

# Professional Master's Degree

## Family Therapy and Stress



## Professional Master's Degree Family Therapy and Stress

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/professional-master-degree/master-family-therapy-stress](http://www.techtitute.com/us/medicine/professional-master-degree/master-family-therapy-stress)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 12*

04

Course Management

---

*p. 16*

05

Structure and Content

---

*p. 20*

06

Methodology

---

*p. 26*

07

Certificate

---

*p. 34*

# 01

# Introduction

The family, as an entity of support and development of the individual, has become an object of therapeutic consideration which has made that, increasingly, health professionals need to understand how their mechanisms work and how they can be leveraged. This Professional Master's Degree has been created to provide doctors with the necessary learning in the field of family therapy, as a tool for working on stress and developing the mental and emotional health of the patient. An opportunity to include in your training the approach to these conditions from the development of family therapy



“

*The approach to stress from the development of family therapy is a complementary way of work that gives the doctor a form of work of enormous relevance and impact"*

Gradually, it has begun to be recognized that family dynamics can not only protect its members against certain adversities, or be affected by certain disorders of its members, but also that certain aspects of family functioning can contribute with particular strength to its members (especially children and adolescents) developing maladaptive behaviors not only in the family sphere, but also in other areas and other alterations, as is the case of emotional or psychosomatic disorders.

This Professional Master's degree is unique as it addresses those aspects that have received the most attention in the research carried out on the subject. To this end, we develop some questions regarding the relationship between external stress factors, family interaction and psychological problems in children and adolescents.

The hypothesis of researchers on the subject, has been that the negative impact that certain external factors may have on the development of emotional and behavioral problems in children and adolescents, is directly shaped by family structure and dynamics. In many cases, stress factors can modify the family environment to such an extent that they become dysfunctional.

One of the most commonly studied factors of familial pathology has been their economic situation. Different research has brought to light that economics has a negative influence on psychological well-being and family relationships. In addition, there has been an increase in the number of studies which show the influence of economic stress on children and adolescents is shaped by the type of relationship that exists between parents and children. However, the processes through which economic stress can generate emotional "distress" or negatively affect family relationships still haven't been adequately proved and clarified.

One attempt to clarify such processes is that of Conger and colleagues, whose theoretical model proposes that economic stress experienced by parents increases both disharmony and conflict between parents and problems between parents and children over money-related issues. Specifically, they claim that economic stress among parents provokes high levels of irritability in the couple alongside more stubborn attitudes in relation to money management which can, in turn, result in more general hostility towards their children. These hostile and coercive behavioral changes towards children can generate or increase any emotional and behavioral problems they may have.

This **Professional 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:

- ♦ Practical case studies presented by experts
- ♦ 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
- ♦ News on this topic
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ 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



*A high educational level training created by the best experts in the field, which will allow you to include in your medical practice new ways to understand and help your patients"*

“

*A Professional Master's Degree of high teaching quality that will allow you to advance in your work, learning and growing professionally with a training created to be manageable but intensive"*

*Update yourself with the latest advances in stress treatment from the approach of family therapy with exceptional training.*

*We offer you the best teaching methodology in the market and a complete theoretical and practical material that will help you to carry out an immersive study of this subject.*

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as recognized specialists from prestigious reference societies and 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 professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.





# 02

# Objectives

The aim of this training is to offer the professionals who take it a complete and efficiently structured learning process that will allow them to reach new levels of efficiency in their medical practice. Through quality teaching, focused on practice, they will be able to learn how to carry out the procedures and implement the necessary tools to develop them in the context of stress intervention from family therapy.





“

*The objective of this training is to offer the medical professionals a complete training course that allows them to grow in their practical capacity of intervention in the context of stress from family therapy"*



## General Objectives

---

- ♦ Master the current knowledge of psychic and social disorders in the family
- ♦ Learn how to achieve a therapist-patient bond in the field of family therapy
- ♦ Identify the agents who live with the child and adolescent, and to discover their impact on family psychopathology
- ♦ Develop understanding of the dynamics between the parents and the consequences on the family
- ♦ Describe, in relation to protocols, the intervention programs, taking into account the characteristics and aspects of the systemic relationship in the family
- ♦ Identify the evolution of the different disorders listed in the DSM-5 or ICD-10
- ♦ Master the fields of medical-psychologist interaction in family intervention
- ♦ Provide the professional with all the up-to-date references on the diagnosis, intervention and therapeutic process of the family
- ♦ Describe with decision protocols the individualized study of family members to perform a rigorous psychopathological study
- ♦ Use decision trees to make a permanent differential diagnosis
- ♦ Organize all the information within a multidisciplinary framing model in the study of the biopsychosocial framework of the family in this century





