Postgraduate Diploma
Psychological First Aid

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Postgraduate Diploma
Psychological First Aid

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

Website: **www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-psychological-first-aid**

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01

Introduction

Providing immediate care to restore mental balance in patients who have been victims of a traumatic situation is fundamental to the multidisciplinary work of nurses. They must carry it out taking into account various intervention techniques and attending to the personalized approach of modern health care. For this reason, TECH offers a qualification to graduates in Nursing, so that they can update their knowledge of the most effective Psychological First Aid strategies. This is a program that will enable them to investigate the concept of stress as a human response associated with critical situations. In addition, students will develop their basic intervention skills, through a 100% online teaching, without fixed schedules or transfers to educational centers.

TECH Technological University offers you a rigorous program with which you will delve into psychosocial intervention through a 100% online academic experience"

The future state of the patient and, therefore, his cognitive capacity and behavioral control will depend on the performance of healthcare professionals. In order to optimize the clinical service, these specialists must be aware of all the recent scientific evidence to counteract the symptoms of post-traumatic stress. Understanding that emotional support in the face of emergencies and catastrophes is key for the patients represents an advance in the knowledge of nurses, but if, in addition, they wish to project their career towards the best tools and the most effective techniques, they will be acting under the deontology of the health branch. Only in this way, they will be part of a discipline that is constantly changing.

For this reason, TECH has developed a program with the collaboration of teachers specialized in the emergency area to transmit the most rigorous knowledge to their students. This is a program designed for graduates in Nursing who wish to investigate the emotional support for disaster victims, in the deepening of the concepts of stress and human response, as well as basic healthcare skills.

This is a complex area that requires highly qualified specialists who are able to adapt to the changes introduced in Nursing, such as the most effective psychological strategies based on physiological, cognitive and motor modification and activation techniques. The specialists will be able to acquire all the knowledge, through 450 hours of the best theoretical, practical and additional content, which make the program a dynamic and enriching process. In addition, its 100% online format will allow them to connect from any electronic device with internet connection.

This **Postgraduate Diploma in Psychological First Aid** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Development of practical cases presented by experts in Psychology and Urgent Care Services
- 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

Thanks to TECH Technological University and its multiple contents on psychological first aid, you will be part of the new approach of modern Nursing"

Get audiovisual materials in different formats that will help you acquire the specific knowledge of first aid from an individualized psychological point of view"

How did Emergency Psychology Arise? Get into this field of the clinical branch thanks to TECH Technological University.

Delve now into the concept of stress as a human response associated with traumatic episodes.

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, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

02

Objectives

The immediacy in the performance of first aid in Nursing, implies a high degree of qualification in the specialists who carry them out. The need for new knowledge about the latest techniques and strategies applied to this field, is what has made TECH develop this program with the quality demanded by specialists. For this reason, the objective of the program is to guide students in the exhaustive knowledge of the latest intervention protocols in different traumatic situations, developing, in turn, a broad and specialized knowledge of the importance of preventive psychological intervention in crisis situations.

Become now a more competent and competitive professional in the labor market, thanks to the knowledge provided by the teachers of TECH Technological University"

General Objectives

- Develop a broad and specialized knowledge of the importance of preventive psychological intervention in crisis situations
- Know in detail the latest strategies and therapeutic techniques for the management of the patient victim of an emergency context
- Serve as a guide for graduates to update their knowledge in a comprehensive and guaranteed manner

Haven't you mastered the ABC model yet? Get to know the priority of action in emergency situations thanks to this University Expert"

Specific Objectives

Module 1. The Importance of Psychosocial Support in Emergencies and Catastrophes

- Learn about the origins of Emergency Psychology
- Study the differences between emergencies, disasters and urgent care situations, and the most common types
- Be aware of the importance of the psychologist in emergencies, and distinguish the different roles involved when an emergency event occurs

Module 2. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

- Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- Study the types of basic emotions and their role when the organism is in a stressful situation
- Know how the stress response progresses in the individual
- Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation

Module 3. Basic Skills and Psychological First Aid

- Learn about therapeutic techniques to provide targeted psychological support
- Be aware of the importance of emotional support in situations of loss and bereavement
- Know the differences between normal grief and pathological grief
- Study the role of first aid in crises and emergencies

03

Structure and Content

TECH has called on a team of experts in nursing and emergency services to bring all their theoretical and practical knowledge to this program and make it available to students through audiovisual materials. This 100% online teaching offers all the keys to the background of Psychology in emergencies, the importance of psychological support, common mistakes in emotional intervention, as well as the development of stress responses and psychological defense mechanisms associated with the critical situation, among many other issues. In addition, the additional material makes learning more dynamic, so that the graduates can contextualize the content and delve into the different aspects of the syllabus, in a personalized way.

