11.5. 30 Subscales Providing More Detailed Information
- 1.12. Study of the Credibility of the Narrative
 - 1.12.1. CBCA System (Criteria-Based Content Analysis)
 - 1.12.2. Statement Validity Assessment (SVA) Udo Undeutsch
 - 1.12.3. SVA = Interview + CBCA + Validity Checklist

Module 2. The Family Interview

- 2.1. Active Interview
- 2.2. Axioms of the Interview
- 2.3. Exploration of Communication
- 2.4. Clinical History
- 2.5. Anamnesis from the Limited Time Psychotherapy
- 2.6. General Structure of the Mental Examination
- 2.7. Semiology, Signs and Symptoms
- 2.8. Epistemology of Diagnosis
- 2.9. Multiple Diagnoses and Comorbidity
- 2.10. Clinical vs. Research Criteria
- 2.11. Expert Interview

Module 3. Family Stress

- 3.1. New Ways to Define Stress
- 3.2. Common Stressors in the Family
 - 3.2.1. Relational
 - 3.2.2. Environmental
 - 3.2.3. Economic
 - 3.2.4. Affective
 - 3.2.5. Pathologies of Family Members
 - 3.2.6. Abuse and Violence
 - 3.2.7. Separation and/or Abandonment
- 3.3. Interpersonal Stress
- 3.4. Toxic Substances and the Family
 - 3.4.1. With Substances
 - 3.4.2. Without Substances
 - 3.4.3. Dependencies
- 3.5. The Information Recovery Process: The Transfer of Learning
- 3.6. Occupational Stress
- 3.7. Learning and Family Events
- 3.8. Family Crises

Module 4. Family Bonds and Systemic Organization

- 4.1. Functions of the Family
- 4.2. The Family Institution
 - 4.2.1. Family Life Cycle
 - 4.2.2. Family Law
 - 4.2.3. Legal Nature
 - 4.2.4. Characteristics of the Family
- 4.3. Types of Families
 - 4.3.1. Marital Family
 - 4.3.2. Matriarchal Family
 - 4.3.3. Patriarchal Family
 - 4.3.4. Gang Family
 - 4.3.5. Inverted Family
 - 4.3.6. Extended Family
- 4.4. Family Characteristics That Promote or Hinder Learning
- 4.5. Structural Variables of the Family
- 4.6. The Dysfunctional Family
- 4.7. Family Reactions to Illness
- 4.8. Pathological Management of Children by the Family
- 4.9. Impact of Family Composition
- 4.10. Family Morphology and Its Implication in Psychopathology
- 4.11. Family and the Socialization Process
- 4.12. Psychotherapeutic Intervention in the Dysfunctional Family
- 4.13. The Inheritance of Conflict
- 4.14. Concept of Accompaniment, Containment and Escort

Module 5. Family Models and Parental Roles

- 5.1. Separation, Divorce, and Annulment
- 5.2. Work Incapacity from Expert Testimony
 - 5.2.1. Deficiency, Disability, and Impairment
 - 5.2.2. Civil Incapacity and Work Incapacity
 - 5.2.3. Degrees of Permanent Incapacity
 - 5.2.4. Severe Disability





- 5.3. Gender-Based Violence
 - 5.3.1. Psychological Violence
 - 5.3.2. Psychological Consequences of Violence
- 5.4. Mistreatment
 - 5.4.1. Establishing the Facts
 - 5.4.2. Psychological Consequences
 - 5.4.3. The Causal Link
- 5.5. Secondary Victimization
 - 5.5.1. Credibility of the Testimony
 - 5.5.2. Difficulty of the Psychological Report
- 5.7. Psychopedagogical Expert Evaluation of Substance Abuse
- 5.8. Expert Evaluation in the Elderly
- 5.9. Profile of the Basic Emotion "Guilt" in Current Research

