

# Postgraduate Diploma

## Study of Personality in the Elderly for Nursing





## Postgraduate Diploma Study of Personality in the Elderly for Nursing

- » 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-study-personality-elderly-nursing](http://www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-study-personality-elderly-nursing)

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# 01

# Introduction

Studying the personality in the elderly is fundamental to understand our elders and, therefore, to make the most appropriate care for each case. Nurses play a fundamental role here, as they are the professionals who have the first contact with patients, so it is essential that they are able to make effective initial assessments.





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*Increase your skills in the management of elderly patients, with this Postgraduate Diploma in which you will be able to delve into the study of their personality”*



Nurses are people who must have extensive knowledge in different areas. Although their work as nurses may be considered to be the same, regardless of the field in which they work, this is not entirely true, since the more specialized the professional is in their area of intervention, the more complete and better they will be able to perform their work.

In the case of Psychogeriatrics, it is essential for the nurse to know the history of the person, since, in old age, it is essential not only as a means of knowledge to be able to intervene, but also as an end of the intervention itself. In this way, we could say that personality is the window through which the person who reaches old age looks and expresses themselves.

By studying this Postgraduate Diploma, you will learn to analyze the current state of old age in society, as well as prepare themselves for the immediate future, since, in the coming decades, when the young people of today are elderly people, new knowledge and tools will be needed to achieve the best possible quality of life.

In addition, as it is a 100% online specialization, nurses can combine the study of this Postgraduate Diploma with the rest of their daily obligations, choosing at all times where and when to study. A high-level qualification that will take the Nursing professional to the highest level in their field of practice.

This **Postgraduate Diploma in Study of Personality in the Elderly for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Psychogeriatrics
- ♦ 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
- ♦ New developments in personality studies in the elderly
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies in Study of Personality in the Elderly
- ♦ 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



*This program will allow you to make discoveries about the personality of our elders"*

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*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in the Study of Personality in the Elderly, you will obtain a qualification endorsed by TECH Technological University"*

The teaching staff includes professionals from the field of psychogeriatrics, who bring their experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive learning designed to prepare them for real situations.

The design of this program focuses on Problem-Based Learning, by means of which the nurse must try to solve the different professional practice situations that are presented to them throughout the academic program. For this purpose, professionals will be assisted by an innovative interactive video system developed by renowned and experienced experts in the study of personality in the elderly

*Continue your specialization with us and increase your decision-making confidence.*

*Don't miss the opportunity to improve your professional skills. We offer you the best teaching methodology and the latest educational technology.*



# 02 Objectives

The Postgraduate Diploma in Study of Personality in the Elderly for Nursing is aimed at facilitating the performance of professionals, so that they can keep their knowledge up to date to exercise their professional practice with total confidence.





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*This Postgraduate Diploma will allow you to update your knowledge, with the use of the latest educational technology, to contribute with quality and confidence to decision-making"*



