

# Postgraduate Certificate

## Intervention in Tobacco Addiction



## Postgraduate Certificate Intervention in Tobacco Addiction

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 15 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Designed for those physicians who want to learn how to treat tobacco-dependent patients, this program delves into the basic knowledge commonly used by the scientific community in the area of addictions and helps to formulate the different aspects to be taken into account by the professional in the assessment and intervention in these cases. All of this is based on the most effective teaching methodology on the market, 100% online.





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*Update your knowledge in the approach to smoking and help your patients to get out of this uncomfortable and unhealthy addiction"*

Tobacco consumption and/or dependence entails serious problems in the three areas of health from the bio-psycho-social model: problems in the physical, psychological and social health areas, not only during the moment of consumption but also in the future health of the individual.

Aimed at physicians who wish to specialize in the field of addictions, or who wish to update their knowledge in this regard, it offers the latest advances in the field of psychological treatment of smoking addiction and its prevention, so that the professional can intervene competently in this type of problem.

The program covers the characteristics of tobacco addiction, and will help the physician to position and orient themselves in the most appropriate, realistic and committed intervention, knowing the role they should play in the patient's detoxification.

The teaching team of this program has made a careful selection of each of the topics of this program, in order to offer the student the most complete study opportunity possible and always related to current events.

In addition, the healthcare professional will have access to an exclusive and complementary Masterclass, given by an internationally renowned professor, a specialist in Behavioral Neuroscience. This expert will provide the graduate with the necessary skills and knowledge to apply the most recent scientific advances in their daily clinical practice, backed by TECH's guaranteed quality.

As it is an online Postgraduate Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their professional or personal life with their academic life.<

This **Postgraduate Certificate in Intervention in Tobacco Addiction** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of clinical cases presented by medical 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
- ♦ New diagnostic and therapeutic developments in the Intervention in Tobacco Addiction
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations
- ♦ With a special emphasis on evidence-based medicine and research methodologies in the Intervention in Tobacco Addiction
- ♦ All of this will be complemented by 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



*Bet on TECH! Take advantage of this unique opportunity to join an additional Masterclass, thanks to the collaboration with an outstanding international leader in Behavioral Neuroscience"*

“ *Smoking is one of the most deeply rooted addictions in society. But it is in no way positive or healthy. That's why patients should turn to physicians to avoid this bad habit*”

Its teaching staff includes health professionals from the field of Intervention in Tobacco Addiction, who contribute their work experience to this program, as well as renowned specialists belonging to leading scientific societies.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, whereby the physicians must try to solve the different professional practice situations that arise during the course. For this purpose, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Intervention in Tobacco Addiction and with extensive teaching experience.

*Update your knowledge through the Postgraduate Certificate in Intervention in Tobacco Addiction, in a practical way and adapted to your needs.*

*You will learn, from the highest scientific and educational rigor, the most important developments in the treatment of smoking addiction.*



# 02

# Objectives

Being fully aware that smoking is one of the most widespread and unhealthy addictions in today's society, TECH has designed this complete Postgraduate Certificate with which the physician can become an agent of change by improving the quality of life of their patients and helping them to overcome the addiction to cigarettes.



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*From the scientific, medical and psychological knowledge that you will have, you will be able to change the lives of many people addicted to tobacco”*



## General Objectives

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- Provide the student with the keys to the assessment framework in the case of addictions to tobacco
- Show the criteria for the choice of therapeutic goals when dealing with a tobacco addiction intervention
- Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions





## Specific Objectives

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- ♦ Propose therapeutic procedures and techniques from other areas which could help to improve the efficiency of the treatment, to prevent relapses and maintain the results
- ♦ Approach other pathologies present in tobacco addiction, as well as prevent relapses and maintenance protocols
- ♦ Define the historical and social aspects related to smoking
- ♦ Establish the prevalence of tobacco use in the world
- ♦ Understand tobacco prejudice and study explanatory models of smoking behavior
- ♦ Establish the relationship between tobacco and different psychological and psychiatric diseases
- ♦ Approach tobacco addiction from biological, behavioral and psychotherapeutic perspectives



*A unique opportunity for physicians to learn from the best professionals and achieve their professional goals"*

03

# Course Management

TECH has designed this qualification by selecting a top level team versed in Intervention in Tobacco Addiction. Thanks to this, you will be able to learn first-hand about the advances that have been made in this field, delving, through the experience of these experts, into the keys to the assessment, prevention and psychological treatment of addictions in the current context. In this way, you will receive dynamic and complete learning from the most knowledgeable professionals in the field.