Enroll now and be part of the process of change that Nursing is undergoing towards personalized care"

Module 1. The Importance of Psychosocial Support in Emergencies and Catastrophes

1.1. Introduction and History of Emergency Psychology
- 1.1.1. Introduction to the Concept of Emergency Psychology
- 1.1.2. How did Emergency Psychology Arise?
- 1.1.3. Emergency Psychology Today

1.2. Emergencies, Urgencies and Catastrophes
- 1.2.1. Differences between the Concepts of Emergencies, Urgent Care and Disasters
- 1.2.2. Main types of Emergencies, Urgent Care and Disasters

1.3. Different Phases and Roles Involved in Emergencies
- 1.3.1. Emergency Phases
- 1.3.2. Roles Involved in Emergencies

1.4. The Importance of Psychological Support in Emergencies
- 1.4.1. Introduction to Psychological Support
- 1.4.2. Psychological Support in Emergency Psychology
- 1.4.3. The Importance of Psychological Support in Emergencies

1.5. Instances of Psychosocial Intervention
- 1.5.1. Introduction to the Concept of Psychosocial Intervention
- 1.5.2. Psychosocial Intervention in Psychology
- 1.5.3. Instances or Stages of Psychosocial Intervention in Emergency Psychology

1.6. Introduction to the Concept of Emergency Plans

1.7. Objectives and Purposes of Crisis Intervention
- 1.7.1. Introduction to the Concept of Crisis
- 1.7.2. Objectives and Purposes of Crisis Intervention

1.8. Common Mistakes in Intervention
- 1.8.1. Main Errors in Emergency Intervention
- 1.8.2. Psychological Consequences of Erroneous Intervention for those Involved

Module 2. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

2.1. Basic Emotions
- 2.1.1. Introduction to the Concept of Emotion
- 2.1.2. Emotion vs. Feelings
- 2.1.3. Main Basic Emotions

2.2. Human Behavior in Emergency Situations
- 2.2.1. The ABC Model
- 2.2.2. Context of Emergency Situations
- 2.2.3. Transactions

2.3. What is Stress?
- 2.3.1. Introduction to the Concept of Stress
- 2.3.2. Types of Stress
- 2.3.3. Stress Characteristics and Determining Factors

2.4. Biology and Biochemistry of the Stress Response
- 2.4.1. The Biological and Biochemical Stress Response
- 2.4.2. Arousal
- 2.4.3. Theories on Stress

2.5. Anxiety
- 2.5.1. Definition of Anxiety
- 2.5.2. Anxiety Disorders
- 2.5.3. Differences between Stress and Anxiety

2.6. Development of the Stress Response
- 2.6.1. How Does the Stress Response Develop?
- 2.6.2. Sources of Stress
- 2.6.3. Factor Affecting the Stress Response

2.7. Consequences of the Stress Response
- 2.7.1. Individual Stress
- 2.7.2. Signs and Symptoms of Stress in the Individual
- 2.7.3. Main Consequences of Stress

2.8. Psychological Strategies to Control Stress
- 2.8.1. Techniques to Modify Physiological Activation
- 2.8.2. Techniques to Modify Cognitive Activation
- 2.8.3. Techniques to Modify Motor Activation

2.9. Psychological Defence Mechanisms Associated with the Critical Situation
- 2.9.1. Introduction to Defense Mechanisms
- 2.9.2. Main Psychological Defense Mechanisms

2.10. Threshold Theory
- 2.10.1. Introduction to Threshold Theory
- 2.10.2. Seyle's Model
- 2.10.3. General Adaptation Syndrome

Module 3. Basic Skills and Psychological First Aid

3.1. Self-Management, The Management of One's Own Emotions
- 3.1.1. What is Self-Management?
- 3.1.2. The Self-Management of Emotions
- 3.1.3. Managing Emotions

3.2. Being proactive.
- 3.2.1. Concept of Proactivity
- 3.2.2. Hypothesis of Proactivity
- 3.2.3. Adaptation

3.3. Concept of Listening
- 3.3.1. Introduction to the Concept of Listening
- 3.3.2. Types of Listening
- 3.3.3. Active Listening in Psychological Therapy

