

Postgraduate Certificate Stress Management in Emergency Situations for Nursing



Postgraduate Certificate Stress Management in Emergency Situations for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/stress-management-emergency-situations-nursing



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01

Introduction

Nurses who work with patients who have experienced extreme life-threatening situations must have the necessary resources to manage potential stress situations that could lead to psychopathy if not addressed promptly. With this program, TECH aims to provide you with all the available tools to specialize comfortably, thanks to the involvement of the best experts in the field.



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*Learn to manage stress in emergency situations
with the comprehensive Postgraduate Certificate
offered by TECH”*

The objective of the Postgraduate Certificate in Stress Management in Emergency Situations for Nursing is to teach nursing professionals how to support individuals who have experienced a catastrophic event or emergency situation during their recovery process, preventing the extreme demands of the situation from leading to psychological defense mechanisms that may cause long-term psychopathology. At TECH, we have assembled a team of highly qualified instructors who have come together to provide the most comprehensive and relevant information on this subject.

This Postgraduate Certificate equips our students with the necessary tools to intervene safely, effectively, and confidently in emergency situations, both individually and as part of a disaster response team. Designed by professionals with extensive experience in the field, the content of this program comes from direct experience, offering practical guidelines for your daily practice. Moreover, the strategies, tools, and skills you will develop throughout this training are compatible with any psychotherapeutic model, enabling you to apply them in many other situations beyond emergencies.

As this program is 100% online, nursing professionals can balance their studies with their daily responsibilities, choosing when and where to study. This high-level training will elevate your nursing practice to the highest level in your area of expertise.

This **Postgraduate Certificate in Stress Management in Emergency Situations for Nursing** 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 and crisis psychology 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
- ♦ The latest techniques for stress management in emergency situations
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Special emphasis on innovative methodologies in emergency and crisis psychology
- ♦ 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



A high-level educational program created by the best experts in the field, which will allow you to achieve professional success"

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This Postgraduate Certificate may be the best investment you can make when selecting a continuing education program for two key reasons: not only will you update your knowledge in Stress Management in Emergency Situations, but you will also earn a diploma from TECH Global University”

The teaching staff includes professionals from the field of nursing, who bring their experience to this program, as well as renowned specialists from leading communities 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the nurse must try to solve the different professional practice situations that arise throughout the program. To achieve this, specialists will have the support of an innovative interactive video system, developed by renowned experts in Stress Management in Emergency Situations, all with vast experience in the field.

Thanks to our multiple practical exercises, you will be able to understand the theoretical information we provide in a much simpler way.

Make the most of the opportunity to train with the most innovative methodology, enabling you to conduct contextual studies as if you were facing real-life cases.



02 Objectives

The main goal of the program is to develop theoretical-practical learning, ensuring that nurses can master the psychology of emergency and crisis situations in a practical and rigorous way.



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This Postgraduate Certificate will allow you to update your knowledge in Stress Management in Emergency Situations for Nursing, utilizing the latest educational technology to contribute to high-quality and safe decision-making”



General Objectives

- ♦ Master general intervention skills and strategies that help affected individuals face each phase of a crisis successfully
- ♦ Master specific psychological support techniques that facilitate action in various critical situations encountered during interventions
- ♦ Manage specific intervention protocols for different situations, being able to develop your own protocols adapted to the dynamic and changing nature of emergencies
- ♦ Master self-protection guidelines and strategies for professionals to ensure their safety during interventions
- ♦ Design intervention techniques for practitioners and conduct post-emergency group sessions
- ♦ Develop skills for team management during emergency situations
- ♦ Understand and implement first aid protocols to handle the most common physical pathologies encountered in crisis interventions



Understand and implement first aid protocols to handle the most common physical pathologies encountered in crisis interventions”





