

# Postgraduate Certificate Psychological Intervention in the Elderly



## Postgraduate Certificate

### Psychological Intervention in the Elderly

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/psychological-intervention-elderly](http://www.techtute.com/us/psychology/postgraduate-certificate/psychological-intervention-elderly)

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01

# Introduction

Understanding how a population ages and the different psychosocial models of aging is essential for any health psychologist who wants to specialize in Psychology in the Elderly. With this intensive program, you will develop your potential under the guidance of experts with extensive experience in the sector.



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*A deep and comprehensive dive into  
strategies and approaches in Psychological  
Intervention in the Elderly"*

Psychologists play a fundamental role in healthcare when it comes to improving physical, mental and social well-being of people, becoming nowadays an essential pillar in the resolution of different psychological disorders.

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in this field of health. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this educational program, the student will go through all the current approaches in the work carried out by health psychologists. The correct approach to psychological assessments and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology, will be some of the many topics of work and study that students will be able to integrate in their education with this comprehensive program.

We will not only take you through the theoretical knowledge we offer, but we will show you another way to study and learn, more organic, simpler and more efficient. We will work to keep you motivated and to develop your passion for learning, helping you to analyze and to develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Postgraduate Certificate in Psychological Intervention in the Elderly** contains the most complete and up-to-date program on the market. Its most notable features are:

- ♦ Developing 100 practical cases presented by experts in General Health Psychology
- ♦ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- ♦ News and innovations on research in the different fields of psychology
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ♦ Special emphasis on research 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



*An educational program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively".*

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*Access deep insights in General Health Psychology and its multiple implications, in a comprehensive Postgraduate Certificate designed to propel you to another professional level"*

It includes a very broad teaching staff of professionals belonging to the field of psychology, who pour into this program the experience of their work, in addition to recognized specialists of reference societies and prestigious universities

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

This program is designed around Problem-Based Learning, where the student must try to solve the different professional practice situations that may arise. For this purpose, the professional will be assisted by an innovative interactive video system developed by recognized experts in the field of research.

*Increase your confidence as a healthcare psychiatrist by updating your knowledge through this Postgraduate Certificate.*

*This Postgraduate Certificate marks the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in their daily practice.*





# 02 Objectives

This program is aimed at healthcare psychologists, so that they can acquire the necessary tools to develop in the field, learning about the latest trends and delving into the issues that are at the forefront of this branch of knowledge. Only with the right preparation, you will be able to successfully achieve your objectives.





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*If your goal is to improve in your profession and acquire a qualification that will enable you to compete with the best, then look no further. This program will give you the boost your career needs.”*



### General Objective

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- ♦ Prepare professionals qualified to practice in Psychological Intervention in the Elderly, according to current legislation, with the ability to carry out effective assessments and treatments in people's behavior and activity in order to promote and improve their general state of health

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*This Postgraduate Certificate is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector”*





## Specific Objectives

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- ♦ Know the objectives of Psychogerontology and the fundamental concepts related to it
- ♦ Understand population aging and the different psychosocial models of aging
- ♦ Recognize the peculiarities and therapeutic skills necessary to carry out a psychological assessment and intervention in elderly patients
- ♦ Describe the most useful assessment instruments to use with elderly patients
- ♦ Study the transitions and life changes that occur in midlife and old age, as well as the therapeutic strategies that can be used to help patients adapt to them
- ♦ Describe the etiology, course, and prevalence of major mental disorders in the elderly
- ♦ Explain the main techniques of psychological intervention in older adults with different mental disorders, as well as the latest recommendations according to scientific evidence
- ♦ Explain the characteristics of different physical health problems in the elderly and the psychological factors related to them
- ♦ Present the main techniques of psychological intervention in older adults with physical health problems, as well as the latest recommendations according to scientific evidence
- ♦ Discuss what is meant by successful aging and psychological intervention techniques that can be used to promote it

03

# Course Management

Given the complications that may arise when dealing with Psychological Intervention in the Elderly, TECH has entrusted the drafting of this Postgraduate Certificate to a highly specialized teaching staff in the field. Their own experience makes that the theoretical contents are revalued, combining the most recent scientific postulates with the most rigorous clinical practice, contributing to a complete update of the psychologist in this particular field.