## Specific Objectives

---

- ♦ Master knowledge of the family clinic, as well as to provide the necessary skills to work in a systemic way
  - ♦ Identify and make decisions about patients taking into account the social and emotional fabric in which they find themselves
  - ♦ Master interaction within a family therapy framework
  - ♦ Performing and adapting intervention protocols within an interdisciplinary framework
  - ♦ Address the family, school and social environment
  - ♦ Manage the dynamics of therapeutic time
  - ♦ Implement silence into family intervention
  - ♦ Manage the emotional crises within a session and children or adolescents and adults
  - ♦ Mastering assessment and intervention tools using all senses
  - ♦ Identify and use information from social and family agents
  - ♦ Develop an intervention according to the mental logic of the different age groups
  - ♦ Describe the emotional schemas of the family members
  - ♦ Master how to create a relationship to become a reference for the whole family without entering into competition with adults
  - ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
  - ♦ Master the management of differential characteristics with which family psychological pathologies can present
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
  - ♦ Use the intervention to determine when it is necessary for other professionals to join the analysis process
  - ♦ Developing and understanding mutations and new forms of disease
  - ♦ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence
  - ♦ Master knowledge of current systemic psychopathology
  - ♦ Develop monitoring models that express the changes in stress pathologies



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 03 Skills

Once all the contents have been studied and the objectives of the Professional Master's Degree have been achieved, the professionals will be able to have a superior competence and performance in this area. In this way, the doctors will grow within their profession with the ability to intervene safely and solvently. All this, also accompanied by a qualification that will revalidate your professional curriculum.



“

*Acquire the necessary work capacity to work with the resources of family therapy with the security and solvency that provide the most comprehensive and up-to-date knowledge"*

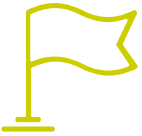




## General Skills

---

- ♦ Master knowledge of the family clinic, as well as to provide the necessary skills to work in a systemic way
- ♦ Identify and make decisions about patients taking into account the social and emotional fabric in which they find themselves
- ♦ Master interaction within a family therapy framework
- ♦ Performing and adapting intervention protocols within an interdisciplinary framework
- ♦ Address the family, school and social environment
- ♦ Manage the dynamics of therapeutic time
- ♦ Implement silence into family intervention
- ♦ Manage the emotional crises within a session and children or adolescents and adults
- ♦ Mastering assessment and intervention tools using all senses
- ♦ Identify and use information from social and family agents
- ♦ Develop an intervention according to the mental logic of the different age groups
- ♦ Describe the emotional schemas of the family members
- ♦ Master how to create a relationship to become a reference for the whole family without entering into competition with adults
- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Master the management of differential characteristics with which family psychological pathologies can present
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
- ♦ Use the intervention to determine when it is necessary for other professionals to join the analysis process
- ♦ Developing and understanding mutations and new forms of disease
- ♦ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence
- ♦ Master knowledge of current systemic psychopathology
- ♦ Develop monitoring models that express the changes in stress pathologies



## Specific Skills

---

- ♦ Master knowledge of the family clinic, as well as to provide the necessary skills to work in a systemic way
- ♦ Identify and make decisions about patients taking into account the social and emotional fabric in which they find themselves
- ♦ Master interaction within a family therapy framework
- ♦ Performing and adapting intervention protocols within an interdisciplinary framework
- ♦ Address the family, school and social environment
- ♦ Manage the dynamics of therapeutic time
- ♦ Implement silence into family intervention
- ♦ Manage the emotional crises within a session and children or adolescents and adults
- ♦ Mastering assessment and intervention tools using all senses
- ♦ Identify and use information from social and family agents
- ♦ Develop an intervention according to the mental logic of the different age groups
- ♦ Describe the emotional schemas of the family members
- ♦ Master how to create a relationship to become a reference for the whole family without entering into competition with adults
- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Master the management of differential characteristics with which family psychological pathologies can present
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
- ♦ Use the intervention to determine when it is necessary for other professionals to join the analysis process
- ♦ Developing and understanding mutations and new forms of disease
- ♦ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence
- ♦ Master knowledge of current systemic psychopathology
- ♦ Develop monitoring models that express the changes in stress pathologies



# 04

# Course Management

The teaching staff is made up of psychology professionals who are experts in family therapy, with a long track record in working with this type of intervention. They will teach you how to intervene therapeutically with patients suffering from stress, acquiring the necessary resources to take direct advantage of the possibilities of family therapy.