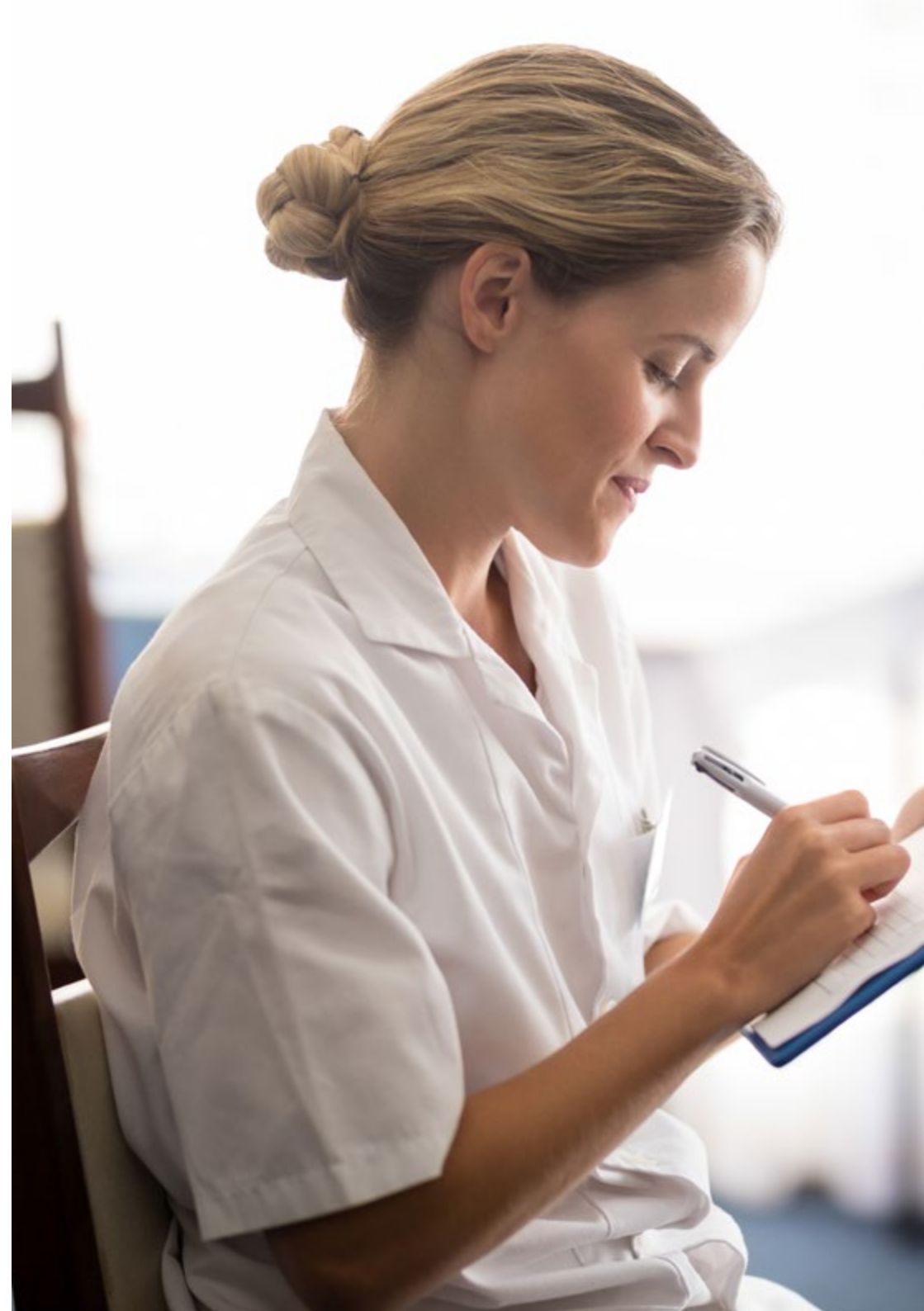
## General Objective

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- Provide the student with knowledge of the infinite complexity of old age
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Master assessment and intervention in old age
- Provide the skills to support individuals in old age from the here and now
- Describe and teach the knowledge required to face illnesses related to ageing and their relationship with the life lived



*Our goal is to achieve academic excellence and we will help you achieve it too"*





## Specific Objectives

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### Module 1. Aging from the Perspective of Personality Traits

- ◆ Perform and adapt intervention protocols within an interdisciplinary framework
- ◆ Develop psychosocial intervention protocols, taking into account the role of the patient in their family

### Module 2. Health in Old Age

- ◆ Gain knowledge of the mutations and new types of illness at this age
- ◆ Elaborate life histories as the objective of treatment in old age and not as a tool as is done in other age groups

### Module 3. Aging and the Family

- ◆ Understand and master the therapeutic situation in order to become a referent for an elderly person
- ◆ Provide skills to understand and relate to the loss of patients, and from there to accompany them in the transition



03

# Course Management

Within the concept of total quality of this program, TECH is proud to provide nursing professionals with a teaching staff of the highest level, chosen for their proven experience in the educational field. 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 put their experience and teaching skills at your disposal to offer you a stimulating and creative program”*

## Management



### Dr. Aguado Romo, Roberto

- ♦ Psychologist specializing in Clinical Psychology
- ♦ Psychologist European specialist 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

## Professors

### Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Zabala-Baños, María Carmen

- ♦ PhD in Psychology from University of Castilla - La Mancha
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

**Dr. Anasagasti, Aritz**

- ♦ European specialist psychologist in Psychotherapy from the EFPA at the CEP health center in Bilbao
- ♦ President of Emotional Network
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychogeriatrics Specialist
- ♦ Creator of the home-based intervention
- ♦ Member of the Basque Association of Gestalt Therapy
- ♦ Reciprocal Interaction Psychotherapist
- ♦ Specialist in neurodegenerative diseases from the University of the Basque Country
- ♦ Responsible for the computer development of Emotional Management and Treatment in the Elderly

**Dr. Kaiser, Carlos**

- ♦ Head of the Otolaryngology department at Segovia General Hospital.
- ♦ Otolaryngology medical specialist
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology. Expert in Psychosomatic Medicine

**Dr. Martínez-Lorca, Manuela**

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist. Lecturer in the Department of Psychology at the UCLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Clinical Hypnosis and Relaxation

**Dr. Martínez Lorca, Alberto**

- ♦ Specialist in Nuclear Medicine
- ♦ Specialist in nuclear medicine area at the Rey Juan Carlos-Quirón University Hospital
- ♦ International Residency in Turku PET Centre
- ♦ Turku University Hospital. Finland
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching V.E.C.
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

**Dr. Otero, Verónica**

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

**Dr. Roldán, Lucía**

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

04

# Structure and Content

The structure of the contents has been designed by the best professionals in the psychogeriatrics sector, with extensive experience and recognized prestige in the profession, backed by the volume of reviewed, studied and diagnosed cases, and with extensive knowledge of new technologies applied to education.