Module 6. Modes of Intervention in Family Therapy

- 6.1. Concept of Conflict
 - 6.1.1. Changing the Attitude Towards Team Cooperation
 - 6.1.2. Improving the Attitude
 - 6.1.3. Emphasizing Performance
- 6.2. Types of Conflict
 - 6.2.1. Attraction-Attraction
 - 6.2.2. Avoidance-Avoidance
 - 6.2.3. Attraction-Avoidance
- 6.3. Family Mediation
 - 6.3.1. Mediator is Present, Does Not Influence
 - 6.3.2. Arbitration. Making Decisions by Listening to Both Parties
 - 6.3.3. Neutral Evaluation. Drawing Conclusions from the Data Collected
- 6.4. Family Coaching
 - 6.4.1. Similarities
 - 6.4.2. Differences
 - 6.4.3. Contradictions
 - 6.4.4. Intrusiveness

- 6.5. Learning in Coaching
 - 6.5.1. Declaring Bankruptcy
 - 6.5.2. Shedding the Masks
 - 6.5.3. Reengineering Ourselves
 - 6.5.4. Focusing on the Task
- 6.6. Habits to Improve in Coaching
- 6.7. Focusing on the Activity
 - 6.7.1. Focusing Techniques
 - 6.7.2. Thought Control Techniques
- 6.8. Clear Goals
 - 6.8.1. Defining Where We Are
 - 6.8.2. Defining Where We Want to Go
- 6.9. Taking the Reins of Your Life: Proactivity
- 6.10. Positive Psychology
- 6.11. Conflict Management with the Conscious Emotional Bonding Model (CEB)
 - 6.11.1. Identifying Emotions
 - 6.11.2. Identifying the Right Emotions
 - 6.11.3. Changing One Emotion for Another
- 6.12. Training to Deal with Conflicts in the Family



Module 7. Family Problems Requiring Intervention

- 7.1. Behavior Modification Techniques
- 7.2. Cognitive-Behavioral Therapy
- 7.3. Family-Oriented Treatments
- 7.4. Other Systemic Family Treatment Approaches
- 7.5. Strategic Therapy and Constructivism

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Specialize in family crisis management and conflict mediation with practical tools and advanced intervention strategies”

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Teaching Objectives

This program aims to provide in-depth knowledge of Family Therapy and the impact of Stress on health, enabling a comprehensive understanding of its causes and effects. Through an interdisciplinary approach, the development of skills for evaluation, diagnosis, and intervention in diverse clinical contexts is encouraged. Moreover, it promotes the use of evidence-based methodologies, optimizing decision-making in healthcare settings. With this, the goal is to train professionals to face current challenges in family care, strengthening their role in promoting emotional and social well-being.



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*Integrate digital tools into family therapy
and leverage technology to optimize
care and improve clinical outcomes”*



General Objectives

- ♦ Understand the impact of Stress on family dynamics and its relationship with mental and physical health, enabling effective intervention in various clinical contexts
- ♦ Analyze the main Family Therapy models and their application in healthcare practice, integrating evidence-based approaches for addressing conflicts and crises
- ♦ Develop skills for evaluating and diagnosing family issues and the impact of Stress, applying innovative tools and updated methodologies
- ♦ Foster intervention strategies aimed at conflict resolution and the promotion of emotional well-being, ensuring an integrative and multidisciplinary approach
- ♦ Optimize decision-making capacity in clinical practice, incorporating mediation techniques and stress management in complex family environments
- ♦ Explore the role of sociocultural factors in family dynamics and their influence on the development of emotional and behavioral disorders, facilitating contextualized and effective interventions
- ♦ Promote the use of technological tools in the evaluation and treatment of family problems, ensuring constant updates on industry trends
- ♦ Enhance professional growth in the field of Family Therapy, expanding job opportunities in hospitals, clinics, private practices, and specialized centers





Specific Objectives

Module 1. Psychodiagnosis and Assessment of the Family System

- ♦ Manage family clinical practice, as well as provide the necessary skills to work systemically
- ♦ Identify and make decisions about patients considering the social and emotional fabric in which they are embedded
- ♦ Understand the family, school, and social environments
- ♦ Identify definitions from the anthropological, sociological, and psychological perspectives of the family
- ♦ Demonstrate the influence of family and social dynamics on human development
- ♦ Distinguish family groups from a modern conception of family

