

Postgraduate Certificate Psychosomatic Intervention using Gestalt





Postgraduate Certificate Psychosomatic Intervention using Gestalt

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-certificate/psychosomatic-intervention-using-gestalt

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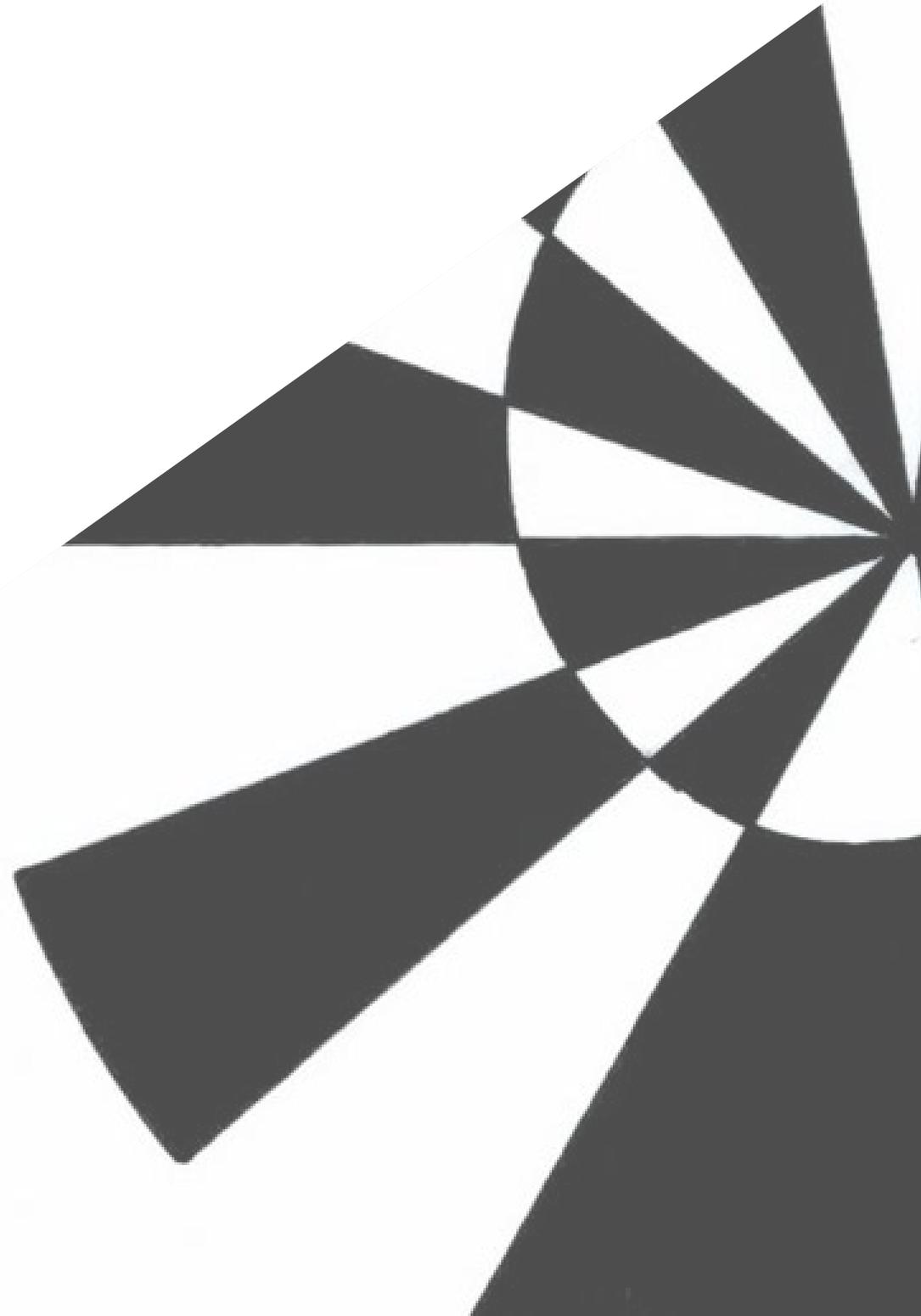
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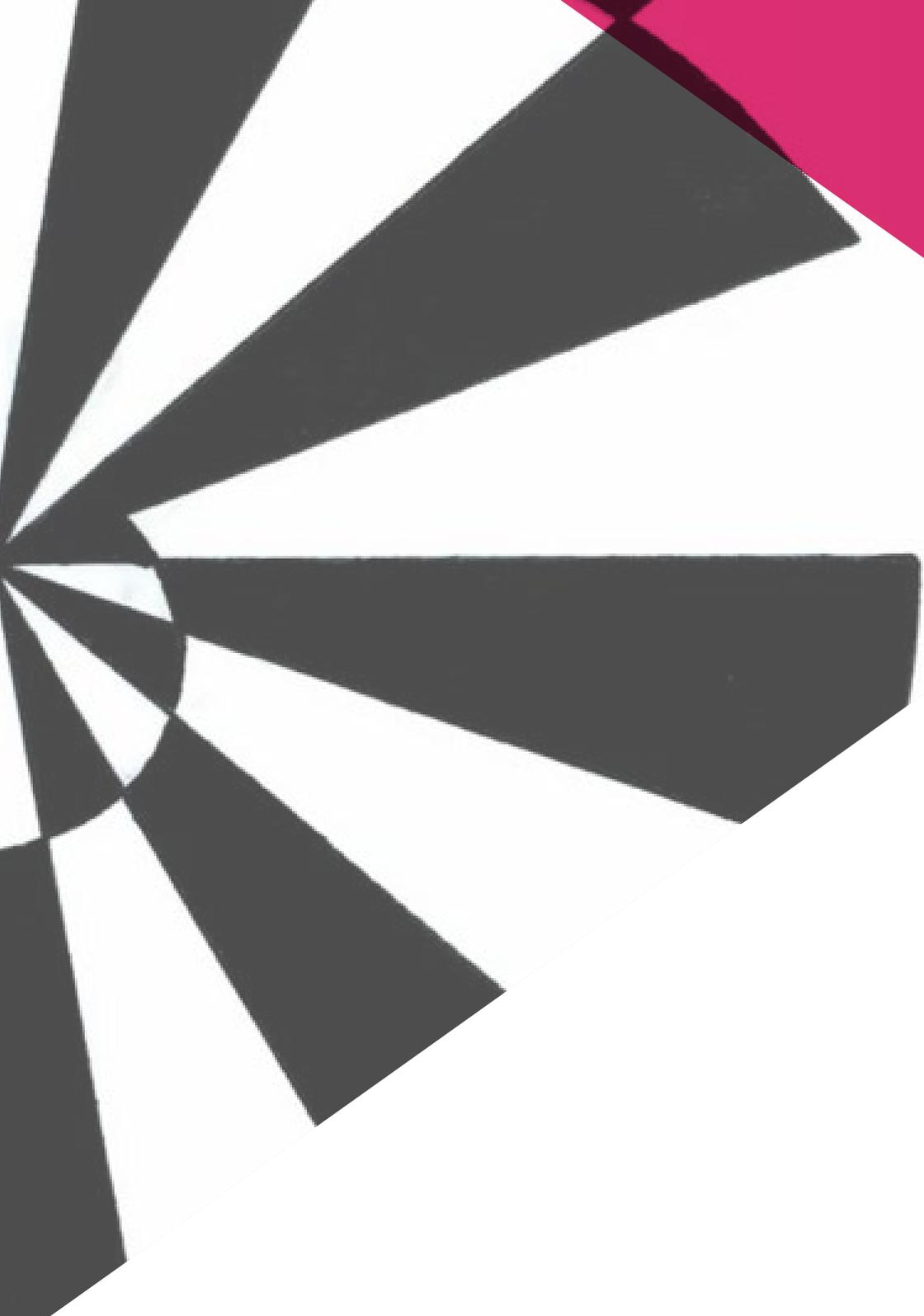
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01