Specific Objectives

- ♦ Distinguish the different phases that a person goes through during a traumatic crisis
- ♦ Master the principles of psychological first aid to intervene effectively in each phase that a person in crisis may experience
- ♦ Develop the ability to engage in empathetic listening and manage silences with a person in crisis
- ♦ Master persuasive communication techniques to manage emergency situations and guide the patient to a safe place
- ♦ Acquire negotiation strategies that allow the student to maintain leadership in high-tension situations
- ♦ Learn specific strategies for approaching and building trust with defensive individuals in high emotional pain
- ♦ Manage the overwhelmed emotional expression of a person in the initial moments after a loss
- ♦ Understand the different reactions of individuals based on the critical situation they have experienced
- ♦ Master specialized intervention protocols for different critical situations, applying each technique correctly and in a timely manner
- ♦ Determine the differential reactions of children in a crisis situation and master adapted intervention strategies for them
- ♦ Understand the stress response derived from an emergency intervention and equip professionals with the skills to prevent pathological stress
- ♦ Master specific relaxation and breathing techniques
- ♦ Design and develop group interventions for the emotional ventilation of emergency professionals

03

Course Management

For our Postgraduate Certificate to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



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Our teachers will offer you their experience and expertise to provide you with a stimulating and creative learning process”

Management



Dr. De Dios González, Antonio

- Trainer of crisis intervention and psychological support at Spanish Red Cross
- Coordinator of the ERIE Psychosocial Unit at Red Cross in Málaga
- Director of Avatar Psychologists
- Director of the Psychology Department of Quirón de Marbella Hospital
- Member of the National Network of Psychologists for Psychological Care to Victims of Terrorism
- Collaborates with EPES 061 Andalucía in providing psychological care to its professionals
- Has trained various teams of Red Cross, as well as teams from the Psychologists' Associations in Asturias, La Rioja, Aragón, Extremadura, and Castilla-La Mancha
- Master's degree in Time-Limited Psychotherapy and Health Psychology from the European Institute of Time-Limited Psychotherapies
- EMDR Therapist certified by EMDR Spain



Dr. Aguado Romo, Roberto

- Psychologist specialized in clinical psychology
- European specialist psychologist in psychotherapy
- Managing Director of the evaluation and psychotherapy centers in Madrid, Bilbao, and Talavera de la Reina
- Author of Time-Limited Psychotherapy
- Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies

Faculty

Ms. Lorenzo, Natalia

- ♦ Specialist in Civil Protection and Emergencies
- ♦ Member of the Board of Directors of SEPADEM (Spanish Society of Psychology Applied to Disasters, Emergencies, and Crisis)
- ♦ Founding member and Secretary of ASINPEC (Association for Psychological Intervention in Emergencies, Crisis, and Disasters)
- ♦ Member of the National Network of Psychologists for Psychological Care to Victims of Terrorism
- ♦ Member of the GIPEC (Psychological Intervention Group in Emergencies and Disasters) of the Official College of Psychologists of Asturias

Dr. Redondo Lozano, María

- ♦ Specialist in Family and Community Medicine
- ♦ Specialist in Emergency Medical Transportation at SUMMA 112 of the Community of Madrid
- ♦ Trainer in emergency medical care for Red Cross and other organizations
- ♦ Tutor for family medicine residents in out-of-hospital emergency care

Ms. Fischer, Rocío

- ♦ Bachelor's degree in Pedagogy
- ♦ Delegate of the ERU Psychosocial Unit at Red Cross, with intervention in the refugee crisis on the islands of Chíos and Samos
- ♦ Also part of the Red Cross team sent to Peru after the 2007 earthquake
- ♦ Formerly Delegate of the International Committee of the Red Cross (ICRC) in Lebanon and Sudan and Emergency Coordinator of the Spanish Red Cross in Haiti and Ethiopia
- ♦ Coordinated the ERIE Psychosocial Unit at Red Cross in Málaga, participating in numerous interventions

Ms. Figueredo Ravira, Antonia Isabel

- ♦ Health Psychologist
- ♦ Psychologist at Hospital Quirón Marbella
- ♦ Former psychologist of the Crisis Intervention Team at Red Cross in Málaga
- ♦ Specialist in Time-Limited Psychotherapy for Anxiety, Affective Disorders, and Chronic Pain from the European Institute of Time-Limited Psychotherapies (IEPTL)

Ms. González, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital and Avatar Psychologists in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy

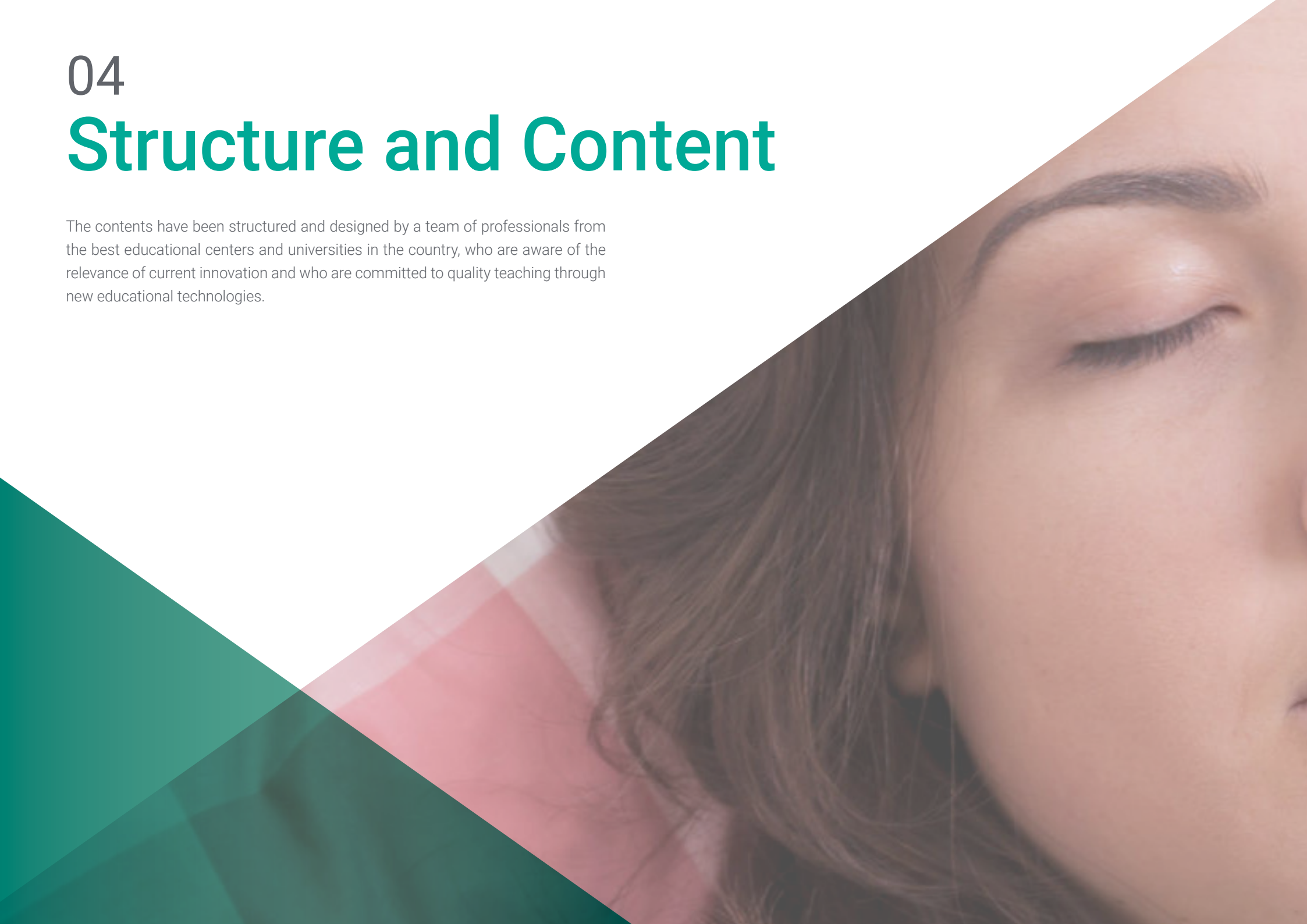


Our team of professionals will help you achieve career success"

04

Structure and Content

The contents have been structured and designed by a team of professionals from the best educational centers and universities in the country, who are aware of the relevance of current innovation and who are committed to quality teaching through new educational technologies.