3.4. Applied Communication Skills
- 3.4.1. Introduction to Communicative Skills
- 3.4.2. Main Communication Skills
- 3.4.3. Components

3.5. Communication Techniques
- 3.5.1. Technique for Communication in Emergency Situations
- 3.5.2. Communication Strategies
- 3.5.3. Assertive Communication

3.6. Communication to Children in Emergency Situations
- 3.6.1. First Contact
- 3.6.2. Direct Attention
- 3.6.3. The Intervention
- 3.6.4. Subsequent Recall

3.7. Communication with Other Groups
- 3.7.1. Special Groups
- 3.7.2. Communication with the Elderly
- 3.7.3. Communication with Disabled People
- 3.7.4. Communication with Foreign People

3.8. Importance and Objectives of First Aid
- 3.8.1. Introduction to the Concept of First Aid
- 3.8.2. Main Objectives of First Aid
- 3.8.3. Why is First Aid Important?

3.9. Introduction to Basic Concepts
- 3.9.1. Commonly used Terms in Emergency Situations
- 3.9.2. Common Emergency Situations

3.10. Most Common Pathologies in Psychosocial Emergency Situations
- 3.10.1. Pathologies in Emergency Situations
- 3.10.2. Pathological Development after the Crisis

Go one step further and apply the most appropriate communication strategies to convey bad news in the clinical setting"

04

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

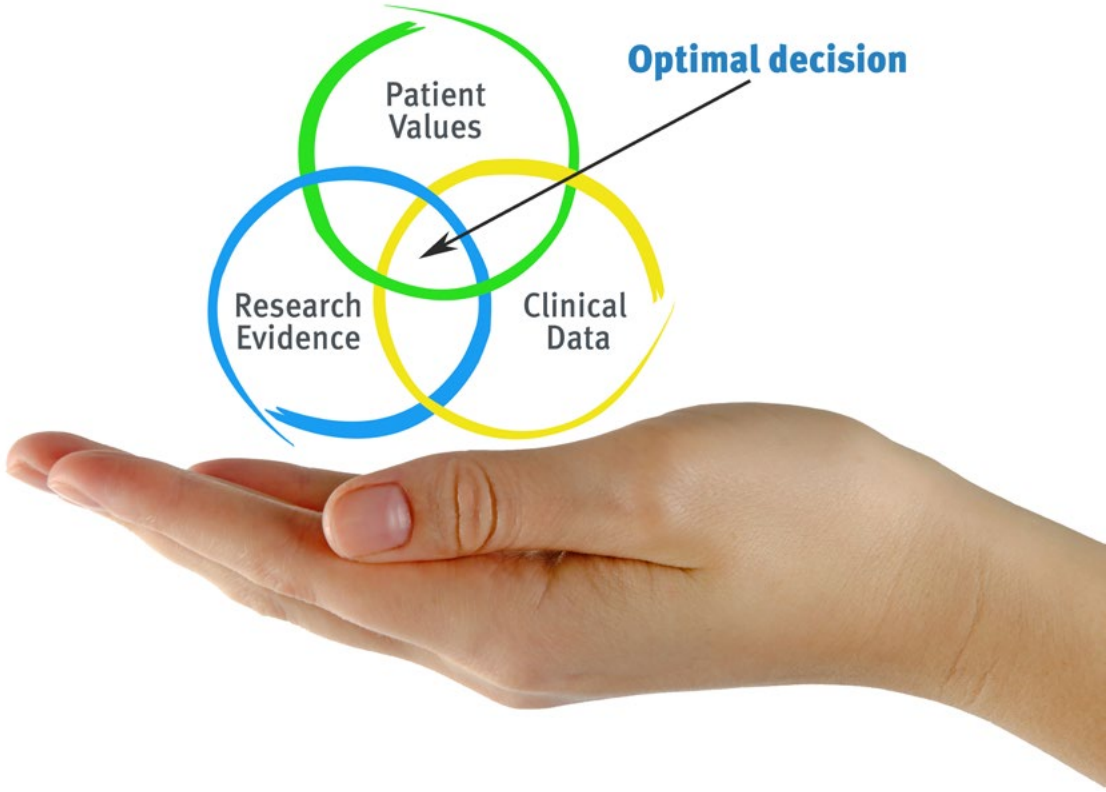
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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.

