

# Postgraduate Certificate

Concept of Stress and the Aftermath  
of the Critical Situation



## Postgraduate Certificate

### Concept of Stress and the Aftermath of the Critical Situation

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/concept-stress-aftermath-critical-situation](http://www.techtitute.com/us/nursing/postgraduate-certificate/concept-stress-aftermath-critical-situation)

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# 01

# Introduction

Post Traumatic Stress Disorder (PTSD) can manifest itself in several ways. Far from being a purely psychological problem, it can lead to physical conditions. These include palpitations or sweating. A traffic accident or a sexual assault can be the trigger for critical sequelae that last in patients for the rest of their lives. However, prompt and accurate management of patients at the first moment of the traumatic event can help them to reduce the primary and secondary consequences in the short and long term. In order to achieve this, it is essential for specialists to have specific knowledge and techniques that are effective. For this reason, TECH offers a degree that delves into the human response to stressful situations. Through this 100% online training, students will be able to project their professional careers towards a more advanced care strategy that promotes the well-being of patients.



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*An academic program with which you will perfect your techniques to deal with chained stress and with which you will be able to combine the rest of your life, thanks to its 100% online modality”*

The psychosocial development of individuals depends on the traumatic episodes they experience throughout their lives. Sometimes, they can be irreparable, therefore, the action of specialists at an early stage is essential in their rehabilitation. Not having the specific knowledge for its treatment can seriously affect the health of the victim and his or her organism, favoring the appearance of diseases related to the cardiovascular, immune or endocrine systems, as well as disorders that condition his or her development, such as anxiety or depression.

For this reason, TECH has developed a complete and rigorous degree in order to transmit technical knowledge in health care to nursing graduates. A 100% online teaching that explores the biology and biochemistry of the stress response, as well as the distinction between the concepts of stress and anxiety, with new intervention models such as the ABC model.

Thus, this Postgraduate Certificate will instruct nurses through an enriching academic experience, which will give them the keys to apply the most innovative and effective therapeutic techniques for the management and prevention of traumatic sequelae. All this, through practical cases based on real situations, so that the professional, in addition to increasing their knowledge, can improve their skills in psychological intervention in critical situations.

This **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emergency Psychology
- ♦ 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
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Delve now into the knowledge of the best strategies for the management of post-traumatic stress and the prevention of post-traumatic stress-related illnesses”*

“

*Learn the difference between anxiety and stress, mastering the signs and diagnosis of these psychological manifestations”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

*Have you not yet mastered the typology of sequelae caused by critical situations? With this Postgraduate Certificate you will work in each of them and optimize your health service.*

*It deals with the biological and biochemical response to stress, delving into the theory of stress and its evolution in current neuropsychological problems.*



# 02 Objectives

The main objective of this Postgraduate Certificate in the Concept of Stress and the Sequelae of the Critical Situation is to project the professional career of nursing graduates, focusing on post-traumatic stress and the sequelae it can cause in patients. In addition, students will be able to update their knowledge, taking into account the new techniques of modern medicine in which the patient is treated with psychological help on an individual basis. In this way, the nursing graduate will be able to contribute to the advancement of the resolute application of the consequences in those affected by critical situations.





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*Meet your goals, become a multidisciplinary specialist and know in detail the different stress responses of patients”*



## General Objectives

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- Delve into the concept of stress and the human response associated with its suffering when the person has suffered a critical situation
- Know in detail the different responses to stress and anxiety that the patient may present, as well as the most effective strategies to manage them



*Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response"*





## Specific Objectives

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- ◆ Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- ◆ Study the types of basic emotions and their role when the organism is in a stressful situation
- ◆ Know how the stress response progresses in the individual
- ◆ Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation



# 03

## Structure and Content

For the correct distribution of the contents of this degree, TECH has integrated the latest academic technology and has collaborated with an expert teaching team in emergency services. Its 100% online mode and the prestigious Relearning pedagogical methodology make the Postgraduate Certificate, a unique and enriching experience for students. Nursing graduates will enjoy a complete and comprehensive program that focuses on aspects of emotion in opposed to addressing feelings, including the most rigorous syllabus and additional in different audiovisual formats content. In addition, nurses will have downloadable content, which once saved on their device, can be consulted anytime, anywhere.