Module 2. The Family Interview

- ♦ Use silence in family intervention
- ♦ Manage emotional crises during a session with children, adolescents, and adults
- ♦ Frame the axioms of the interview
- ♦ Define affective valence
- ♦ Recognize verbal and non-verbal communication
- ♦ Discern between psychopathology and normality

Module 3. Family Stress

- ♦ Describe the emotional patterns of family members
- ♦ Redefine stress, differentiating normal anxiety from pathological anxiety, identifying stress, phobias, and panic, among others
- ♦ Describe the main sources of distress or stressors in the natural environment
- ♦ Delve into the protective or health-promoting traits
- ♦ Understand occupational stress through grouping, classification, and the creation of categories and concepts
- ♦ Establish the different types of intervention based on the victim

Module 4. Family Bonds and Systemic Organization

- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Understand the need to establish boundaries and break emotional bonds
- ♦ Define the evolution and transitions between what is normal and pathological
- ♦ Identify how to become a key reference person for the child and adolescent

Module 5. Family Models and Parental Roles

- ♦ Identify and master the clinical management and prognosis of various childhood and adolescent disorders
- ♦ Establish a reaction protocol for formal cases of marital annulment
- ♦ Provide a personal description of each party, addressing each of the processes within the couple
- ♦ Define the degrees of permanent incapacity and severe disability

Module 6. Modes of Intervention in Family Therapy

- ♦ Use intervention to determine when it is necessary for other professionals to join the analysis process
- ♦ Redirect the attitude for effective teamwork cooperation
- ♦ Define and understand the focusing and control of thought
- ♦ Differentiate between empathy and sympathy

Module 7. Family Problems Requiring Intervention

- ♦ Manage and master current systemic psychopathology
- ♦ Delve into modification techniques using praise, the broken record technique, or reinforcing appropriate behavior
- ♦ Learn to train social and coping skills, as well as contingency management
- ♦ Dive deeper into cognitive-behavioral group therapy





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Acquire the necessary competencies to work with excellence in hospitals, mental health centers, private practices, and community organizations”

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

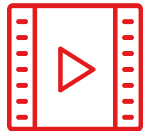
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

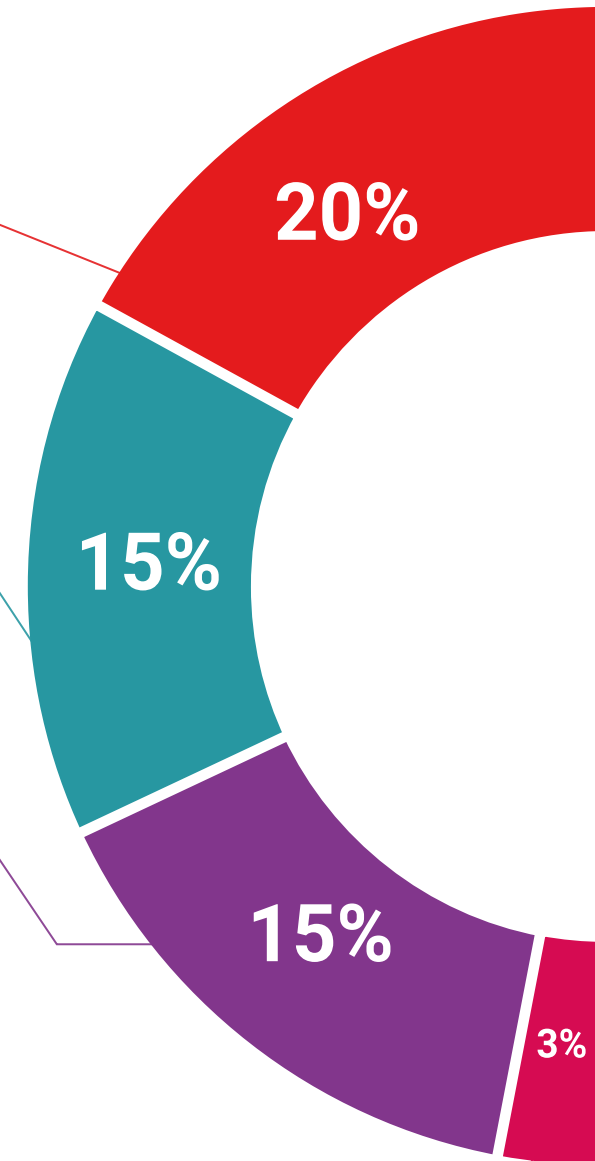
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

