

# Postgraduate Certificate Couples Therapy for Nursing





## Postgraduate Certificate Couples Therapy for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/couples-therapy-nursing](http://www.techtitute.com/us/nursing/postgraduate-certificate/couples-therapy-nursing)

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01

# Introduction

For nurses, keeping up to date in couples therapy is essential to offer more effective and personalized care to couples with relational problems. The constant evolution of this practice makes it necessary for them to keep their knowledge and skills up-to-date to adapt to new trends and needs of the population. TECH's university program offers online education to explore how couple relationships are shaped and develop, attachment and how to structure effective therapy. With this educational program, nurses will be able to provide better care to couples seeking to resolve their relational problems.







*A 100% online Postgraduate Certificate where you will acquire the skills to assess the different therapeutic needs of a couple and how to implement an effective approach in each case"*

This online program is designed for nurses interested in expanding their knowledge in the field of couples therapy. The 100% online format allows nurses to take the lessons at flexible times that fit their routine. During the program, they will delve into the shaping and development of couple relationships, attachment and how to structure effective couple therapy. Nurses will expand their knowledge of the different theoretical models and tools used in couple therapy and learn how to apply them in practice.

In addition, the most frequent reasons for consultation in couple therapy, such as conflict management, infidelity and jealousy, will be analyzed. Intervention protocols for each of these cases will be reviewed, as well as the application of specific questionnaires for the diagnosis and follow-up of patients.

Finally, transversal aspects necessary for working with couples in therapy will be addressed, such as effective communication, time management, stress and anxiety management, and the construction of healthy and lasting relationships. By the end of the course, nurses will have a thorough and practical understanding of couples therapy and will be prepared to apply this knowledge in their clinical practice.

This **Postgraduate Certificate in Couples Therapy for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Sexology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will learn how couple bonds are formed and how to establish the best therapeutic tools”*

“

*A 100% online program, rigorous and with a scientific approach that will lay the foundations of your learning”*

*You will know the structure of couple therapy and acquire the tools to establish appropriate intervention methods for each case.*

*You will be able to accompany couples in the breakup process and offer efficient help during the mourning process.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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. This will be done with the help of an innovative system of interactive videos made by renowned experts.



# 02 Objectives

The Postgraduate Certificate in Couples Therapy aims to provide nurses with the necessary tools to offer effective and personalized couple therapy. Through the program, participants will learn about the formation and development of couple relationships, as well as the most common reasons for consultation and the recommended interventions for their management. In addition, the program will address cross-cutting aspects of couple therapy, such as effective communication and building healthy and lasting relationships. At the end of the program, nurses will be better prepared to face the challenges of couple therapy and improve the quality of care they provide to their patients in this area.





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*If your goal is to learn how couple dynamics work, from falling in love to breaking up, then this Postgraduate Certificate is for you”*



## General Objectives

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- ♦ Acquire knowledge about sexuality by expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ♦ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ♦ Acquire skills to be able to share information about sexuality in a clear way
- ♦ Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and factors that generate alterations in them
- ♦ Investigate complex issues such as gender violence and child sexual abuse
- ♦ Achieve skills to face the multiple incidences and decision making that may arise in the exercise of their profession
- ♦ Gain an in-depth knowledge of the deontology of sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would undermine the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

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- ◆ Gain an in-depth knowledge of how couple bonds are formed
- ◆ Understand the functioning of attachment
- ◆ Learn how to deal with the most common couple difficulties
- ◆ Know how to approach transversal aspects to work on in couple relationships