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A comprehensive educational program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life”

Module 1. Prevention and Management of Stress in Emergency Situations

- 1.1. Characteristics of Emergency Situations, Mediating Factors, and Critical Psychological Impact Situations
- 1.2. Perceptible Signs of Psychological Impact
- 1.3. Consequences of Psychological Impact
- 1.4. Origin of Stress in Emergency Personnel
- 1.5. Effects of Stress on Emergency Personnel
- 1.6. Guidelines for Stress Prevention in Responders
- 1.7. General Techniques and Healthy Habits
- 1.8. Physiological Stress Management Techniques
- 1.9. Cognitive-Behavioral Stress Management Techniques

Module 2. Basic Skills for Crisis Intervention

- 2.1. Self-Management: Handling One's Own Emotions
- 2.2. Proactivity
- 2.3. Creating a Climate of Trust
- 2.4. Empathic Listening
- 2.5. Applied Communication Skills
- 2.6. Representational Systems
- 2.7. Managing Difficult Conversations
- 2.8. Effective Use of Questions
- 2.9. Paraphrasing
- 2.10. Influence Techniques to Overcome Resistance
- 2.11. Achieving a Small "Yes"
- 2.12. Focusing on the Present and the Future
- 2.13. Expressing Ourselves with "I" Messages
- 2.14. Pacing and Leading
- 2.15. Encouraging the Person to Take Action





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*A unique, essential and decisive
learning experience to boost your
professional development”*

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

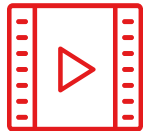
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

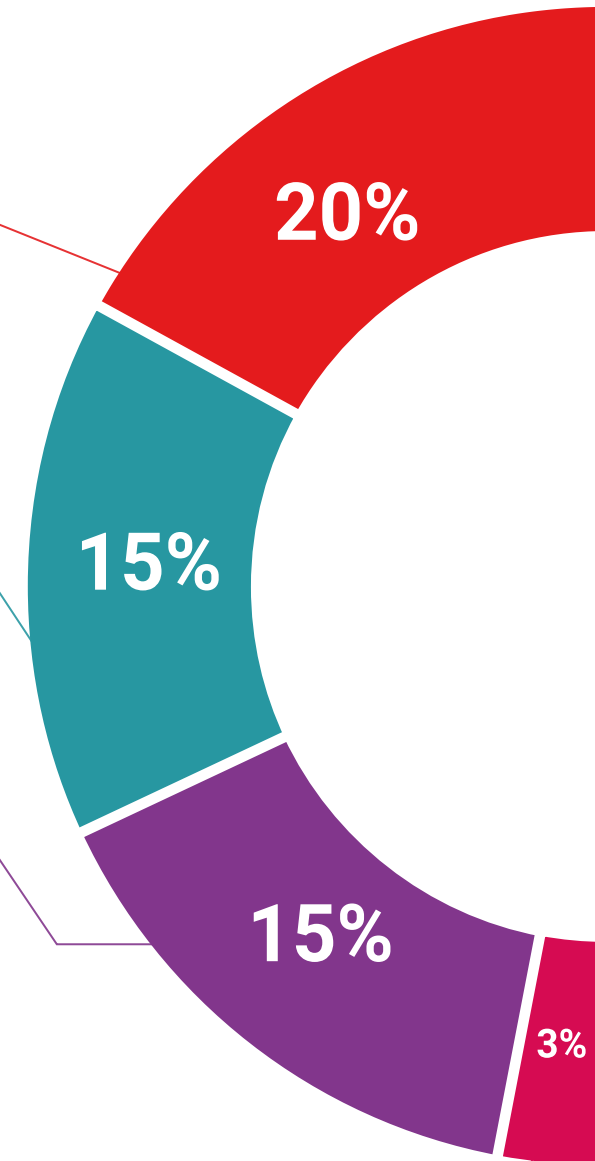
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

