

# Postgraduate Certificate

Crisis Therapy Psychotherapeutic  
Intervention with Victims  
of Traumatic Events



## Postgraduate Certificate Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/crisis-therapy-psychotherapeutic-intervention-victims-traumatic-events](http://www.techtute.com/in/nursing/postgraduate-certificate/crisis-therapy-psychotherapeutic-intervention-victims-traumatic-events)

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# 01

# Introduction

Emergency professionals must intervene quickly and effectively, applying psychological techniques that reduce the neurological impact on disaster witnesses and those affected. For this, it is necessary that the professional who develops this work has tools that promote personal stability at a physical, emotional, cognitive and behavioral level. For this reason, TECH has developed a complete and enriching program that delves into the risks of a bad intervention, the after-effects of trauma on victims and emotional therapy, among many other issues. It is a 100% online degree that allows the adaptation of the study to the needs of the students and will significantly update their knowledge.





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*The best program to perfect your professional skills in psychotherapeutic intervention with victims of traumatic situations”*

The performance of emergency services in first and second instance is key to avoid the appearance of short and long term psychological pathologies in the victims. Given its impact on the welfare of those affected, it is essential that those who develop these care tasks are up to date with the most effective and specialized intervention treatments and psychotherapeutic techniques. The aim is for professionals to be able to offer a personalized service every day and not to leave their emotional state aside, putting only their physical health first.

Cognitive skills can be damaged after a traumatic event, without the ability to reinstate them. For this reason, nurses must treat the patient in all senses with different coping styles depending on the case. The accumulated stress of living through an accident is one of the triggers of mental disorders such as depression or anxiety, which can persist with the victims if not treated efficiently.

To optimize care from the first moment of the accident, TECH offers a program based on the knowledge of professionals working in the field. In this way, not only will theoretical concepts be transmitted to the students, but they will also share their experiences in the real scenario of action. In addition, TECH incorporates case simulations in the study so that, after obtaining the qualification, the professionals will be ready to face real cases. It consists of 150 hours of exhaustive instruction with a 100% online modality so that the study can be followed from any place and at any time, meeting the professional and personal needs of the enrolled students.

This **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** 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 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 assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Apply Ellis' Rational Emotive Therapy (REET) to understand the interrelationship between cognitive skills, emotional health and rationality in behavior"*

“

*Access a qualification that applies the latest pedagogical tools to facilitate your study so that you can increase your professional skills while working”*

includes in its teaching staff a team of professionals from the field who bring to this program the experience of their work, in addition to 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 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, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*You will master the psychotherapeutic tools that can prevent long-term trauma in victims of traumatic events.*

*With this Postgraduate Certificate you will work for 6 weeks in the correct healthcare practice around the intervention with patients of all ages.*



# 02 Objectives

Given the importance of psychological intervention in primary and secondary care, TECH has designed a program for nurses and healthcare professionals. The main objective of this program is to increase their professional skills, so that they can influence the correct rehabilitation of victims of a traumatic situation. All this, focused on mastering the existing types of trauma and the effects and consequences of traumatic situations. It is an innovative program that, through its 100% online modality, allows the adaptation of the study and its follow-up from any place.







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*Join now to enjoy intensive knowledge in crisis therapy and minimize the sequelae in your patients after a traumatic accident”*



## General Objectives

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- Know in detail the new developments related to the techniques of psychotherapeutic intervention with victims of traumatic events
- Develop a broad and specialized knowledge of the main crisis therapies, as well as the use of tools for their diagnosis and treatment



*It explores the use of tools and advanced diagnostics to predict the onset of neurological disorders such as anxiety and stress in the short and long term"*





## Specific Objectives

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- ◆ Study the principles of crisis therapy and crisis intervention
- ◆ Differentiate between different coping styles in traumatic situations
- ◆ Be aware of types of trauma and the effects and consequences of traumatic situations for individuals
- ◆ Study Ellis' Rational Emotive Therapy for the treatment of trauma

# 03

## Structure and Content

The content of this Postgraduate Certificate in Crisis Therapy, Psychotherapeutic Intervention with Victims of Traumatic Situations has been carefully designed by a teaching team experienced in crisis therapy and psychological intervention. TECH has also included 150 hours of audiovisual and additional material that enriches this program and guarantees the correct instruction of the students. From the first module, the nurse will be able to master the typologies of trauma and strengthen his/her knowledge of the protective actors and those who favor resilience to post-traumatic stress in order to apply it with his or her patients.





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*Do not wait any longer, assimilate all the knowledge of this program in a gradual and simple way thanks to the Relearning methodology applied by TECH in all its programs”*

## Module 1. Crisis Therapy Psychotherapeutic Intervention with Victims of Traumatic Situations

- 1.1. Trauma
  - 1.1.1. Trauma
  - 1.1.2. Main Types of Trauma
  - 1.1.3. Post-Traumatic Stress Disorder
- 1.2. The Traumatic Event
  - 1.2.1. Initial Reactions to Trauma
  - 1.2.2. Secondary Reactions to Trauma
  - 1.2.3. Explanatory Models
- 1.3. Trauma Assessment
  - 1.3.1. How is Trauma Assessed?
  - 1.3.2. Main Trauma Assessment Tools and Instruments
- 1.4. Long-Term Effects of Trauma on the Victim
  - 1.4.1. Short-Term Effects vs. Long-Term Effects
  - 1.4.2. Main Long-Term Effects of Trauma
- 1.5. Risks of Poor Intervention
  - 1.5.1. Features of Poor Intervention
  - 1.5.2. General Consequences of a Poor Intervention
  - 1.5.3. Specific Consequences of a Poor Intervention
- 1.6. Crisis Therapy vs. Crisis Intervention
  - 1.6.1. Introduction to Crisis Therapy
  - 1.6.2. Introduction to Intervention in Crisis
  - 1.6.3. Key Considerations and Principles of Crisis Therapy
  - 1.6.4. Objectives of Crisis Therapy
- 1.7. Primary and Secondary Intervention
  - 1.7.1. What is Primary Intervention?
  - 1.7.2. Principles and Key Considerations for Primary Intervention
  - 1.7.3. What is Secondary Intervention?
  - 1.7.4. Principles and Key Considerations for Secondary Intervention





- 1.8. Ellis' Rational Emotive Therapy
  - 1.8.1. Introduction to Ellis' Rational Emotive Therapy
  - 1.8.2. Uses of Ellis' Rational Emotive Therapy
  - 1.8.3. Advantages and Disadvantages of Ellis' Rational Emotive Therapy
- 1.9. Coping Styles
  - 1.9.1. Types of Coping Styles
  - 1.9.2. Dysfunctional Coping Mechanisms for Trauma
- 1.10. Resilience
  - 1.10.1. Resilience: Concept and Characteristics
  - 1.10.2. Protective Factors and Resilience Enablers
  - 1.10.3. Harmful or Anti-Resilient Factors



*You will have an educational reference guide that will be useful even after you finish your Postgraduate Certificate, once you have downloaded it to your electronic device”*

# 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 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.



# 05 Certificate

The Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events 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 qualification without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** 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 certificate 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 Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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

**tech** technological  
university

personalized service innovation

knowledge presence  
online intervention  
of Traumatic Events

development languages

virtual classroom

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- » Duration: 6 weeks
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# Postgraduate Certificate

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