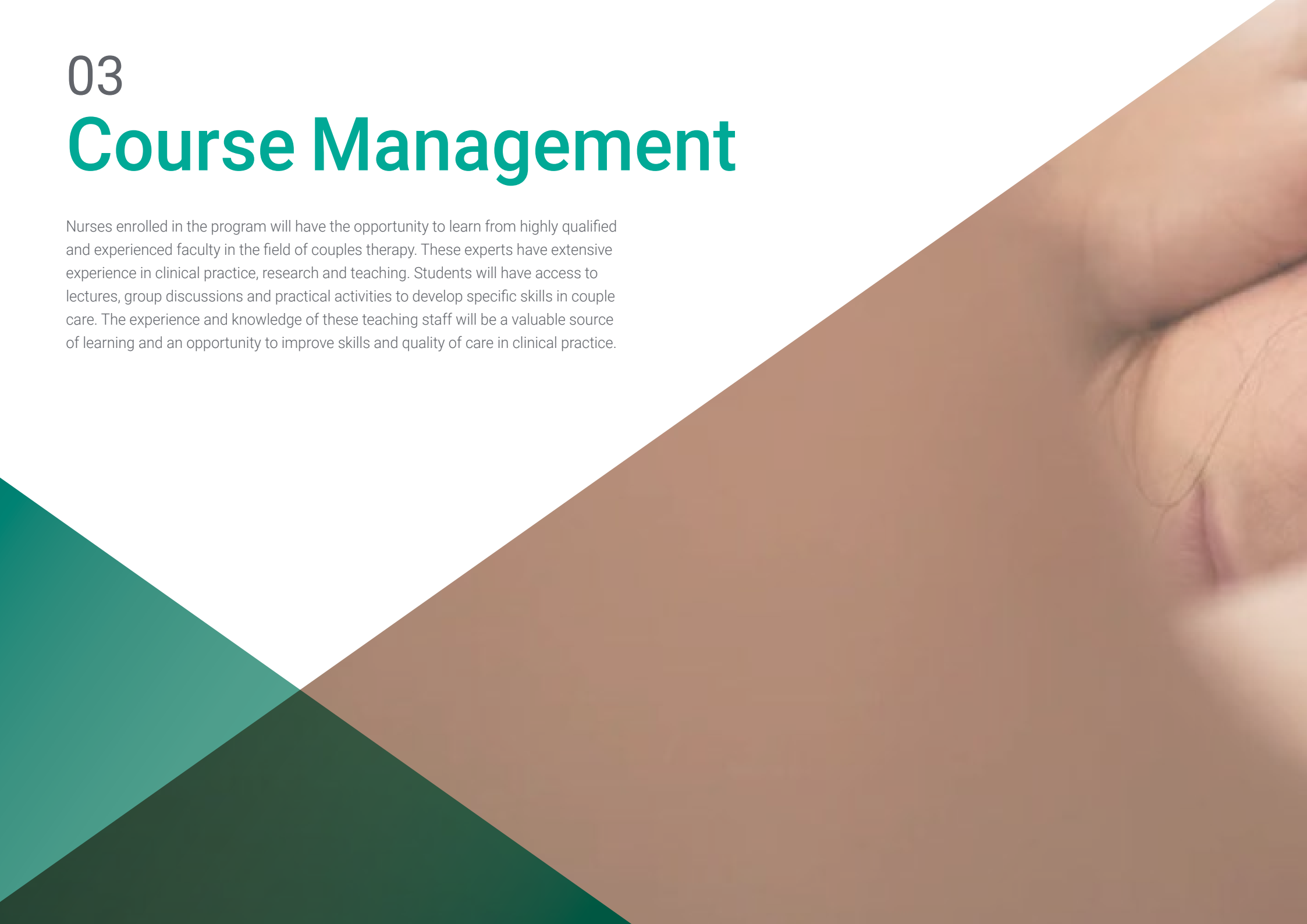


*The purpose of this program is for you to acquire specific skills for conflict resolution in couples, which will improve the quality of care in your practice"*

03

# Course Management

Nurses enrolled in the program will have the opportunity to learn from highly qualified and experienced faculty in the field of couples therapy. These experts have extensive experience in clinical practice, research and teaching. Students will have access to lectures, group discussions and practical activities to develop specific skills in couple care. The experience and knowledge of these teaching staff will be a valuable source of learning and an opportunity to improve skills and quality of care in clinical practice.



