

# Postgraduate Certificate Psychological Therapies for Nursing

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## Postgraduate Certificate Psychological Therapies 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/psychological-therapies-nursing](http://www.techtitute.com/us/nursing/postgraduate-certificate/psychological-therapies-nursing)

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# 01

# Introduction

Psychological intervention is a fundamental tool in the nurse's work to understand the problems of their patients and offer them care aimed at solving them completely. To do this, it is essential to manage the updated existing therapies and discern which are the most appropriate for the particularities of each individual, in order to preserve their mental well-being. Given this context, TECH has created this program, through which this professional will increase their knowledge regarding cognitive, behavioral or group therapies to provide an individualized and high level of service to their patients. In addition, they will obtain these competencies through a 100% online methodology that will allow them to learn without depending on uncomfortable and tight schedules.





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*Know the advantages and disadvantages of the most avant-garde psychological therapies to choose the one that best suits the particularities of each patient"*

The work stress, academic or the frenetic rhythm of life of the society has caused, daily, thousands of people go to health centers presenting various problems related to Mental Health. In this sense, the role of the nurse is crucial to provide effective assistance to the individual suffering from disorders such as anxiety or depression.

To ensure the effectiveness of your intervention, you need skills that allow you to understand the clinical situation of each person and adopt the psychological mechanisms that offer best results in a short period of time.

Faced with this situation, TECH has developed this Postgraduate Certificate, which will train the nurse to perfect their mastery of the different psychological therapies to provide top quality care to each of their patients. During 6 weeks of intensive learning, you will identify the advantages and disadvantages of applying Freud psychoanalysis in different individuals or handle the newest techniques of self-control of emotions. In addition, it will delve into the use of cognitive-behavioral models to deal with the infant-juvenile patient or the use of strategies to enhance social skills and overcome various fears and phobias.

Thanks to the 100% online modality in which this program is taught, the student will be able to achieve an effective learning through management at will of their own time. Likewise, you will access didactic contents available in modern formats such as the explanatory video, the interactive summary or the evaluation tests. With this, you will get a resolute teaching based on your personalized academic needs.

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

- ♦ The development of practical case studies presented by experts in Mental Health for Nursing
- ♦ 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



*Increase your skills in psychological intervention through cognitive or behavioral therapies through this Postgraduate Certificate"*

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*Didactic contents in textual and multimedia formats that will enliven and optimize your learning await you in this Postgraduate Certificate in Psychological Therapies for Nursing”*

The program's teaching staff includes professionals from the field 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Since this course is taught fully online, you will be able to manage your study time as you wish in order to obtain effective learning.*

*Perfect your treatment of child and adolescent patients with various phobias or fears thanks to the psychological techniques that you will acquire in this program.*



# 02

# Objectives

The design of this Postgraduate Certificate has been developed with the premise of favoring the updating and broadening of the nurse's knowledge regarding the application of different psychological therapies. In this way, you will be able to fully manage the use of cognitive or behavioral interventions to develop a first class health care, supported by the achievement of the following general and specific objectives.