Introduction

Psychosomatic disorders are a trend in today's society due to the accelerated day-to-day life of citizens. In fact, although symptoms of this nature have occurred in populations of all ages, there is a particularly prone group: adolescents, since between 5% and 30% have manifested them on a weekly basis, according to recent studies. This highlights the importance of an adequate psychological intervention, for which therapies such as Gestalt are postulated as the most effective. For this reason, this program offers psychologists an excellent specialization in this area, developing the personal potential of their patients to overcome the disorder. An essential high level program in this area in a 100% online format.





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*A Postgraduate Certificate to help
your patients develop their human
and personal potential”*

Unexpressed emotional distress ends up generating problems that have repercussions on physical health. Personal conflicts or a stressful lifestyle can generate various psychological disorders in the subject with the potential to lead to psychosomatic disorders. In this sense, it has been shown that, although the latter manifest physical symptoms, medical treatment will end up being ineffective if it is not combined with psychological intervention.

That is why tackling the root of the patient's internal conflicts through psychology requires psychologists who have mastered the most appropriate psychotherapies for these cases. In this line, the observation of the progress of psychosomatic subjects undergoing different psychological techniques has shown that the Gestalt Model is one of the therapies with the best results. For this reason, this TECH program provides the preparation that psychologists need to help their patients in consultation, leaving behind those annoying symptoms.

Thanks to the postgraduate certificate in Psychosomatic Intervention using Gestalt, psychologists will delve into the most useful suppressive and integrative techniques and will provide their patients with tools to help them cope with themselves. In this way, psychology professionals will make patients become aware of the present, something that has been proven to significantly improve mental state. By working on self-esteem and self-realization, with Gestalt psychologists will excel in the treatment of these disorders with the latest educational methodologies.

And all this will be achieved from home, thanks to an online format that allows students to take the program wherever they wish and manage their learning deadlines at their convenience. They will also have unlimited access from day one to the Virtual Campus, where they will find valuable interactive resources and the largest digital library on the subject.

This **Postgraduate Certificate in Psychosomatic Intervention using Gestalt** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Gestalt model
- ♦ 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



Become a specialist in Gestalt Therapy without leaving home and improve your intervention with psychosomatic patients”

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Become the master of your learning thanks to TECH and manage your time at your convenience to combine the program with your professional activity”

Teach your patients to face themselves through the Gestalt Model.

Analyze in this Postgraduate Certificate the types of dreams according to Gestalt Psychology and provide your patients with the necessary tools to face them.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02

Objectives

The main objective of the program is none other than the high training of psychologists in the Gestalt Model applied to psychosomatic disorders. This Postgraduate Certificate will offer students the latest knowledge in this area. It will always do so from a global perspective to ensure that students graduate with great employability options and prepared for any professional challenge in this field.



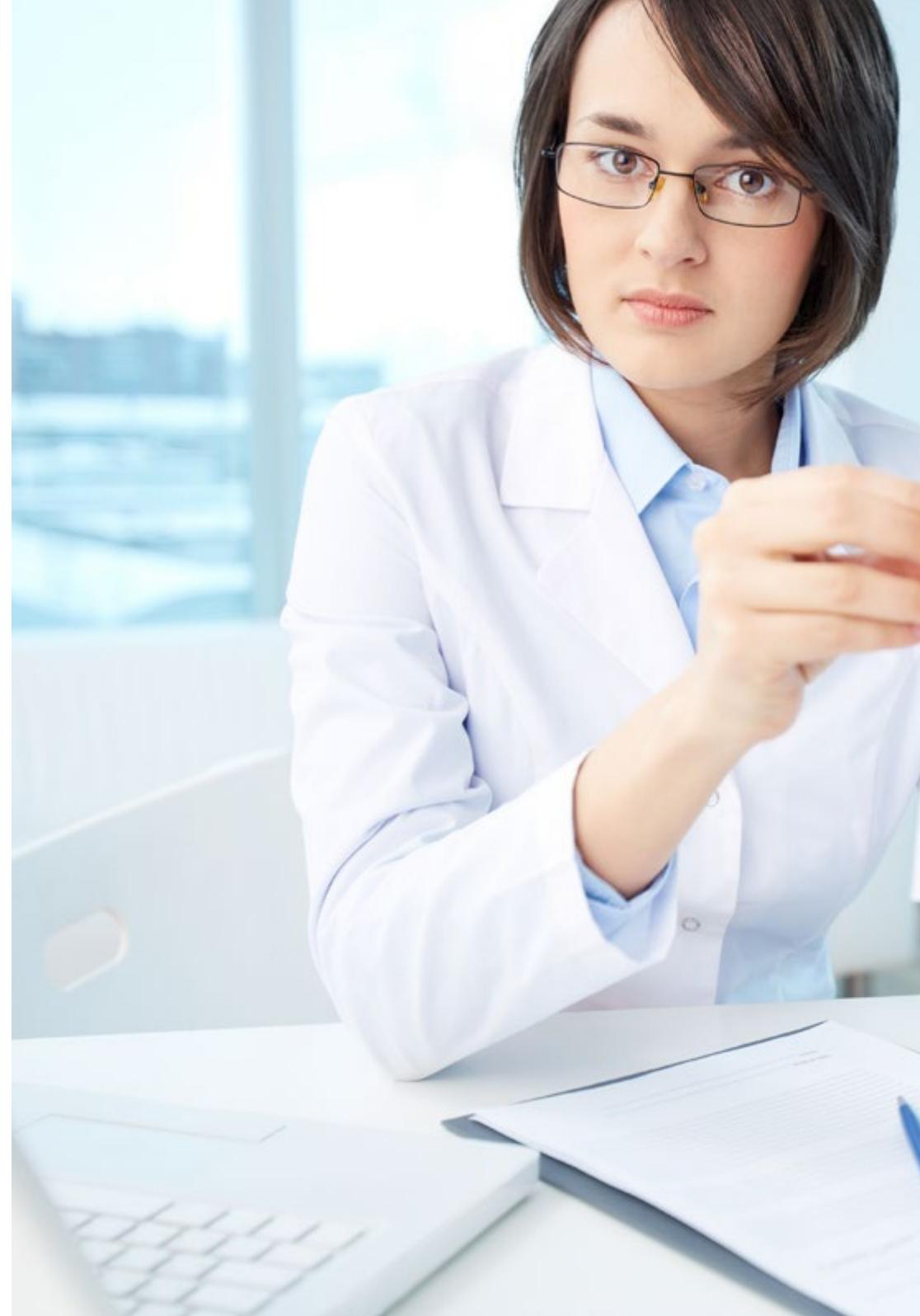
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The achievement of the program objectives is guaranteed thanks to the innovative methodologies of the world's largest digital university”