“

*A teaching staff of professional experts in family therapy will be in charge of accompanying you in your learning process, in a direct and accessible way"*

## 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 schools
- ♦ Author of several books on Psychology
- ♦ Communicator Expert in Media Psychology
- ♦ Professor of courses and postgraduate studies
- ♦ Professional Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Targeting for Selective Dissociation

## Professors

### Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Youth Psychology at the Quirónsalud Marbella Hospital and the Avatar Psychologists
- ♦ Psychologist and teacher at the European Institute of Time-Limited Psychotherapies (IEPTL)
- ♦ Bachelor of Psychology, National University of Distance Education (UNED)

### Dr. Roldán, Lucía

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

### Dr. Martínez Lorca, Manuela

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



#### **Dr. De Dios González, Antonio**

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department at Quirónsalud Marbella Hospital
- ♦ Director of the Clinical and Health Area in Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Release Techniques by the World Center for EFT
- ♦ Transpersonal Therapist at the Spanish School of Transpersonal Development
- ♦ Bachelor of Psychology at the Complutense University of Madrid
- ♦ Professional Master's Degree in Limited Time Psychotherapy and Health Psychology at the European Institute of Limited Time Psychotherapy
- ♦ Professional Master's Degree in Neurolinguistic Programming at the SNLP-The Society of NLP by Richard Bandler

#### **D. Gandarias Blanco, Gorka**

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA Clinical Center
- ♦ 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)



# 05

# Structure and Content

The structure of the contents has been designed by a team of experts in psychology, who have taken into account the latest strategies and developments in the sector. In a structured way, a complete syllabus has been developed, oriented towards practical learning with a direct look at the implementation of what has been learn, with the security of the most up-to-date knowledge.





“

*A comprehensive but specific syllabus  
that will lead you to your learning goals  
in an interesting and effective way”*

## 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. Assessor Skills
  - 1.3.1. Be Useful in the Process
  - 1.3.2. Understand What is Happening
  - 1.3.3. Be Open and Understanding
  - 1.3.4. Become a Figure of Authority
- 1.4. Psychodiagnosis and Assessment of the Family System
  - 1.4.1. Language
  - 1.4.2. Pathological and Healthy Bonds
  - 1.4.3. Use of 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 Fraternity 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, Uncles and Aunties
  - 1.5.6. Other Components
- 1.6. Psychodiagnostics Objectives
  - 1.6.1. Evaluator and Evaluatee Link
  - 1.6.2. Discover What Truly Exists
  - 1.6.3. Clarify the Facts
  - 1.6.4. Explain the Scientific Facts of the State of the Subject
  - 1.6.5. Understand the Relationship Between the Individual in the Study and the Situation They Have Experienced
- 1.7. Millon's Clinical Multiaxial Inventory (MCMII-III)
  - 1.7.1. Modifying Scales: Desirability and Alteration Index
  - 1.7.2. Basic Personality Scales: Schizoid, Avoidant, Depressive, 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, P-Trauma Stress D
  - 1.7.5. Severe Clinical Syndromes: Psychotic Thinking, Major Depression and Psychotic Delirium
- 1.8. CATELL's 16 PF-5
  - 1.8.1. Agreeableness, Reasonableness, Stability, Dominance, Encouragement, Attention to Standards, Boldness, Sensitivity, Vigilance, Abstraction, Privacy, Apprehension, Openness to Change, Self-sufficiency, Perfectionism and Tension. Incorporate a Social Desirability (SD), an Infrequency (IN) and an Acquiescence (AQ) Scale to Control Response Bias
- 1.9. Child and Adolescent Assessment System BASC
  - 1.9.1. Internalized problems: Depression, Anxiety, Social Anxiety, Somatic Complaints, Obsessive-Compulsion and Post-Traumatic Symptomatology
  - 1.9.2. Externalized Problems: Hyperactivity and Impulsivity, Attention Problems, Aggressiveness, Defiant Behavior, Anger Control Problems, Antisocial Behavior
  - 1.9.3. Specific Problems: Developmental Delay, Eating Behavior Problems, Learning Disabilities, Schizotypy, Substance Abuse, etc.
- 1.10. Questionnaire for the Evaluation of Adopters, Caregivers, Guardians and CUIDA
- 1.11. Personality Assessment Inventory (PAI)
  - 1.11.1. 4 Validity Scales (Inconsistency, Infrequency, Negative Impression, Positive Impression)
  - 1.11.2. 11 Clinical Scales (Somatic Complaints, Anxiety, Anxiety-related disorders, Depression, Mania, Paranoia, Schizophrenia, Borderline traits, Antisocial traits, Alcohol problems, and Drug problems)
  - 1.11.3. 5 Scales of Consideration for Treatment (Aggression, Suicidal Thoughts, Stress, Lack of Social Support, and Refusal of Treatment)
  - 1.11.4. 2 Scales of Interpersonal Relationships (Dominance and Agreeableness)
  - 1.11.5. 30 Subscales Providing More Detailed Information
- 1.12. Study of the Story's Credibility
  - 1.12.1. CBCA System (Criteria-Based Content Analysis)
  - 1.12.2. The Statement Validity Assessment (SVA) Udo Undeutsch
  - 1.12.3. SVA = Interview + CBCA + Validity Checklist