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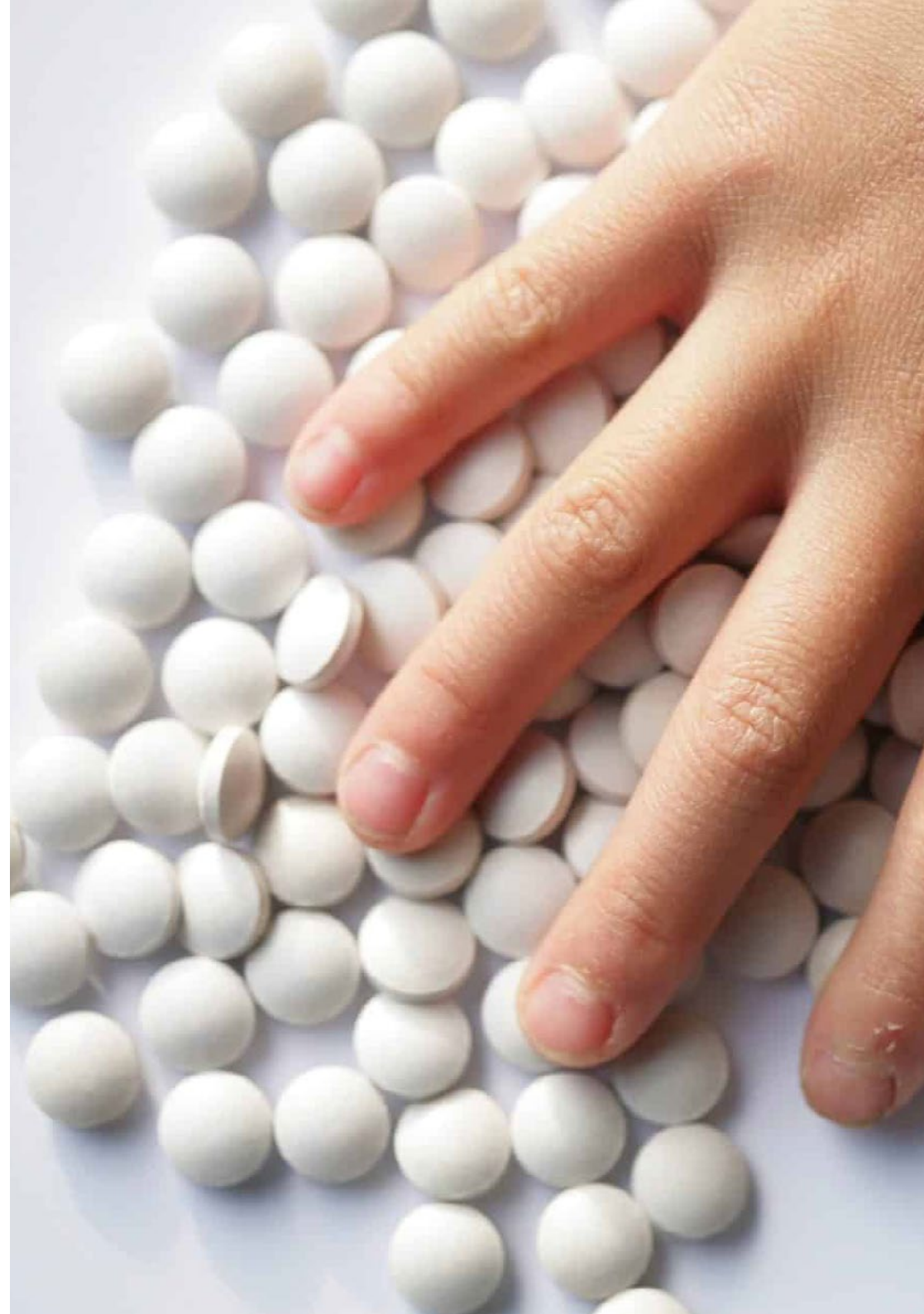
*Incorporate the latest advances in Psychological Therapies for Nursing into your healthcare practice to boost your professional development”*



## General Objectives

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- ◆ Explain the diagnosis, etiology, pathophysiology, and prevention of mental illness
- ◆ Identify risk factors for mental illness
- ◆ Identify signs and symptoms that indicate mental illness
- ◆ Develop techniques to explain and apply patient self-care to prevent mental health disorders





## Specific Objectives

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- ◆ Describe Psychoanalysis and psycho-dynamically oriented therapies
- ◆ Define the therapeutic relationship and the therapeutic process
- ◆ Explain the stages of Freudian psychoanalytic psychotherapy
- ◆ Delve into the Psychoanalysis and psycho-dynamically oriented therapies
- ◆ Learn the ins and outs of family therapies and systemic models



*Broaden your knowledge of Freudian Psychoanalytic Psychotherapy through this TECH program"*



03

# Course Management

Thanks to TECH's untiring commitment to offer its students degrees of the highest educational level, this program is taught by specialist Mental Health nurses, who have been working in leading hospitals for several decades. These professionals are responsible for the design and elaboration of the didactic materials that students will have at their disposal throughout their academic period. Because of this, all the contents they will provide will be of great applicability in their working life.