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:

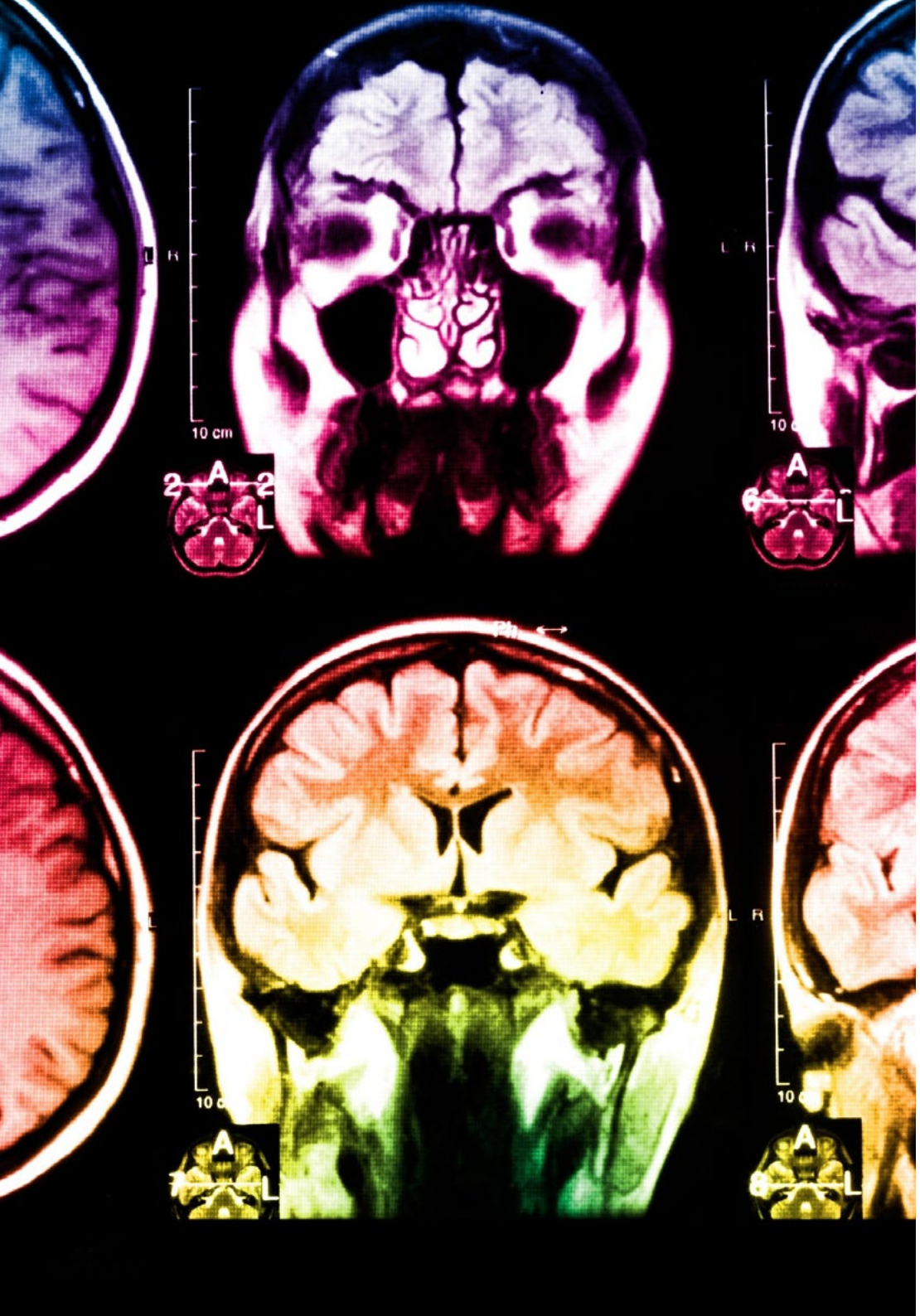
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into 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.