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*Become an expert on the harms of tobacco and explanatory models of smoking behavior guided at all times by a team of experts of the highest caliber"*

## International Guest Director

David Belin, Ph.D., a renowned specialist in **Behavioral Neuroscience**, has left a significant impact on international research. In fact, already during his **PhD**, he revolutionized the field by developing the **first preclinical model of Cocaine Addiction**, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of **scientific innovation**, combining advanced techniques, from **Experimental Psychology**, to **precise brain manipulations and molecular studies**. All this with the aim of unraveling the **neural substrates of Impulsive/Compulsive Disorders**, such as **Drug Addiction and Obsessive Compulsive Disorder**.

Likewise, his career took a transcendental turn when he joined Professor **Barry Everitt's** laboratory at the **University of Cambridge**. His pioneering research on the **corticostriatal mechanisms of cocaine seeking**, as well as the relationships between **impulsivity and compulsive self-administration of the drug**, expanded the global understanding of individual vulnerability to **addiction**.

Similarly, Dr. Belin obtained tenure at the **Institut National de la Santé et de la Recherche Médicale (INSERM)** in France. There, he established a research team in Poitiers, which focused on the **neural and cellular mechanisms of vulnerability to Compulsive Disorders**, although he has never stopped his research on the **neural and psychological mechanisms** of these disorders.

With more than 75 publications, he has been awarded the **Mémain-Pelletier prize** of the **Académie des Sciences de France** and the **Young Investigator award** of the **European Behavioural Pharmacology Society**. He was one of the first members of the **FENS-Kavli Network of Excellence**, an international network of young scientists supporting **Neuroscience** research.



## Dr. Belin, David

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- Neuroscientist specialized in Human Behavior at the University of Cambridge, United Kingdom
- Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM)
- Mémain-Pelletier Award of the Académie des Sciences
- Young Investigator Award from the European Behavioural Pharmacology Society
- Ph.D. in Behavioral Neuroscience from the University of Bordeaux II
- Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- Member of: Homerton College, FENS-Kavli Network of Excellence

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

## Management



### Mr. Gandarias White, Gorka

- ◆ Psychologist specialized in Psychotherapy and Gestalt Therapy Director of the URASKA clinical center
- ◆ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ◆ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ◆ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ◆ Degree in Psychology. Deusto University
- ◆ Master's Degree in Time-Limited and Health Psychotherapy
- ◆ International Master's Degree in Clinical and Health Psychology
- ◆ Diploma in Gestalt Therapy
- ◆ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

## Coordinator



### **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
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Area Specialist in Nuclear Medicine at the University Hospital La Paz
- ♦ Physician in the Nuclear Medicine Department at the Ramón y Cajal University Hospital
- ♦ Specialist in Nuclear Medicine at the Rey Juan Carlos University Hospital
- ♦ Doctor of Medicine
- ♦ Research Expert in the Area of Cancer and Hormone Receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching in Emotionally Conscious Bonding
- ♦ Director of Neurological Studies at CEP. Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population at the Teddy Bear Hospital

### Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### 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 Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

### Dr. Kaiser Ramos, Carlos

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

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher 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
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



#### **Dr. Roldán, Lucía**

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

#### **Ms. Soria, Carmen**

- ◆ Psychologist at Integra Therapy
- ◆ Head of the Psychosocial Unit of the Assessment and Psychotherapy Center (CEP) associated with the European Institute of Time-Limited Psychotherapies
- ◆ Private practice specialized in long-term disorders such as personality, bipolar and psychotic disorders
- ◆ Collaborating professor of the Practicum at the Complutense University of Madrid
- ◆ Professor of the Master's Degree of Psychotherapy of the European Institute of Time-Limited Psychotherapies
- ◆ Specialist in General Health Psychology
- ◆ Master's Degree in Clinical and Health Psychology by CINTECO
- ◆ Master's Degree in Time-Limited Psychotherapy by the European Institute of Time-Limited Psychotherapies
- ◆ EMDR Therapist
- ◆ Specialized knowledge in Personality Disorders and Psychotic Disorders in Adults and Adolescents
- ◆ Training in Dissociative Disorders
- ◆ Training in Couples Therapy
- ◆ Degree in Psychology from the Universidad Autónoma de Madrid

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from leading hospitals and universities, aware of the relevance of current specialization to be able to intervene correctly with the patient, and committed to quality teaching through new educational technologies.