General Objectives

- ♦ Explain the relation between psychic conflict and its psychosomatic expression
- ♦ Train as a specialist in to identify the aspects of the psyche that do not allow emotional expression by psychological means
- ♦ Recognize the natural stressors that affect the different systems that make up our organism
- ♦ Compare the behavior of bodily disorders the basic patient conflicts
- ♦ Train as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- ♦ Explain the biochemical functioning of the affected system, as well as the antidotes for improvement





Specific Objectives

- Identify the symptom as a messenger rather than as the therapeutic target
- Implement metaphor and analogy together with clinical hypnosis in the intervention process
- Implement techniques that connect with the pathological expression of the organism

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Master the Gestalt Model to help your patients change their relationship with their symptoms”

03

Course Management

The TECH teaching team for this program is integrated by a prestigious group of psychologists who have excelled in the field of Clinical and Health Psychology. Specialists in the Psychological Intervention of psychosomatic conditions through Gestalt Therapy or Time Limited Therapy, this teaching staff will more than meet all the expectations of the students. This will ensure the correct acquisition of competencies for success in their professional careers after completing the program.





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Boost your professional career thanks to a teaching team with extensive experience in psychological intervention in psychosomatic disorders with Gestalt Therapy”

International Guest Director

Dr. Joseph Zamaria is a psychologist, accredited by the American Board of Professional Psychology, specializing in the care of adults suffering from chronic mental conditions, such as Depression, Bipolar Disorder, Anxiety and Personality disorders. In addition, he has worked with patients coping with trauma and adjusting to major life transitions, such as personal and professional identity changes.

In both his clinical practice and his research, Dr. Joseph Zamaria focuses on Integrative Psychotherapy, which combines different therapeutic methods, such as Psychodynamic, the Cognitive-Behavioral model and modern Mindfulness practices. With these methods, he manages to adapt the procedures to each case in order to better assist his different patients. In particular, he is particularly interested in using these approaches to treat people of color and members of the LGTBI community.

Moreover, in the educational field, he is the Director of Psychotherapy for the Psychiatry Residency Training Program at the University of California, San Francisco. In this field, he provides educational leadership and has developed a curriculum for advanced education in this discipline. He is also an academic collaborator with the Berkeley Center for Psychedelic Science. He is a member of the Association of Black Psychologists and a founding member of the American Association for Arab, Middle Eastern and North African Psychology.

He is also a member of the American Psychological Association and in 2020 received the Early Career Achievement Award. This has been one of the most prestigious awards he has received for his tireless work in this field. In addition, he has several scientific publications and has worked as a researcher in different medical trials. One of his latest studies investigates the harm reduction of non-clinical use of psychedelics through telephone assistance.