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*We have the most complete program on the market. We strive for excellence and for you to achieve it too"*

## Module 1. Aging from the Perspective of Personality Traits

- 1.1. Personality Studies and Theories on the Process of Aging
- 1.2. Social Dynamics and Role of the Elderly Person
- 1.3. Experiences and Current Research in Psychogeriatrics
- 1.4. Negative Changes in Personality
  - 1.4.1. Egocentrism
  - 1.4.2. Dependency
  - 1.4.3. Dogmatism
  - 1.4.4. Stiffness
  - 1.4.5. Intolerance
  - 1.4.6. Disobedience
  - 1.4.7. Pessimism
  - 1.4.8. Impatience
  - 1.4.9. Disrespectful
  - 1.4.10. Insecure
  - 1.4.11. Gnarly
  - 1.4.12. Associable
- 1.5. Positive Changes in Personality
  - 1.5.1. Sincerity
  - 1.5.2. Calmness
  - 1.5.3. Unconcerned
  - 1.5.4. Discrete
  - 1.5.5. Straightforward
  - 1.5.6. Generous
  - 1.5.7. Tender
  - 1.5.8. Honest
  - 1.5.9. Humble
  - 1.5.10. Kind
  - 1.5.11. Confident
  - 1.5.12. Understanding

- 1.6. How Do Personality Disorders Affect the Elderly?
- 1.7. Research in Personality Disorders in Old Age
  - 1.7.1. Schizoid Personality Disorder
  - 1.7.2. Dependency-Based Personality Disorder
  - 1.7.3. Obsessive Compulsive Personality Disorder
  - 1.7.4. Narcissistic Personality Disorder
  - 1.7.5. Paranoid Personality Disorder
- 1.8. The Aging Process Improves or Worsens Personality Disorders
- 1.9. Situation for the Study and Evaluation of Personality Disorders in Old Age

## Module 2. Health in Old Age

- 2.1. Review of the Dimensions of Health
- 2.2. Mental and Emotional Health
  - 2.2.1. Conserving Time and Space Relationship
  - 2.2.2. Maintaining Short-Term Memory
- 2.3. Habits and Cognitive Style
- 2.4. Emotional Schemes
- 2.5. Basic Needs Met
- 2.6. Resilience
- 2.7. Preservation of the Biography
- 2.8. Mental Flexibility and Sense of Humor
- 2.9. Physical Health
  - 2.9.1. Addiction
  - 2.9.2. Chronic Diseases
  - 2.9.3. History of Disease/Illness
- 2.10. Past Assisted Care
- 2.11. Stress Level
- 2.12. Social Health

### Module 3. Aging and the Family

- 3.1. What is Family?
  - 3.1.1. Family Life Cycle
  - 3.1.2. Family Sociability
  - 3.1.3. New Intergenerational Conflicts
  - 3.1.4. Nuclear Family
  - 3.1.5. Modern Family
  - 3.1.6. Social Organization of Sexual Relationships
- 3.2. Regulatory Processes of Family Life
  - 3.2.1. Family Temperament
  - 3.2.2. Family Identity
- 3.3. The Family Development and Growth Process
  - 3.3.1. Sandwich Generation
  - 3.3.2. Tupac Amaru Syndrome
  - 3.3.3. Family Aging
- 3.4. Functional Family in Old Age
  - 3.4.1. Support of Demands and Needs
  - 3.4.2. Parentage
  - 3.4.3. Subsidiary Responsibility
- 3.5. Stability of Change and Placement of Authority
- 3.6. Aging Within the Family
  - 3.6.1. The Family and the Importance of Contributing and Being Productive
  - 3.6.2. Psychosocial Aspects of the Family
  - 3.6.3. Structure
  - 3.6.4. Mechanisms of action
  - 3.6.5. Family as a Health and Social Network in Old Age
  - 3.6.6. Current Role of Old Age in 21st Century Families
- 3.7. The 70s Crisis
  - 3.7.1. Retirement
  - 3.7.2. Dependency
  - 3.7.3. Depression
- 3.8. The Family of Today and of the Future
- 3.9. Quality of Life, Family and Modifications that Occur in Old Age
  - 3.9.1. Society and Aging
  - 3.9.2. How Does Our Body Transform with Old Age?
  - 3.9.3. Psychology and Old Age Metapsychology
- 3.10. Aging with Satisfaction
- 3.11. Fulfilling Basic Needs in Old Age



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

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. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.





This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

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

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



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Study of Personality in the Elderly for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Study of Personality in the Elderly for Nursing** 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 Study of Personality in the Elderly for Nursing**

Official N° of Hours: **475 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  
online training  
development language  
classroom



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# Postgraduate Diploma

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