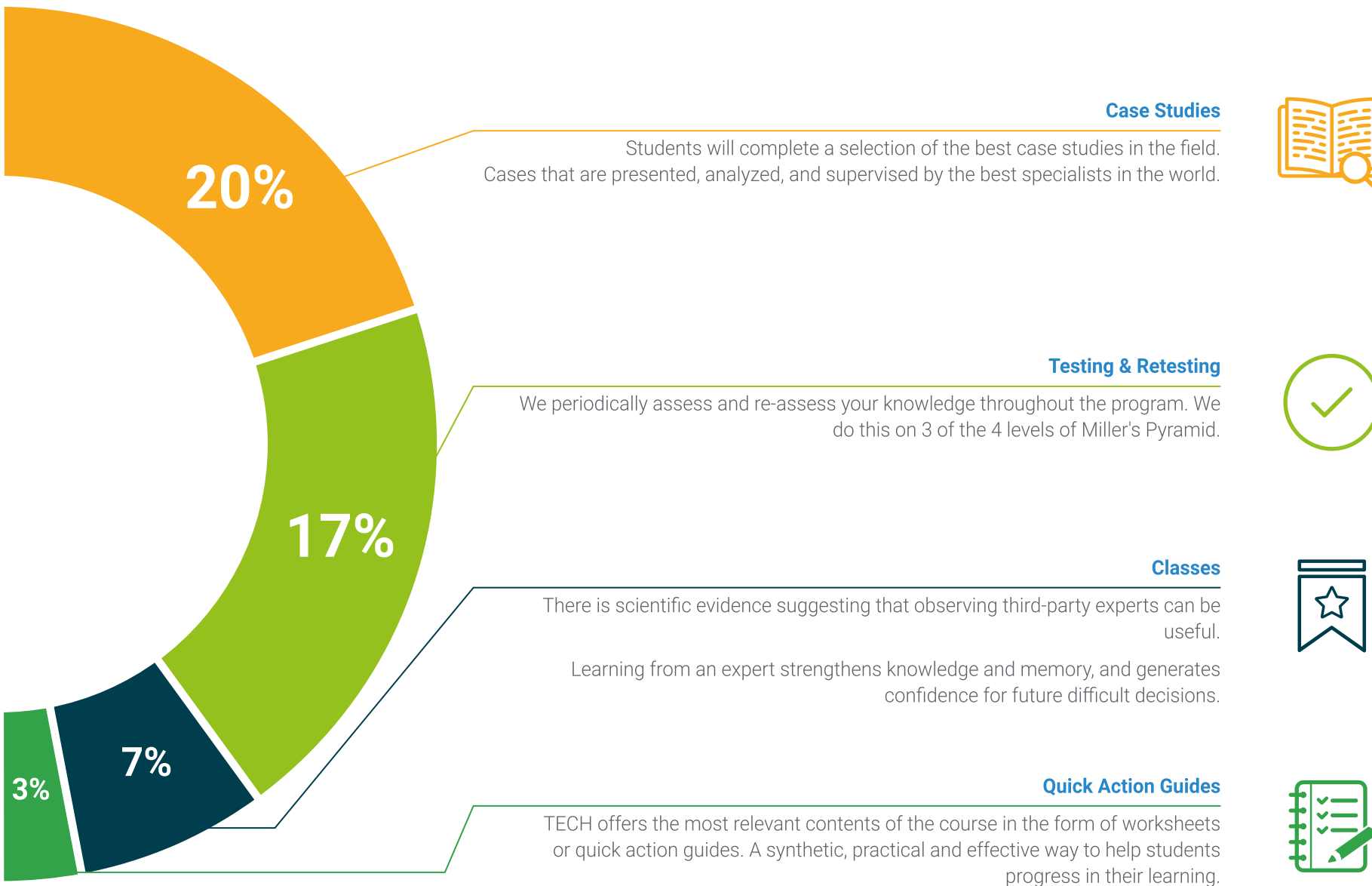
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06

Teaching Staff

This program has a teaching staff composed of prestigious specialists, whose knowledge and experience in family therapy and stress management ensure a high-level learning experience. Through a practical, evidence-based approach, the faculty combines their clinical background with the latest advancements in research. Additionally, their involvement in the sector provides an updated perspective aligned with the real needs of the medical field. Thanks to this team of experts, a rigorous preparation is ensured, strengthening the competencies necessary to face professional challenges with confidence.