Dr. Zamaria, Joseph

- ♦ Director of Psychotherapy at the University of California, San Francisco, United States
- ♦ Psychotherapist
- ♦ Professor of Psychotherapy at the University of Berkeley, United States
- ♦ Doctorate in Clinical Psychology from the California School of Professional Psychology
- ♦ Graduate in Psychology and Philosophy from Rutgers University
- ♦ Member of: American Psychological Association and National Registry of Health Services Psychologists

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Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Dr. Aguado Romo, Roberto

- ◆ President of the European Institute of Time-Limited Psychotherapy
- ◆ Psychologist in private practice
- ◆ Researcher in Time Limited Psychotherapy
- ◆ Guidance team coordinator for many schools
- ◆ Author of several books on Psychology
- ◆ Communicator and expert in Psychology in the media
- ◆ University courses and studies teacher
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist



Professors

Mr. Gandarias White, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

Dr. Fernández Sánchez, 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. Fernandez, Inmaculada

- ♦ Specialist in Neuropsychology, and Cognitive Therapy
- ♦ President of the Andalusian Society of Neuropsychology
- ♦ Director of the Unit of Sexological Studies (UESX)
- ♦ Director of the Neuropsychological Evaluation and Rehabilitation Center (CERNEP) of the University of Almeria
- ♦ Professor of the Department of Neuropsychology, University of Almeria
- ♦ Professor of Psychology of Sexuality in the Official Master's Degree in Sexology at the University of Almeria
- ♦ Doctor in Psychology from the University of Almeria
- ♦ Psychologist specialized in Clinical Psychology
- ♦ Expert in Cognitive Therapy based on Mindfulness
- ♦ Expert in Time Limited Psychotherapy
- ♦ Expert in Clinical Neuropsychology
- ♦ Member of: SANP, SEIS y FANPSE

Dr. Espinoza Vázquez, Oscar

- ♦ Pediatrician in IMSalud
- ♦ Director of the Psychopharmacology Unit of the CEP
- ♦ Medical specialist in Psychiatry and Pediatrics
- ♦ Head of the public health service in the southern district of Madrid
- ♦ Master's Degree in Psychological Intervention in Disorders that Impair Learning and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology





Dr. Martínez Lorca, Manuela

- ◆ Health Psychologist
- ◆ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ◆ Specialist in Clinical Hypnosis and Relaxation
- ◆ Degree in Psychology
- ◆ Doctor of Medicine

