Postgraduate Certificate

Stress Management as a Human Response to Emergency Situations for Nursing

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Postgraduate Certificate

Stress Management as a Human Response to Emergency Situations for Nursing

- Modality: **online**
- Duration: **12 weeks**
- Certificate: **TECH Global University**
- Accreditation: **10 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/nursing/postgraduate-certificate/stress-management-human-response-emergency-situations-nursing**

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01

Introduction

Facing life-threatening situations can trigger stress symptoms that must be controlled at an early stage to prevent further psychological harm. Nurses are often the first healthcare professionals to come into contact with patients, which makes their deep knowledge in this area indispensable for handling challenging situations for patients. If you want to specialize in this field, don't hesitate and join the educational community at TECH Global University.

Knowing how to manage stress in patients who have experienced a traumatic situation is an essential task for nurses.

Learn the key tools for stress management in emergency situations and provide more personalized care to your patients"

Nurses working with patients who have experienced an emergency situation must have specific skills to learn how to manage the stress these situations can cause in patients. For this reason, TECH offers the Postgraduate Certificate in Stress Management as a Human Response to Emergency Situations, which will allow professionals to gain advanced training in a short period of time, enabling them to work with more confidence in their daily practice.

This Postgraduate Certificate provides students with the necessary tools to intervene safely, effectively, and confidently in emergency situations, both individually and within a disaster intervention team. Designed by professionals with extensive experience in the field, all the content of this program comes from direct experience, offering practical guidelines to incorporate into your daily professional practice. Moreover, the strategies, tools, and skills you will develop throughout this training are compatible with any psychotherapeutic model, so you can apply them to many more situations beyond just emergencies.

Since the program is 100% online, nurses can balance the study of this comprehensive program with their daily responsibilities, choosing when and where to study. This high-level training will elevate nursing professionals to the highest level in their field of practice.

This **Postgraduate Certificate in Stress Management as a Human Response to 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 advancements in stress control techniques
- Practical exercises where self-assessment can be used to improve learning
- A focus 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”

This Postgraduate Certificate could be the best investment you make when selecting a continuing education program for two key reasons: not only will you update your knowledge in Stress Management as a Human Response to Emergency Situations, but you will also earn a diploma for the Postgraduate Certificate awarded by TECH Global University"

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

Take advantage of the opportunity to train using the most innovative methodology, which will allow you to engage in contextual learning, as if you were facing real-life cases.

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, the specialist will have the support of an innovative interactive video system, developed by renowned experts in Stress Management as a Human Response to Emergency Situations, with extensive experience in the field.

02

Objectives

The main goal of the program is to develop theoretical and practical learning so that nurses can master the psychology of emergencies and crises in a rigorous and practical way.

This Postgraduate Certificate will allow you to update your knowledge in Stress Management as a Human Response to Emergency Situations for Nursing, using the latest educational technology to contribute to high-quality and safe decision-making"

General Objectives

- Master general intervention skills and strategies that enable professionals to help affected individuals successfully cope with each phase of the crisis
- Master specific psychological support techniques that facilitate intervention in the various critical situations that may arise
- Manage specific intervention protocols for diverse situations, while being able to develop personalized ones adapted to the changing and variable nature of emergencies
- Master self-protection guidelines and strategies for responders to ensure the safety of the student in case of intervention
- 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"

Specific Objectives

- Analyze and evaluate which reactions are normal and which are not in an emergency situation
- 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
- 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
- Identify children's differential reactions in critical situations and master intervention strategies adapted to their needs
- Design and develop group interventions for the emotional ventilation of emergency professionals
- Identify the most effective models and techniques for secondary treatment of disaster or emergency victims
- Represent the different roles of emergency actors to create synergies between them
- Master leadership skills to effectively lead a psychosocial emergency team
- Present information to the media in an effective and appropriate manner

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.

Our teachers will put their experience and teaching skills at your disposal to offer you a stimulating and creative program"

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

Coordinator

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 structure of the content has been designed by a team of professionals from the best educational institutions and universities nationwide, aware of the importance of staying current with innovation, and committed to providing quality education through new educational technologies.

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. The Concept of Stress, Associated Human Response and the After Effects of a Critical Situation

1.1. What is Stress?
1.2. Biology of the Stress Response
1.3. Biochemistry of Stress
1.4. Basic Emotions
1.5. The Biology of Stress in a Critical Situation
1.6. Development of the Stress Response
1.7. Consequences of the Stress Response
1.8. Psychological Defense Mechanisms Associated with the Critical Situation

Module 2. First Aid Protocol. The Psychological First Aid

2.1. Concept of Psychological Crisis
2.2. Triggering Factors
2.3. Impact or Shock Phase
2.4. Reaction Phase
2.5. Resolution and/or Adaptation Phase.
2.6. Specific Skills for Crisis Intervention

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.