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*Together with the best nurses who have experience in prestigious hospitals, you will gain competencies that will make you grow professionally in the area of Mental Health for Nursing”*



## Management



### Ms. Peña Granger, Mercedes

- Head of Adult Psychiatry Nursing Unit at General University Gregorio Marañón Hospital, Madrid
- EIR Mental Health Tutor in Multidisciplinary Teaching Unit at Gregorio Marañón General University Hospital, Madrid
- Associate Professor at the University of Comillas and the University of Rey Juan Carlos
- Graduate in Nursing from the Complutense University of Madrid
- Diploma in Nursing Psychosomatics from the Complutense University of Madrid
- Degree in Social and Cultural Anthropology from the Complutense University of Madrid
- Degree in Nursing from Rey Juan Carlos University
- Mental Health Specialist. Ministry of Health
- Master's Degree in the Humanization of Health Institutions from the European University of Madrid



### **Mr. Lozano Alonso, Raúl**

- ♦ Head of Nursing of the Drug Addiction Disorders Unit at Hestia Esquerdo Hospital
- ♦ President of the Madrid Association of Mental Health Nurses
- ♦ Professor at the University School of Nursing of the Red Cross from the Autonomous University of Madrid
- ♦ Personalized Trainer in MIR exams at CEMIR-Team POE
- ♦ Faculty member of Nus Agency
- ♦ Nursing Services in Quirónsalud
- ♦ Community Care Nurse in the Madrid Health Service (SERMAS)
- ♦ University Professor at Rey Juan Carlos University
- ♦ Assistant University Professor at the Autonomous University of Madrid
- ♦ Diploma in Nursing
- ♦ Specialist Nurse in Mental Health via EIR entrance exams
- ♦ Master's Degree in Nursing Sciences
- ♦ Master's Degree in Health Services Management and Telemedicine

## Professors

### Ms. Cunillera Llorente, Alicia Hatshepsut

- ♦ Specialist Nurse in Mental Health
- ♦ Nurse of the Short Psychiatric Hospitalization Unit at the Gregorio Marañón General University Hospital, Madrid
- ♦ Nurse of the Food Disorders Unit at the Gregorio Marañón General University Hospital, Madrid
- ♦ Nurse from the Personality Disorders Unit at the PhD Rodríguez Lafora Hospital
- ♦ Speaker at congresses and conferences specialized in Mental Health
- ♦ Degree in Nursing from the Pontificia de Comillas University

### Ms. Borrego Espárrago, María Victoria

- ♦ Nursing Supervisor of in Hospitalization at the Riber Juan Bravo Hospital Complex
- ♦ Nurse Mental Health Specialist at Sisters Hospitals of the Sacred Heart of Jesus
- ♦ Nursing Supervisor of the Psychosocial Rehabilitation Area at the San Miguel Clinic
- ♦ Author of numerous Specialized publications
- ♦ Diploma in Nursing from the Autonomous University of Madrid
- ♦ Diploma in Nursing by EUE Red Cross
- ♦ Postgraduate Diploma Degree in Health Services Management through the University CEU Cardenal Herrera
- ♦ Member of: Board of Directors of the Spanish Association of Nursing of Mental Health and Advisory Commission of Care of the Regional Office of the Community of Madrid





**Ms. González Palomar, María Esther**

- ◆ Head of the Nursing Unit of Adolescent Psychiatry at the Gregorio Marañón University General Hospital
- ◆ Postgraduate Certificate in Nursing from the Complutense University
- ◆ Postgraduate Certificate in Social Work at Complutense University
- ◆ Specialist in Mental Health Nursing
- ◆ University Diploma in Surgical Nursing
- ◆ University Diploma in Coronary Unit Nursing
- ◆ University Diploma in Psychiatric Nursing
- ◆ Specialist in Mental Health Nursing