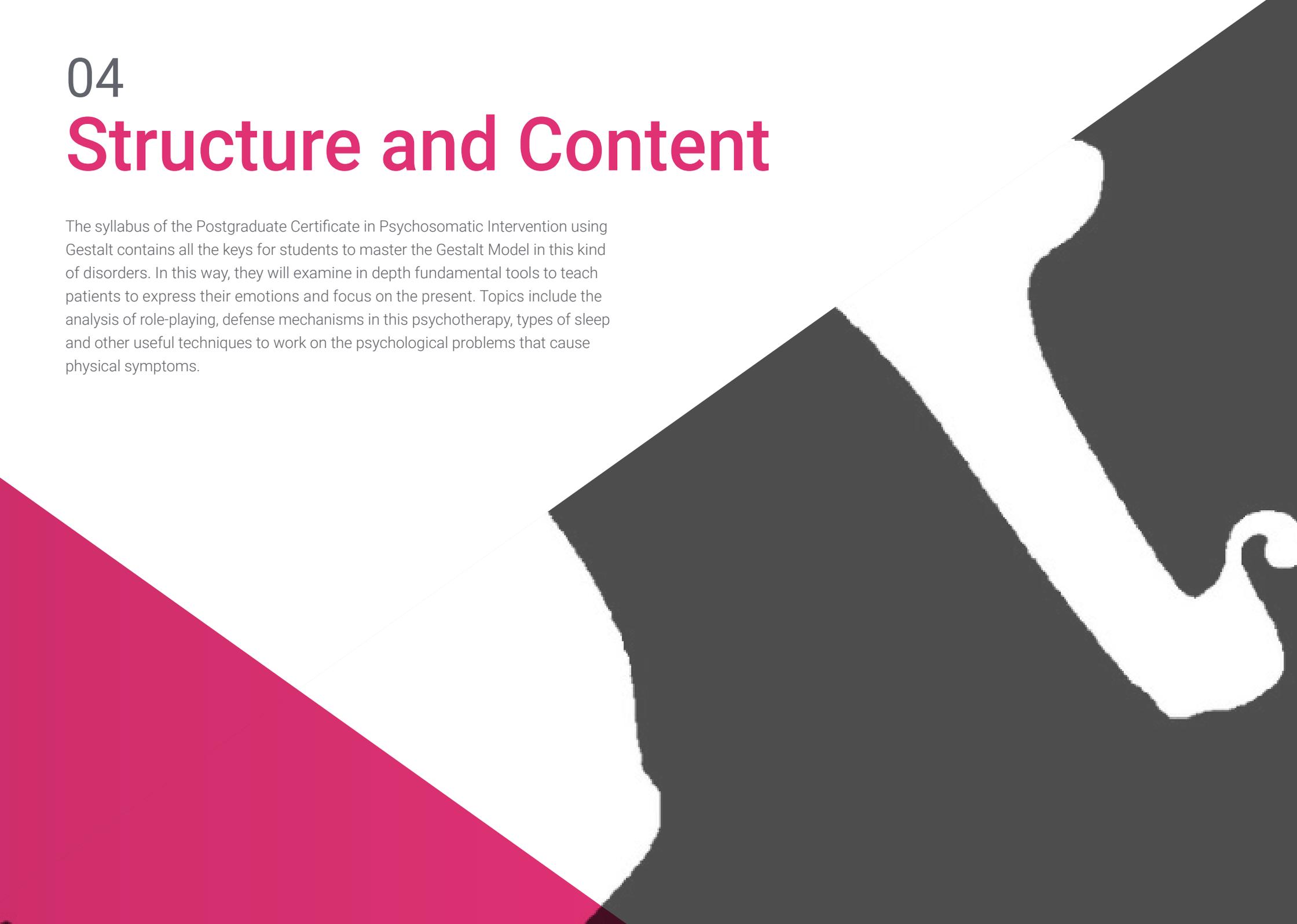


Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

The syllabus of the Postgraduate Certificate in Psychosomatic Intervention using Gestalt contains all the keys for students to master the Gestalt Model in this kind of disorders. In this way, they will examine in depth fundamental tools to teach patients to express their emotions and focus on the present. Topics include the analysis of role-playing, defense mechanisms in this psychotherapy, types of sleep and other useful techniques to work on the psychological problems that cause physical symptoms.



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The outstanding teaching team has overseen this syllabus so that it contains all the key elements that will ensure the success of psychologists graduating with Gestalt Therapy for psychosomatic patients”

Module 1. Psychological Intervention in Psychosomatic Disorders Using Gestalt

- 1.1. Suppressive Techniques
 - 1.1.1. Experiencing Nothingness
 - 1.1.2. Making Sterile Emptiness become Fertile Emptiness
 - 1.1.3. Avoiding "Talking about" and Encouraging Living
- 1.2. Detecting the "Shoulds"
- 1.3. Detecting "as if" Role Playing
- 1.4. Expressive Techniques
 - 1.4.1. Externalizing the Internal
 - 1.4.2. Expressing the Unexpressed
 - 1.4.3. Completing or Complementing Expression
 - 1.4.3.1. Role-Playing Games
 - 1.4.3.2. Working on Problems in an Imaginary Way
 - 1.4.3.3. Reviving Situations in a Healthy Way
- 1.5. Look for the Direction to Make the Direct Expression
 - 1.5.1. Continuous Repetition
 - 1.5.2. Exaggeration and Development
 - 1.5.3. Translation: Expressing in Words What is Done
- 1.6. Confronting Oneself
 - 1.6.1. Taking on Responsibility
 - 1.6.2. Allowing Fears to Surface
 - 1.6.3. Getting People to Express Their Feelings
- 1.7. Action and Identification
 - 1.7.1. Acting out Your Feelings and Emotions
- 1.8. Integrative Techniques
 - 1.8.1. Incorporate or Re-Integrate Aligned Parts:
 - 1.8.2. Intrapersonal Encounter
 - 1.8.3. Dialog between "I Should" and "I Want"
 - 1.8.4. Assimilation of Projections: Living the Projection as One's Own
- 1.9. Dreams in Gestalt
 - 1.9.1. Living the Dream, Not Explaining It
 - 1.9.2. Types of Dreams in Gestalt Psychology (Marta Suárez)
- 1.10. Defense Mechanisms in Gestalt Psychology



- 1.11. Facilitating Internal and External Contact
- 1.12. Self-Regulation of the Organism
 - 1.12.1. Desensitization
 - 1.12.2. Projection
 - 1.12.3. Introjection
 - 1.12.4. Retroreflection
 - 1.12.5. Deflection
 - 1.12.6. Confluence
 - 1.12.7. Fixation
 - 1.12.8. Retention

“*Enjoy a very different learning experience from the traditional one with interactive diagrams, video summaries or specialized readings of interest*”



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.