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*You will study with the most up-to-date content and you will be able to position yourself as a reference physician in the sector”*

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

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

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*A unique, key and decisive educational experience that will position you as a reference physician in the approach and treatment of tobacco addiction"*





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

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

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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

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



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

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

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

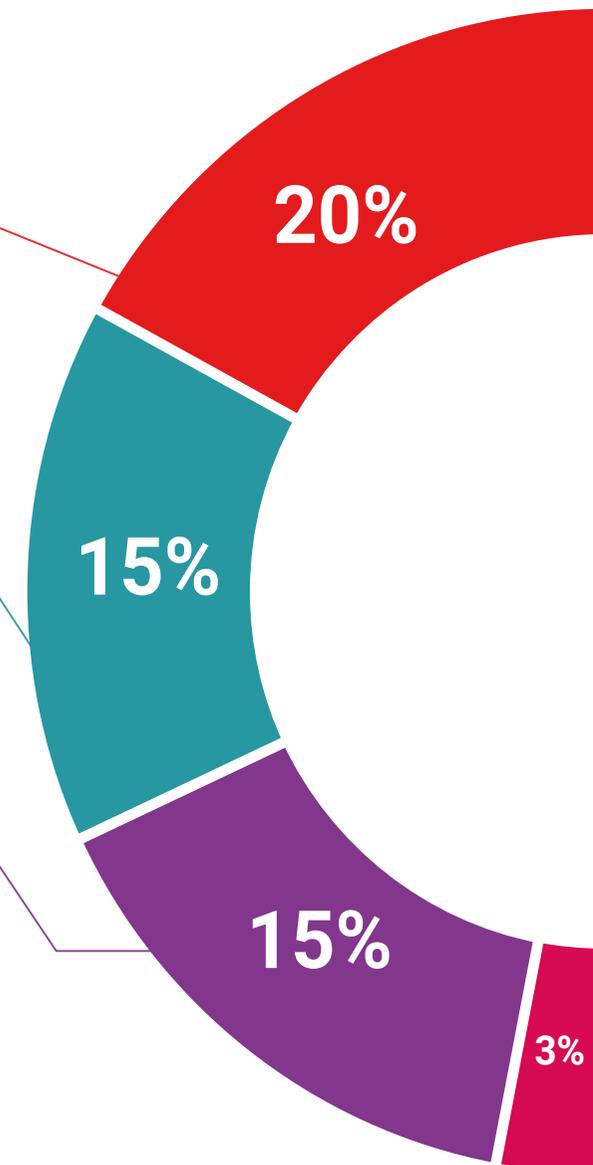
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

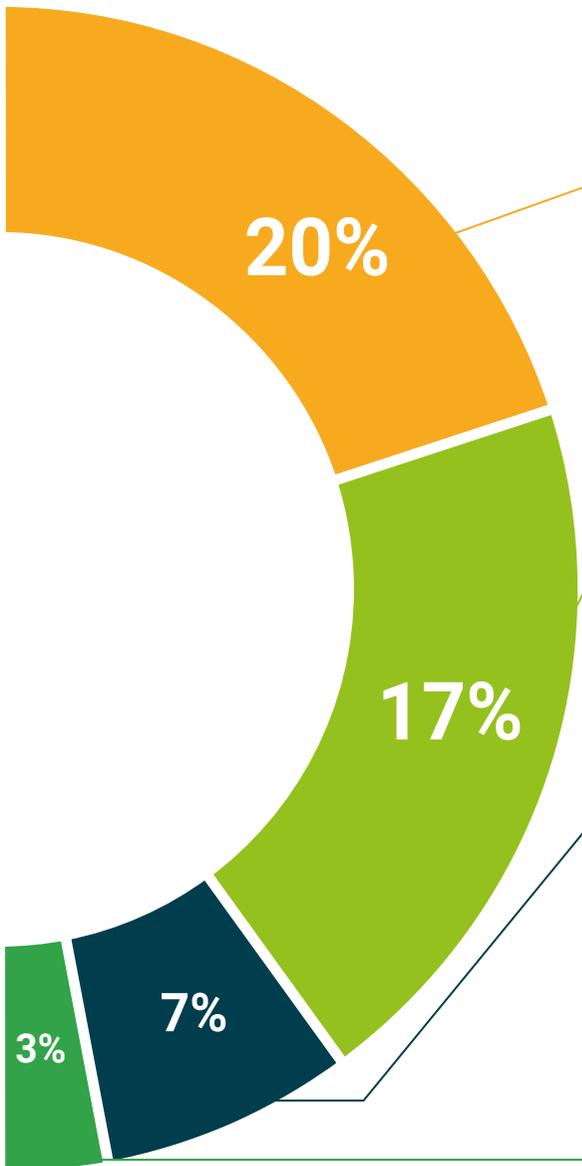
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Intervention in Tobacco Addiction 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”*

This program will allow you to obtain your **Postgraduate Certificate in Intervention in Tobacco Addiction** endorsed by **TECH Global University**, the world's largest online university.

**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.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Intervention in Tobacco Addiction**

ECTS: **15**

Official N° of Hours: **375 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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# Postgraduate Certificate

## Intervention in Tobacco Addiction