*A unique, key, and decisive educational experience to boost your professional development”*



# 04

# Structure and Content

The curriculum of this academic program is composed of 1 module with which the student will increase their skills in the management of different psychological therapies, all of them with a focus on nursing. The didactic resources available throughout this academic experience are accessible in media such as complementary readings, explanatory video or self-assessment tests. With this, the goal of TECH is to provide its students with a pleasant, individualized and completely online learning.








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*This curriculum has been designed by excellent professionals in the field of Mental Health for Nursing, so the didactic contents you will receive will be very useful in the workplace”*

## Module 1. Psychological Therapy

- 1.1. Components of Psychotherapy
  - 1.1.1 The Problem of Defining Psychotherapy
  - 1.1.2 The Client or Patient
  - 1.1.3 The Psychotherapist
  - 1.1.4 The Therapeutic Relationship
  - 1.1.5 The Therapeutic Process
- 1.2. Historical Approach to Psychotherapy
  - 1.2.1 Introduction
  - 1.2.2 Historical Overview of Psychotherapy
  - 1.2.3 Results Research
  - 1.2.4 Trend towards Short-Term Therapy
- 1.3. Psychoanalysis and Freud
  - 1.3.1 Introduction
  - 1.3.2 Historical Development
  - 1.3.3 Stages of Freudian Psychoanalytical Psychotherapy
  - 1.3.4 Models Proposed by Freud
  - 1.3.5 Defense Mechanisms
  - 1.3.6 Theory and Clinical Application
  - 1.3.7 Technical Resources
- 1.4. Psychoanalysis and Psycho-dynamically Oriented Therapies
  - 1.4.1 Psychoanalytic Developments: Psychodynamic Psychotherapy
  - 1.4.2 Neofreudians or Neopsychoanalysts
  - 1.4.3 Psychoanalytic Tradition of the Self
  - 1.4.4 Psychoanalytic Psychotherapies
  - 1.4.5 Lacanian Theory
- 1.5. Phenomenological-Existential and Humanistic Models
  - 1.5.1 Introduction
  - 1.5.2 Phenomenological-Existential Therapies
  - 1.5.3 Humanistic Psychotherapies
- 1.6. Family Therapies and Systemic Models
  - 1.6.1 Introduction
  - 1.6.2 Family Therapy Models
  - 1.6.3 Systemic
  - 1.6.4 Current Developments



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- 1.7. Group Therapy
    - 1.7.1 Introduction
    - 1.7.2 Specific Aspects of Group Therapy
    - 1.7.3 Phases of the Group Process.
    - 1.7.4 Characteristics of the Group Therapist
    - 1.7.5 Models and Types of Group
  - 1.8. Behavior Therapies
    - 1.8.1 Introduction
    - 1.8.2 History and Present of Behavioral Therapy
    - 1.8.3 Assessment in Behavioral Therapy
    - 1.8.4 Intervention Techniques Based on Activation Control
    - 1.8.5 Biofeedback Techniques
    - 1.8.6 Systematic Desensitization
    - 1.8.7 Exposure Techniques
    - 1.8.8 Operant Techniques
    - 1.8.9 Aversive Techniques
    - 1.8.10 Modeling Techniques (Observational, Imitation, or Vicarious Learning)
    - 1.8.11 Covert Conditioning Techniques
    - 1.8.12 Self-Control Techniques
    - 1.8.13 Social Skills Training
    - 1.8.14 Hypnotherapy
  - 1.9. Cognitive Therapy
    - 1.9.1 Introduction
    - 1.9.2 Basic Concepts
    - 1.9.3 Cognitive-Behavioral Models
  - 1.10. Integrative Models
    - 1.10.1 Introduction
    - 1.10.2 Technical Integration
    - 1.10.3 Theoretical Integration
    - 1.10.4 Common Factors