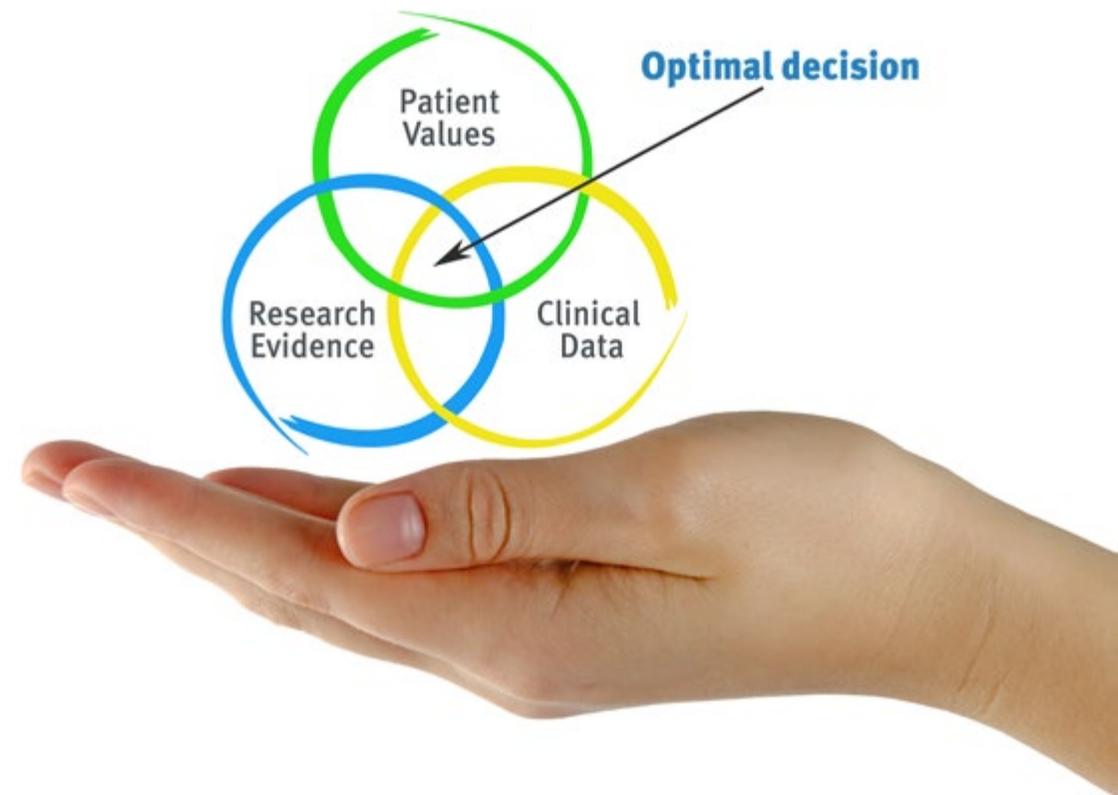
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional 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. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
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.

Our university is the first in the world to combine the study of clinical cases 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 psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 highly 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.



Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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 the videos as many times as you like.