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*You will be able to learn about the development of anxiety disorders, thanks to the theoretical and practical knowledge of a teaching team versed in the area”*

## Module 1. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

- 1.1. Basic Emotions
  - 1.1.1. Introduction to the Concept of Emotion
  - 1.1.2. Emotion vs. Feelings
  - 1.1.3. Main Basic Emotions
- 1.2. Human Behavior in Emergency Situations
  - 1.2.1. The ABC Model
  - 1.2.2. Context of Emergency Situations
  - 1.2.3. Transactions
- 1.3. What is Stress?
  - 1.3.1. Introduction to the Concept of Stress
  - 1.3.2. Types of Stress
  - 1.3.3. Stress Characteristics and Determining Factors
- 1.4. Biology and Biochemistry of the Stress Response
  - 1.4.1. The Biological and Biochemical Stress Response
  - 1.4.2. Arousal
  - 1.4.3. Theories on Stress
- 1.5. Anxiety
  - 1.5.1. Definition of Anxiety
  - 1.5.2. Anxiety Disorders
  - 1.5.3. Differences between Stress and Anxiety
- 1.6. Development of the Stress Response
  - 1.6.1. How Does the Stress Response Develop?
  - 1.6.2. Sources of Stress
  - 1.6.3. Factor Affecting the Stress Response
- 1.7. Consequences of the Stress Response
  - 1.7.1. Individual Stress
  - 1.7.2. Signs and Symptoms of Stress in the Individual
  - 1.7.3. Main Consequences of Stress



- 1.8. Psychological Strategies to Control Stress
  - 1.8.1. Techniques to Modify Physiological Activation
  - 1.8.2. Techniques to Modify Cognitive Activation
  - 1.8.3. Techniques to Modify Motor Activation
- 1.9. Psychological Defence Mechanisms Associated with the Critical Situation
  - 1.9.1. Introduction to Defense Mechanisms
  - 1.9.2. Main Psychological Defense Mechanisms
- 1.10. Threshold Theory
  - 1.10.1. Introduction to Threshold Theory
  - 1.10.2. Seyle's Model
  - 1.10.3. General Adaptation Syndrome

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*Don't waste your time; opt for a degree designed for you, taking into account the demands of the emergency clinical sector”*

04

# 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 Nursing School we use the Case Methodology

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

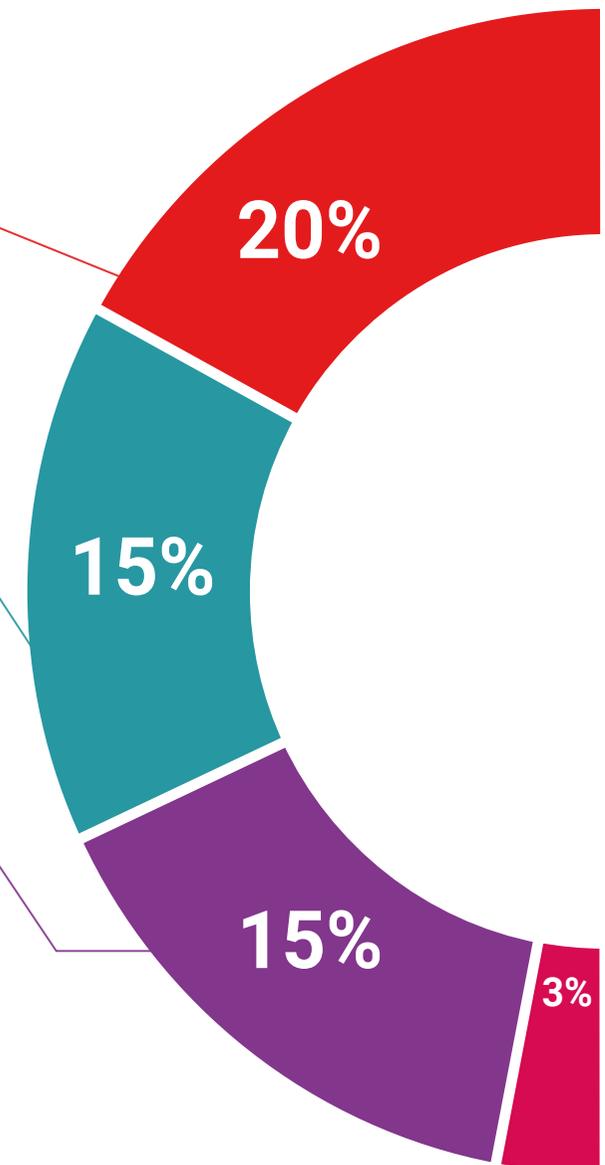
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