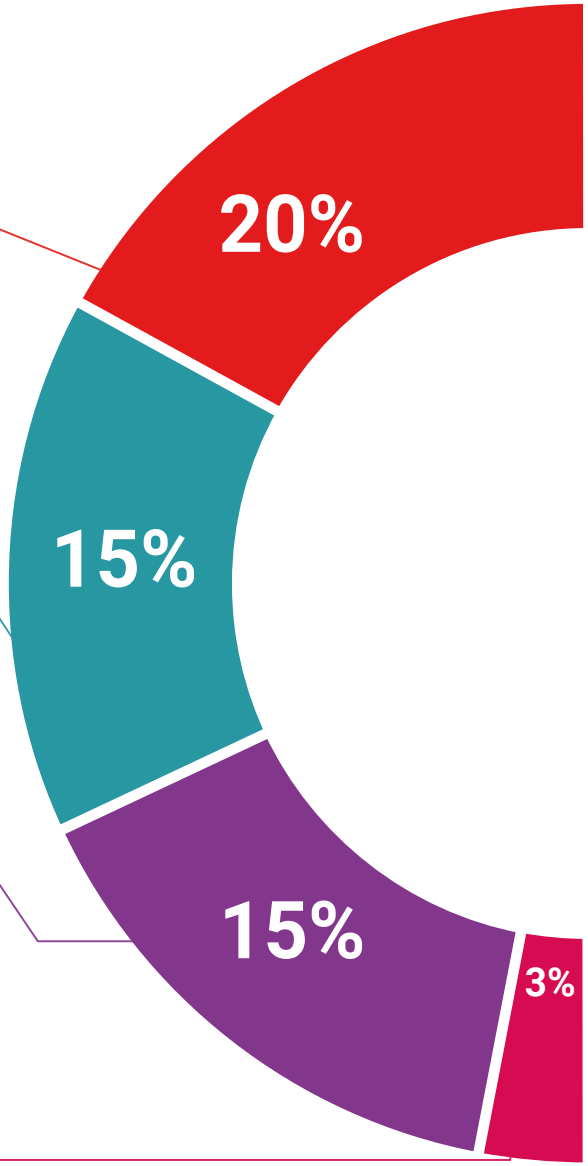
Interactive Summaries

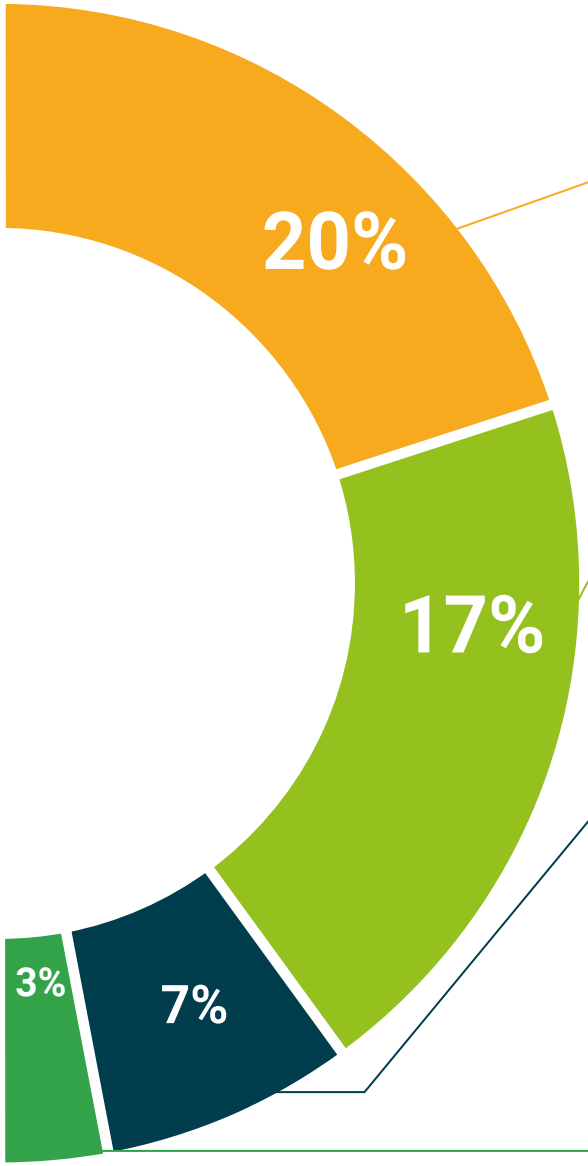
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Diploma in Psychological First Aid guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

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

This **Postgraduate Diploma in Psychological First Aid** 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 Diploma**, issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Psychological First Aid**

Official Nº of Hours: **450 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Psychological First Aid

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

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 EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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