## Module 2. Family Stress

- 2.1. New Ways to Define Stress
- 2.2. Common Stressors in the Family
  - 2.2.1. Relationship
  - 2.2.2. Living Conditions / Environment
  - 2.2.3. Economic
  - 2.2.4. Emotional
  - 2.2.5. Pathologies of Family Members
  - 2.2.6. Abuse and Violence
  - 2.2.7. Separation and/ or Abandonment
- 2.3. Interpersonal Stress
- 2.4. Toxicity and Family
  - 2.4.1. With Substances
  - 2.4.2. Without Substances
  - 2.4.3. Dependency
- 2.5. The Information Retrieval Process: The Transfer of Learning
- 2.6. Occupational Stress
- 2.7. Learning and Family Events
- 2.8. Family Crises

## Module 3. Family Bonds and Systemic Organization

- 3.1. Family Functions
- 3.2. Family Institution
  - 3.2.1. Life Cycle of the Family
  - 3.2.2. Family Law
  - 3.2.3. Legal Nature
  - 3.2.4. Family Characteristics
- 3.3. Types of Family
  - 3.3.1. Conjugal Family
  - 3.3.2. Matriarchal Family
  - 3.3.3. Patriarchal Family
  - 3.3.4. Gang Family
  - 3.3.5. Inverted Family
  - 3.3.6. Extended Family

- 3.4. Family Characteristics to Promote or Hinder Learning
- 3.5. Family Structure Variables
- 3.6. Dysfunctional Family
- 3.7. Family Reactions to Illness
- 3.8. Pathological Management of Children from the Family
- 3.9. Consequences of Family Composition
- 3.10. Morphology of Family and the Implication on Psychopathy
- 3.11. Family and Process of Socialization
- 3.12. Intervention in a Dysfunctional Family
- 3.13. Conflict Inheritance
- 3.14. Concept of Accompaniment, Containment and Escort

## Module 4. Family Models and Parenting Roles

- 4.1. Separation, Divorce and Nulled Marriage
- 4.2. Disability from the Expert's Point of View
  - 4.2.1. Deficiency, Disability and Handicap
  - 4.2.2. Civil Incapacity and Labor Incapacity
  - 4.2.3. Degrees of Permanent Disability
  - 4.2.4. Major Disability
- 4.3. Gender Violence
  - 4.3.1. Psychological Violence
  - 4.3.2. Psychological Consequences of Violence
- 4.4. Abuse
  - 4.4.1. Confirmation
  - 4.4.2. Psychological Consequences
  - 4.4.3. Causal Nexus
- 4.5. Secondary Victimization
  - 4.5.1. Credibility of Testimony
  - 4.5.2. Difficulty of the Psychological Opinion
- 4.6. Psychological Support for Family Members
- 4.7. Juvenile Expertise
- 4.8. Psychopedagogical Drug Addict Expert
- 4.9. Elderly Expert
- 4.10. Profile of the Basic Emotion "Guilt" in Current Research

## Module 5. Modes of Intervention in Family Therapy

- 5.1. Notion of Conflict
  - 5.1.1. Changing the Attitude Towards Team Cooperation
  - 5.1.2. Improve Attitude
  - 5.1.3. Emphasizing Performance
- 5.2. Types of Conflict
  - 5.2.1. Attraction-Attraction
  - 5.2.2. Evasion-Evasion
  - 5.2.3. Attraction-Evasion
- 5.3. Family Mediation
  - 5.3.1. Mediator is Present, Does Not Have an Influence
  - 5.3.2. Arbitration Makes Decisions by Listening to the Parties
  - 5.3.3. Neutral Evaluation Draw Consequences From the Data Obtained
- 5.4. Family Coaching
  - 5.4.1. Equalities
  - 5.4.2. Differences
  - 5.4.3. Contradictions
  - 5.4.4. Impersonation
- 5.5. Learning in Coaching
  - 5.5.1. Declaring Bankruptcy
  - 5.5.2. Stripping Off the Masks
  - 5.5.3. Re-Engineering Ourselves
  - 5.5.4. Focusing on the Task
- 5.6. Habits to Improve in Coaching
- 5.7. Focused on the Activity
  - 5.7.1. Focusing Techniques
  - 5.7.2. Thought Control techniques
- 5.8. Clear Goals
  - 5.8.1. Definition of Where We Are
  - 5.8.2. Definition of Where we Want to Go
- 5.9. Taking the Reins in Your Life Being proactive.