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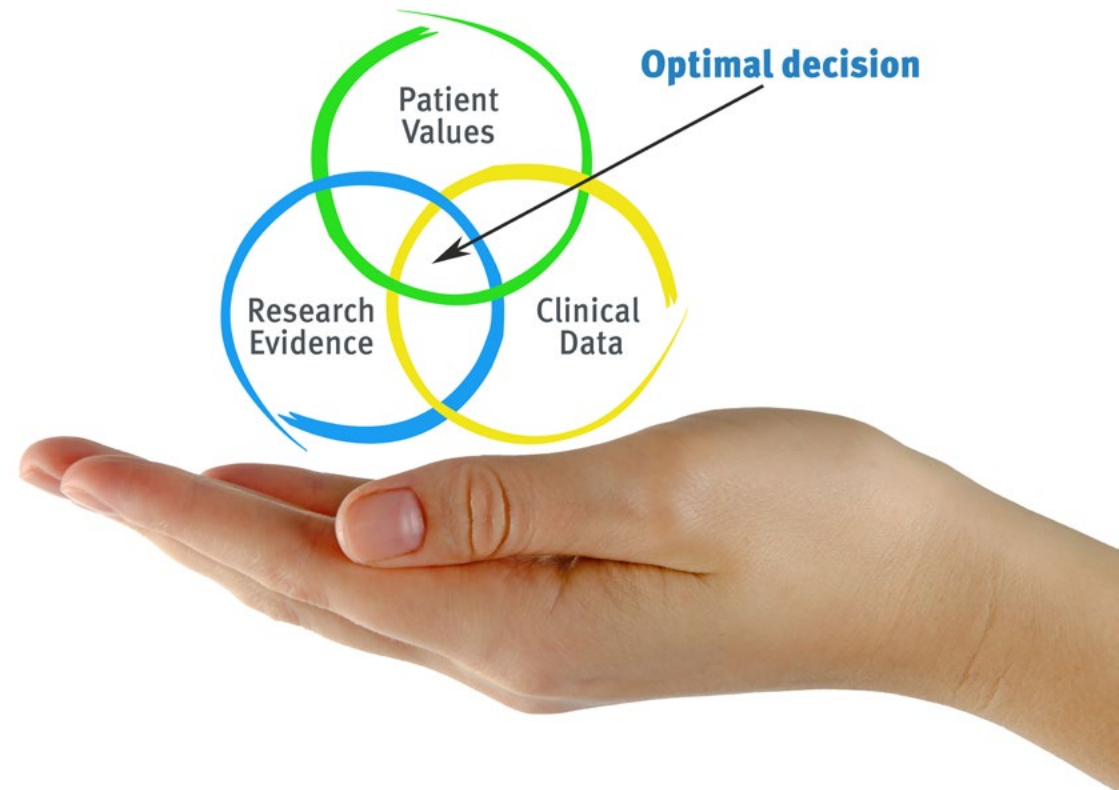
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH 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. Gervas, 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