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*You will learn from the experience  
of an international teaching staff.  
Don't hesitate and enroll now”*



## Management



### Ms. Ramos Escamilla, María

- ◆ Degree in Psychology from the Complutense University of Madrid
- ◆ Master's Degree in Sexology, Sex Education and Sexological Counseling from the Camilo José Cela University

## Professors

### Ms. Rodríguez Sastre, Laura

- ◆ General Health, Emergency, Crisis and Catastrophe Psychologist
- ◆ Psychologist in Psychology and Sexology Offices



# 04

# Structure and Content

The Postgraduate Certificate syllabus addresses fundamental and relevant topics for clinical nursing practice, such as the formation and development of couple relationships, attachment, conflict management, infidelity, jealousy and other common reasons for consultation in couple therapy. In addition, the program also includes cross-cutting aspects that are key to the care of couples, such as communication, empathy and building healthy relationships. At the end of the course, participants will be better prepared to face the challenges of couple therapy and improve the quality of care they provide to their patients, and will be able to apply the knowledge acquired in their daily clinical practice.





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*You will learn how to conduct initial interviews, hypothesis setting and couple therapy intervention”*

## Module 1. Couples Therapy

- 1.1. Development of Couple Relationships
  - 1.1.1. Defining Elements
  - 1.1.2. Structure of the Couple
- 1.2. Evolution of Couples Relationships
  - 1.2.1. Search and Attraction
  - 1.2.2. Falling in Love
  - 1.2.3. Love
  - 1.2.4. Relationship Milestones
- 1.3. Attachment and Couples Relationships
  - 1.3.1. Attachment System Formation
  - 1.3.2. Secure Attachment
  - 1.3.3. Anxious Attachment
  - 1.3.4. Avoidant Attachment
- 1.4. Couples Therapy
  - 1.4.1. Features
  - 1.4.2. Indications and Contraindications for Couples Therapy
  - 1.4.3. Basic Principles
  - 1.4.4. Aspects to be Considered
- 1.5. Structure of Couples Therapy
  - 1.5.1. Different Approaches
  - 1.5.2. Initial Interviews
  - 1.5.3. Establishment of Hypotheses and Return
  - 1.5.4. Intervention
  - 1.5.5. Follow-up and Contract Creation
- 1.6. Some Tools in Couples Therapy
  - 1.6.1. Myths of Romantic Love
  - 1.6.2. Positive Exchanges
  - 1.6.3. Leisure Time Management





- 1.7. Conflict Management in Couples
  - 1.7.1. Introduction to Conflict Theory
  - 1.7.2. Factors that Influence Couple Conflict
  - 1.7.3. Defense Mechanisms
  - 1.7.4. Identification of Couples' Problems
  - 1.7.5. Negotiation Strategies
- 1.8. Infidelity
  - 1.8.1. Definition
  - 1.8.2. Etiology and Epidemiology
  - 1.8.3. Myths and Realities in Infidelity
  - 1.8.4. Specific Aspects to Assess and Work on
  - 1.8.5. Ethical and Deontological Implications
- 1.9. Jealousy Management
  - 1.9.1. Definition
  - 1.9.2. Differences Between Jealousy as an Emotion and Celotipia
  - 1.9.3. Specific Aspects to Assess and Work on
- 1.10. Couple's Breakup
  - 1.10.1. Accompanying the Breakup Process
  - 1.10.2. Reactions to the Breakup
  - 1.10.3. Love Mourning
  - 1.10.4. Traumatic Breakup
  - 1.10.5. Legal Proceedings



*You will delve into the methods of jealousy management and the identification of jealousy as an emotion or colopathy”*

# 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.



“

*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 Method

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.





06

# Certificate

The Postgraduate Certificate in Couples Therapy for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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

This **Postgraduate Certificate in Couples Therapy for Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Couples Therapy for Nursing**

Official N° of Hours: **150 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 innovation  
knowledge present  
development language  
virtual classroom



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- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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