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Learn from a group of experts composed of professionals in family therapy and stress management, with extensive clinical and research experience”

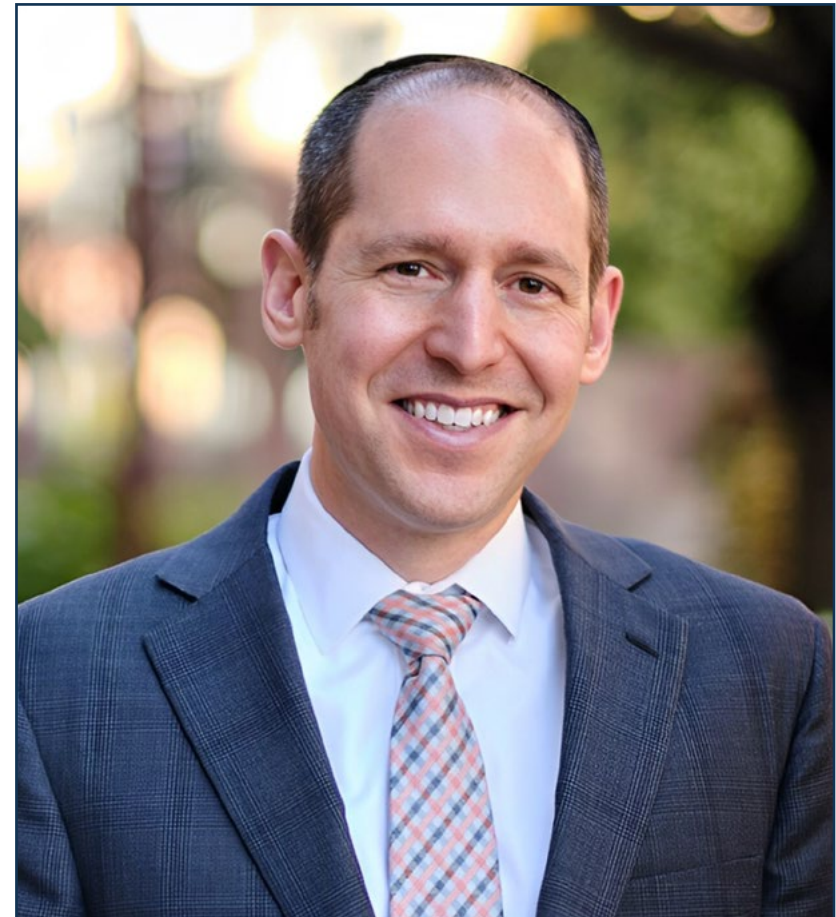
International Guest Director

Dr. David H. Rosmarin is a renowned **clinical psychologist** and founder of the **Center for Anxiety**, where he has led a team of more than 80 physicians who treat more than 1,000 patients annually. His specialization encompasses **intensive** and **outpatient** treatment of anxiety disorder, as well as **depression** in all ages. In addition, his approach combines **scientific evidence** with **spirituality**, seeking to transform the pathology into a strength that contributes to **personal growth**.

He has also held prominent positions as **Associate Director of Psychology** in the **Department of Psychiatry** at Harvard Medical School and as **Director of the Spirituality and Mental Health Program** at **McLean Hospital**. These positions have allowed him to develop advanced skills in **clinical treatment** and **mental health** integration. Likewise, his ability to lead teams and train new professionals has been fundamental to the advancement of **psychological practice**.

Internationally, he has been recognized for his innovative contributions in the treatment of **Anxiety** and **Depression**. In this sense, he has received multiple awards for his **clinical and academic work**, standing out as a pioneer in mental health. Also, his approach, which has promoted the acceptance of **human emotions** as a way to overcome the stigmas associated with these disorders, has earned him invitations to prestigious conferences and events around the world.