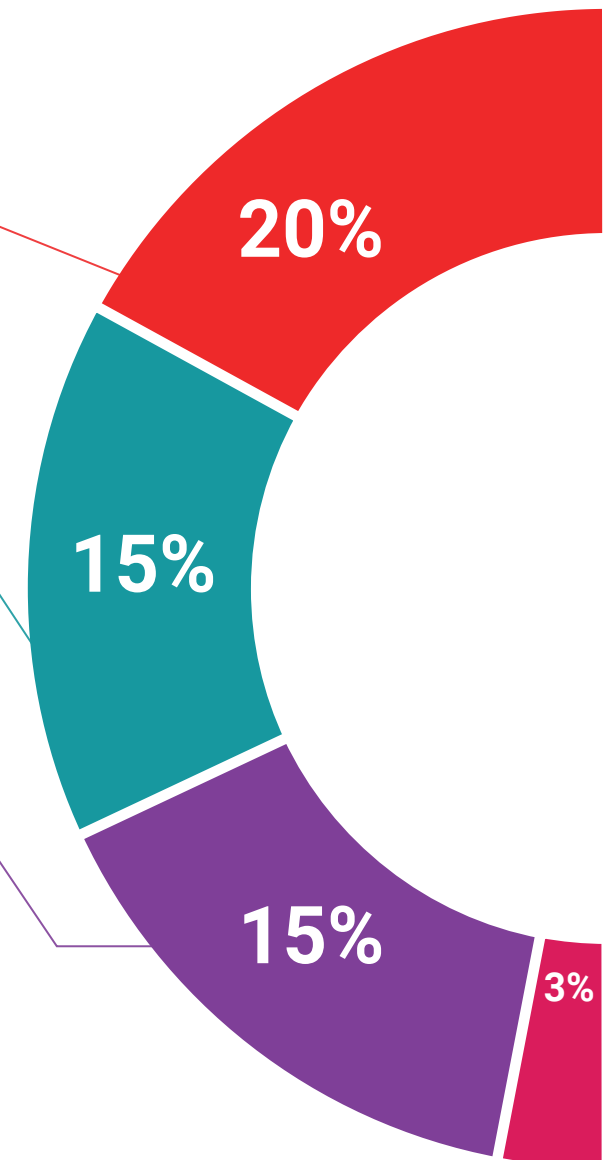
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

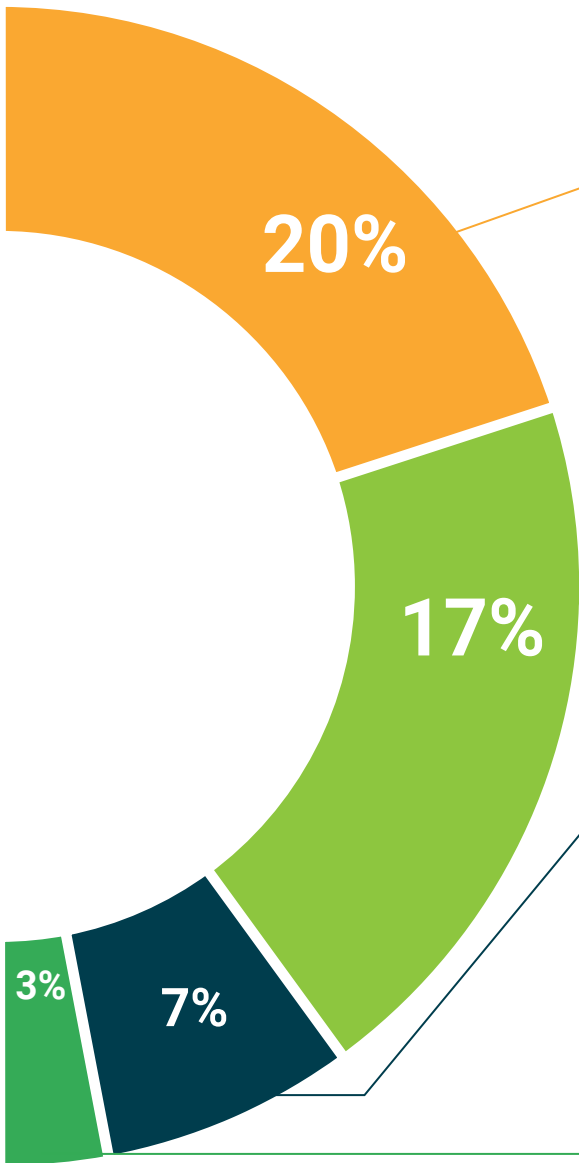


### Additional Reading

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 Psychological 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 Psychological Therapies for Nursing** contains the most complete and up-to-date scientific 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 Psychological Therapies 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



## Postgraduate Certificate Psychological Therapies for Nursing

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

Psychological Therapies for Nursing