"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.

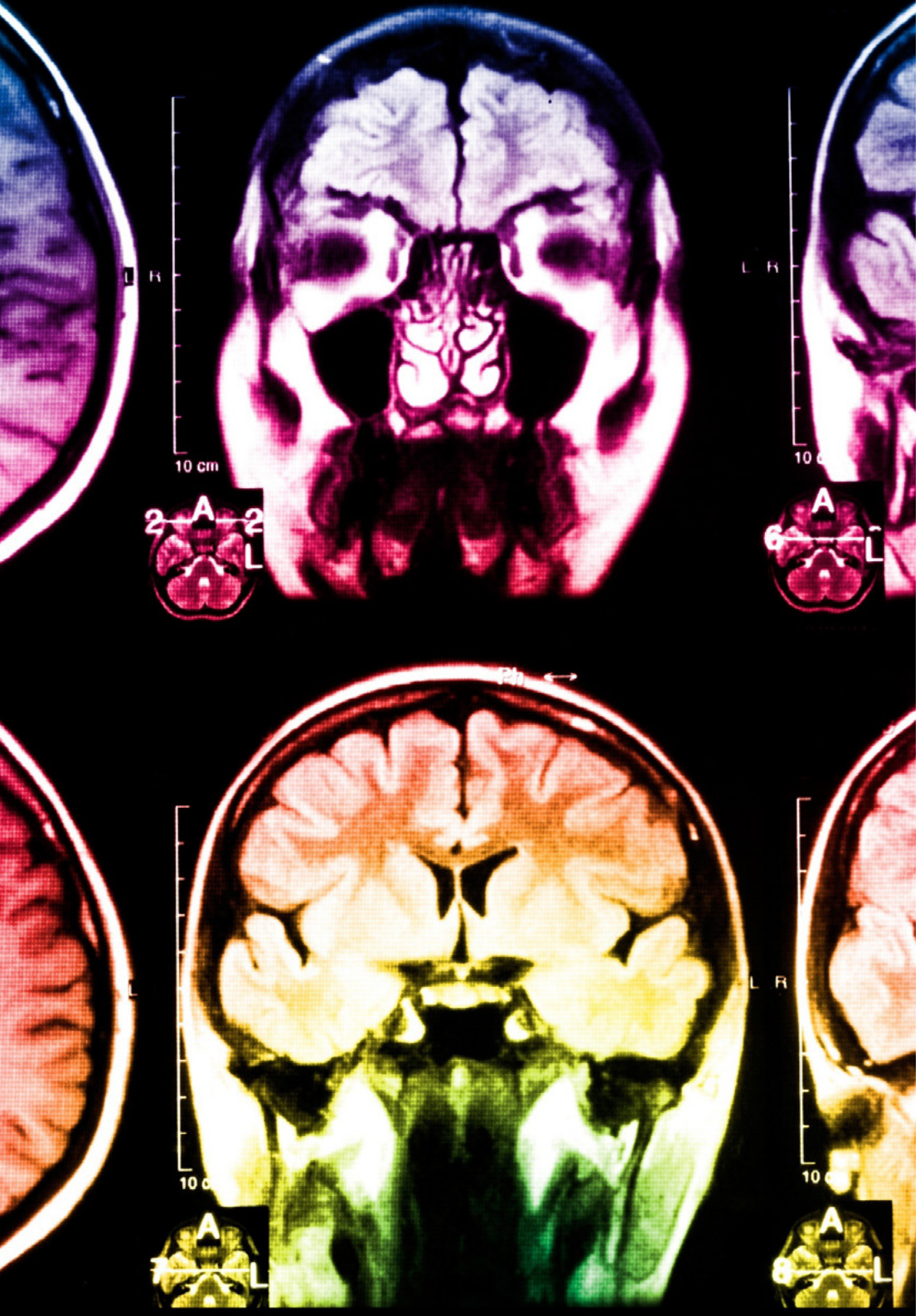
In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

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.