Interactive Summaries

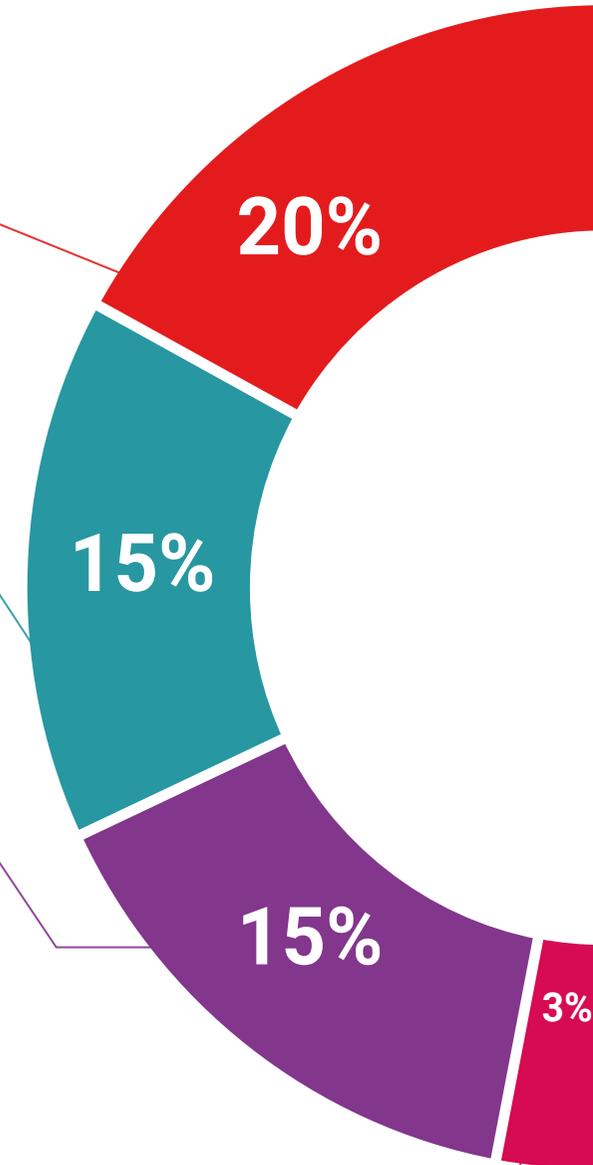
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

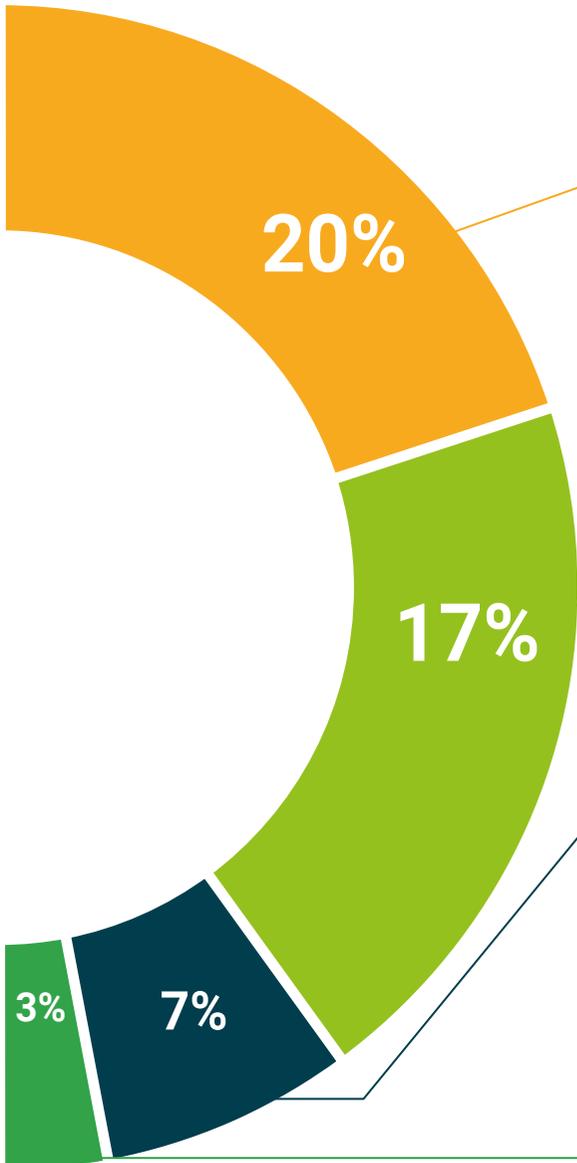
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





Expert-Led Case Studies and Case Analysis

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



Testing & Retesting

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



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

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



06

Certificate

The Postgraduate Certificate in Psychosomatic Intervention using Gestalt guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Psychosomatic Intervention using Gestalt** 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** title 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 Psychosomatic Intervention using Gestalt**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development languages
classroom

tech global
university

Postgraduate Certificate
Psychosomatic Intervention
using Gestalt

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate
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