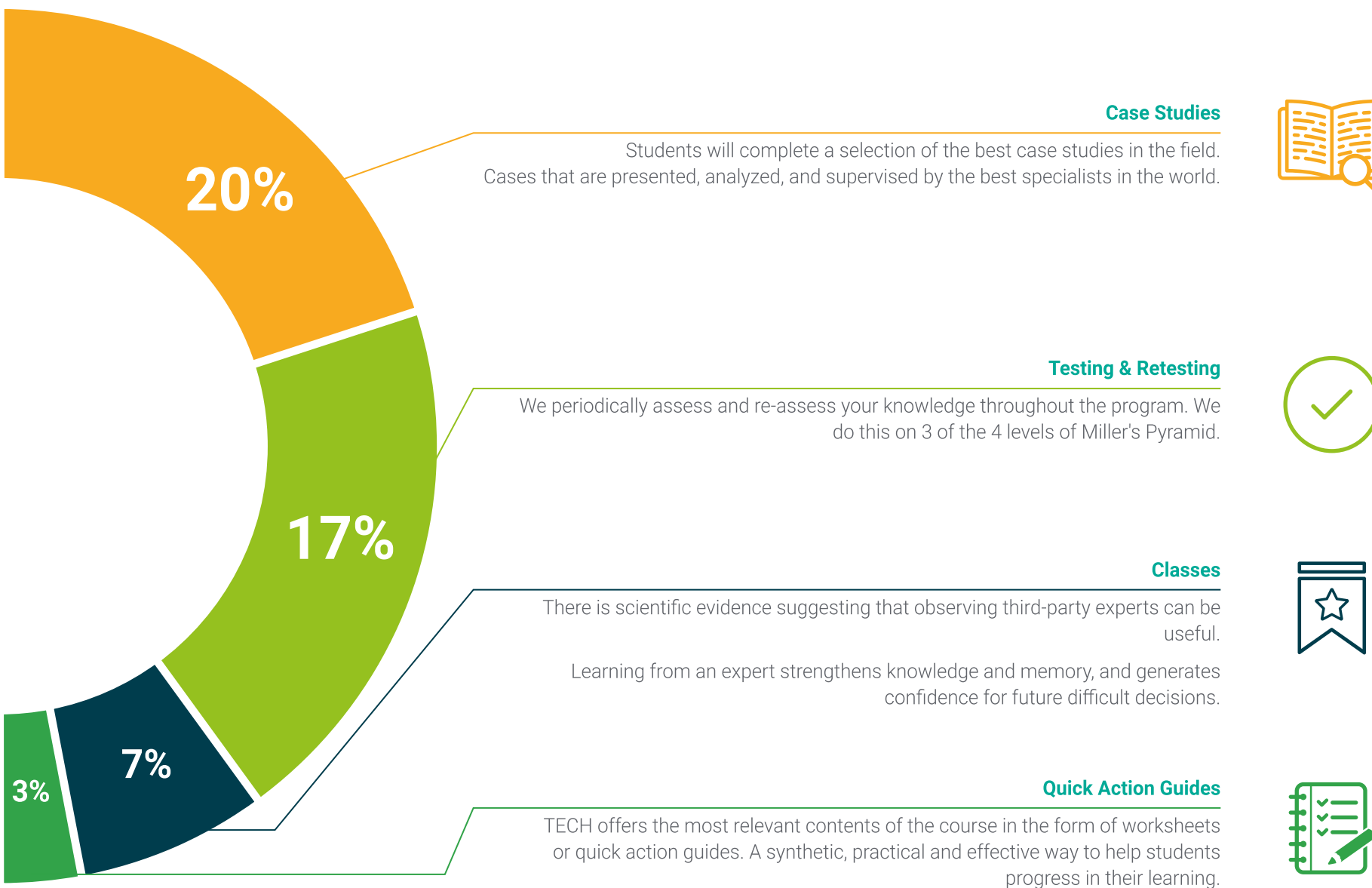
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

The Postgraduate Certificate in Stress Management in Emergency Situations for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Stress Management in Emergency Situations for Nursing** 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** private qualification, 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 Stress Management in Emergency Situations for Nursing**

Modality: **online**

Duration: **12 weeks**

Accreditation: **12 ECTS**





Postgraduate Certificate Stress Management in Emergency Situations for Nursing

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