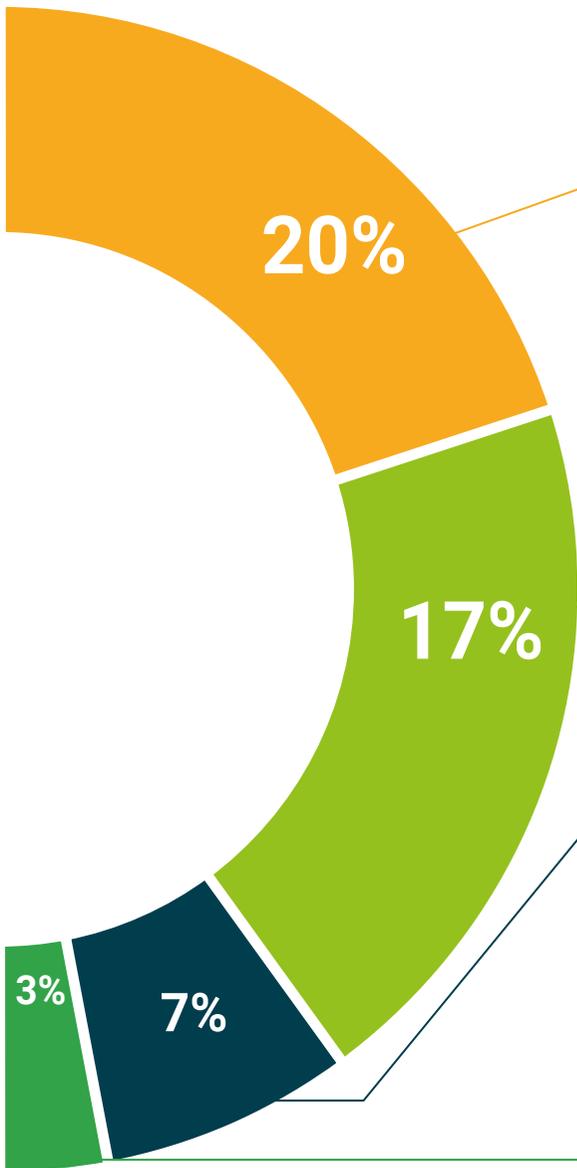
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 suggesting that observing third-party experts can be useful.

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.



05

# Certificate

The Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation 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 Concept of Stress and the Aftermath of the Critical Situation** 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.

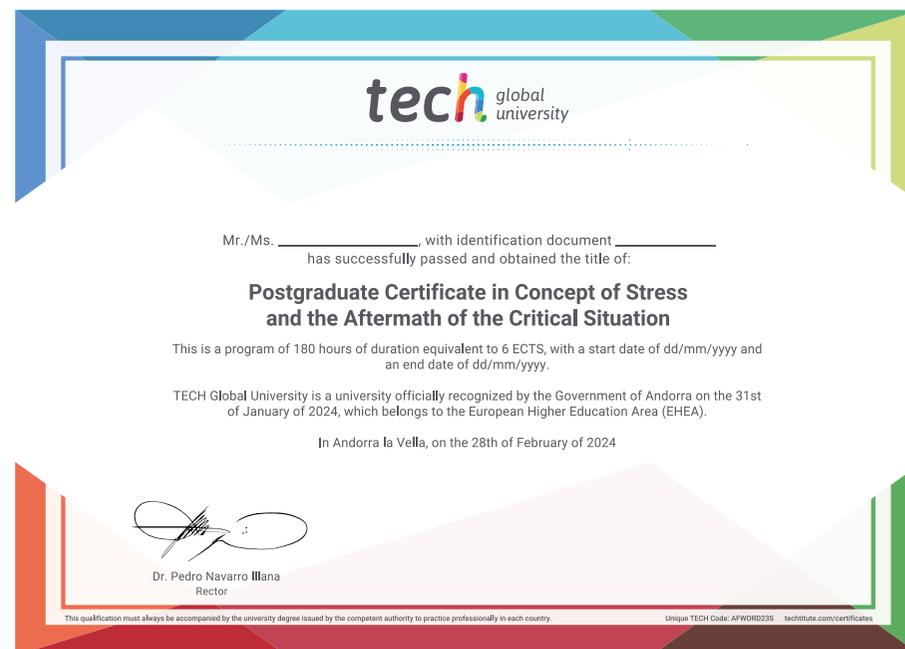
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

personalized service innovation

knowledge present  
online training

development languages

virtual classroom

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