In addition to his **clinical practice**, he has authored numerous peer-reviewed **articles** and publications. His research has focused on the relationship between **spirituality** and **mental health**, exploring how these elements can be integrated into the treatment of **emotional disorders**. Additionally, his commitment to professional development has been reflected in the **APPIC-approved Anxiety Center Psychology program**



Dr. Rosmarin, David H.

- Director of the Mental Health Program at McLean Hospital, Massachusetts, United States
- Associate Director of Psychology in the Department of Psychiatry at Harvard Medical School
- Director of the Spirituality and Mental Health Program at McLean Hospital
- Assistant, Department of Psychiatry, Harvard University
- Postdoctoral Fellowship in Clinical Psychology at Harvard University
- Ph.D. in Clinical Psychology from Bowling Green State University
- Master's Degree in Counseling Psychology from the University of Toronto

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

Management



Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time-Limited Psychotherapy
- ♦ Guidance team coordinator for many educational centers
- ♦ Author of several books on Psychology
- ♦ Expert communicator in Psychology in the media
- ♦ Professor in university courses and postgraduate studies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Selective Dissociation Targeting

Professors

Dr. Martínez Lorca, Manuela

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

Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Time-Limited Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirónsalud Hospital in Marbella
- ♦ Director of the Clinical and Health Area of Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Freedom Technique by the World Center for EFT
- ♦ Transpersonal Therapist in the Spanish School of Transpersonal Development
- ♦ Bachelor in Psychology at the Complutense University of Madrid
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology from the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP- Richard Bandler's Society of Neuro-Linguistic Programming)

Mr. 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)
- ♦ Bachelor's Degree in Psychology. University of Deusto
- ♦ 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)

Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Specialist in Cognitive Behavioral Intervention
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

07 Certificate

The Master's Degree in Family Therapy and Stress guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University..



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*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork"*

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TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

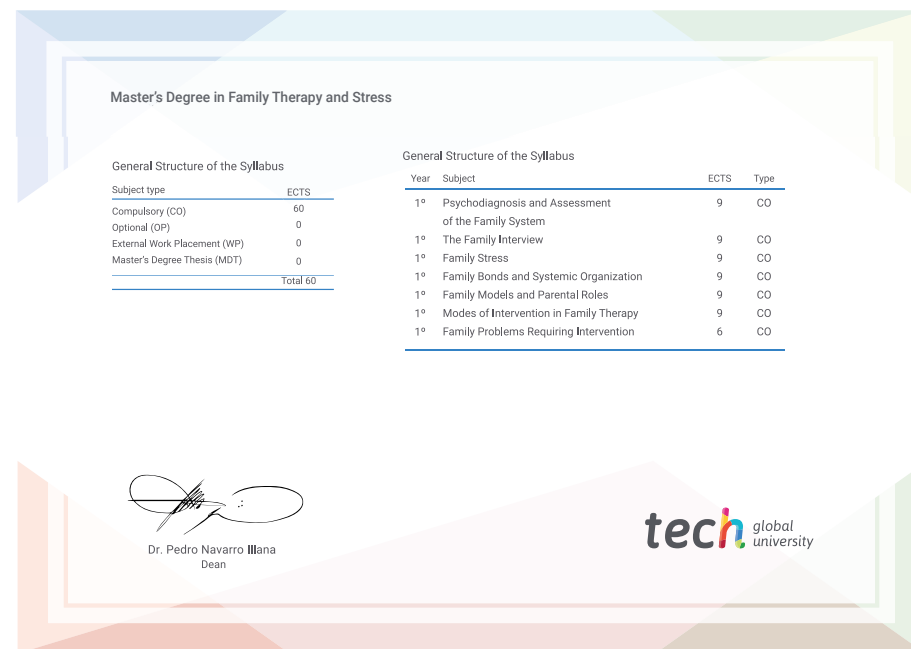
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Title: **Master's Degree in Family Therapy and Stress**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**





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- » Schedule: at your own pace
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Master's Degree

Family Therapy and Stress