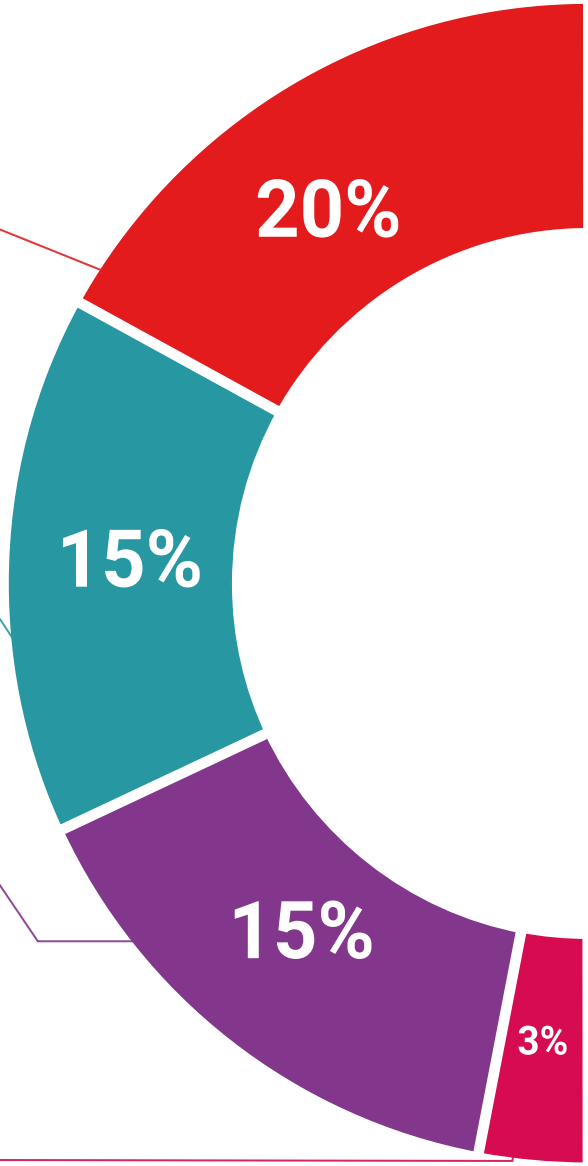
Interactive Summaries

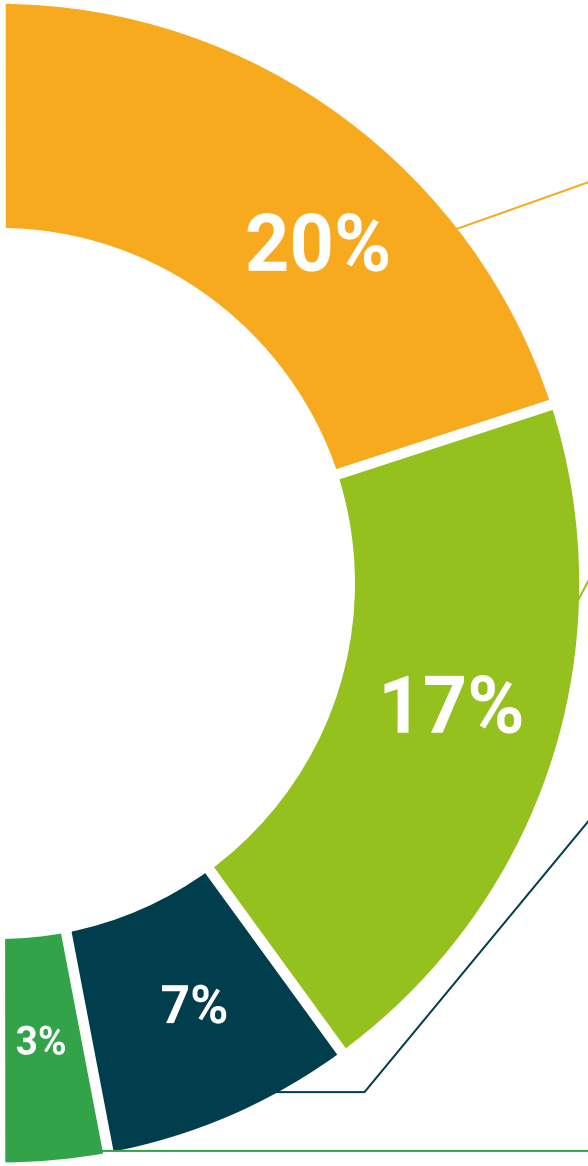
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

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 for 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 Stress Management as a Human Response to 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.

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 as a Human Response to 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 as a Human Response to Emergency Situations for Nursing**

Modality: **online**

Duration: **12 weeks**

Accreditation: **10 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Certificate in Stress Management as a Human Response to Emergency Situations for Nursing

This is a private qualification of 300 hours of duration equivalent to 10 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*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.

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