- 5.10. Positive Psychology
- 5.11. Conflict Management with the Conscious Emotional Bonding (CEB) Model
  - 5.11.1. Identifying Emotions
  - 5.11.2. Identifying Suitable Emotions
  - 5.11.3. Changing Emotions for Others
- 5.12. Training to Deal with Conflicts in the Family

### Module 6. Family Problems Which Need Interventions

- 6.1. Behavior Modification Techniques
- 6.2. Cognitive-Behavioral Therapy
- 6.3. Treatment Oriented Towards the Family
- 6.4. Other Focus of Systemic Family Treatment
- 6.5. Strategic Therapy and Constructivism

### Module 7. Types of Expertise and Contexts that Surround Psychological Expertise

- 7.1. Definitions Regarding Appraisal
- 7.2. Adoptions
- 7.3. Care and Custody
- 7.4. Simulation
- 7.5. Expert Evidence
- 7.6. Object of the Expert Evidence
- 7.7. Guarantees of the Expert Evidence
- 7.8. Role of the Expert in the 21st Century
- 7.9. Procedure of a Judicial Hearing
- 7.10. Relationship with Other Groups
- 7.11. Family Diagnosis: The Family as a System
- 7.12. Assessment of Guilt in Psychopathology
- 7.13. Diagnostic Process Framing in the Expert Appraisal
- 7.14. Psychological Expert Opinion



06

# 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 Methodology

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.*



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.





# 07 Certificate

The Professional Master's Degree in Family Therapy and Stress guarantees you, in addition to the most rigorous and up-to-date training, access to a Professional Master's Degree issued by TECH Technological University.



“

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

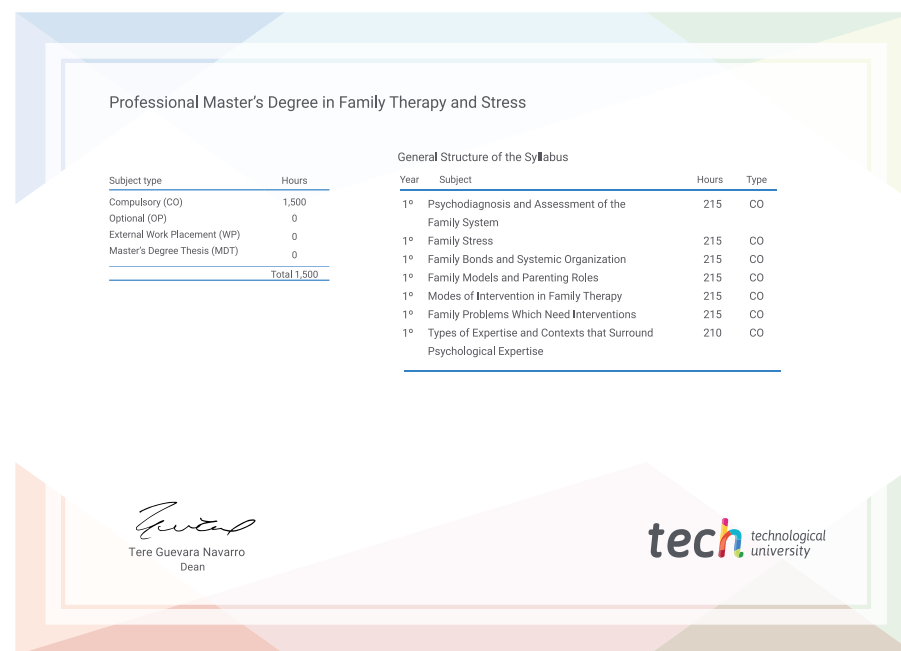
This **Professional Master's Degree in Family Therapy and Stress** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

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

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

Official N° of hours: **1,500 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.



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



## Professional Master's Degree Family Therapy and Stress

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Family Therapy and Stress