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*You will have the completely personalized tutoring of a teaching staff committed to bringing you up to date in Psychological Intervention in the Elderly"*

## Management



### **Ms. Sánchez Padrón, Nuria Ester**

- ♦ Psychologist with experience in educational attention to children at risk, teaching and training.
- ♦ Degree in Psychology from the University of La Laguna
- ♦ Professional Master's Degree in General Health Psychology from the University of La Rioja
- ♦ Training in Emergency Psychological Care
- ♦ Training in Psychological Care in Penitentiary Institutions

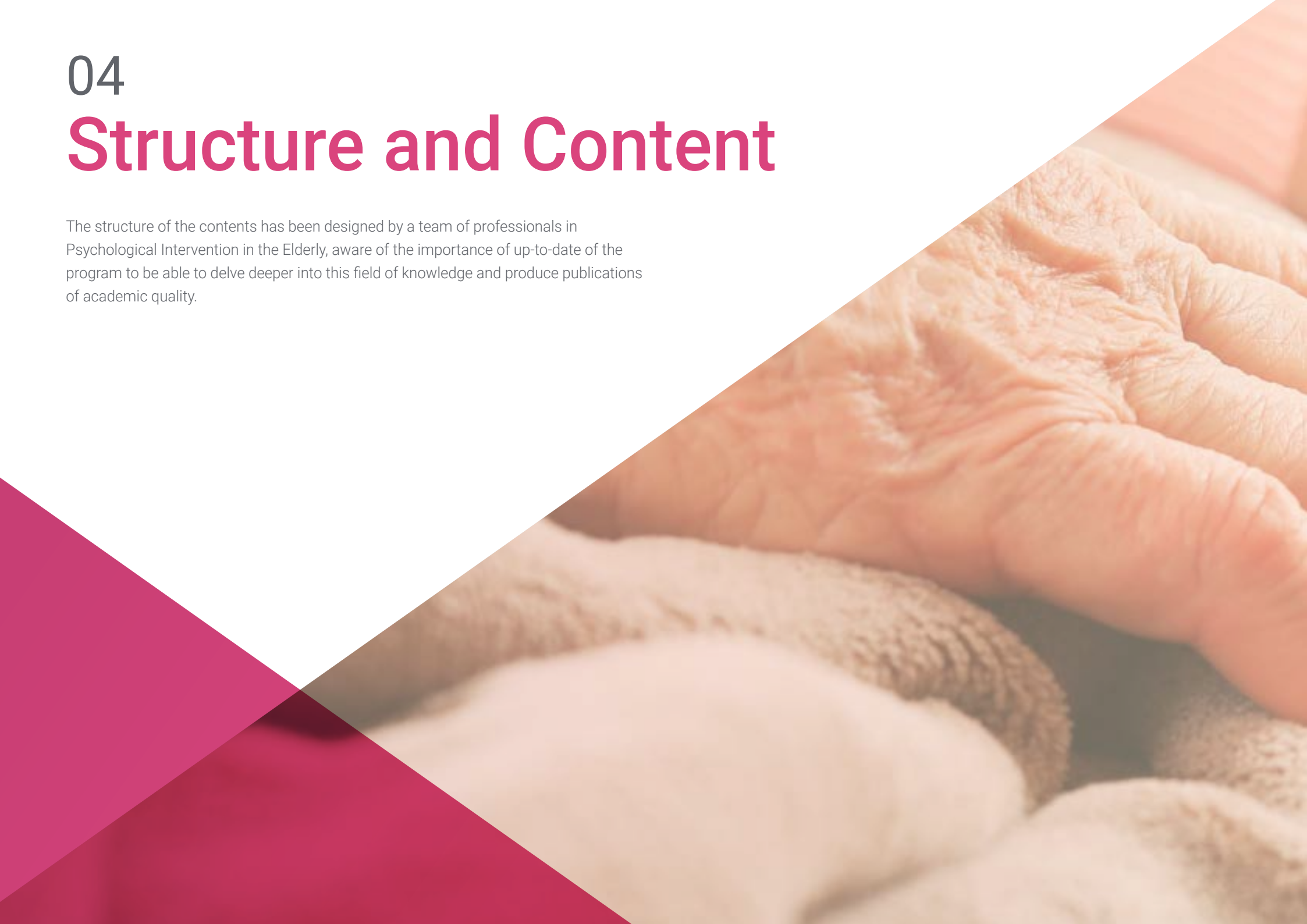




04

# Structure and Content

The structure of the contents has been designed by a team of professionals in Psychological Intervention in the Elderly, aware of the importance of up-to-date of the program to be able to delve deeper into this field of knowledge and produce publications of academic quality.



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*This Postgraduate Certificate in Psychological Intervention in the Elderly contains the most complete and up-to-date program on the market”*



## Module 1. Psychological Intervention in the Elderly

- 1.1. Psychogerontology
  - 1.1.1. Introduction to Psychogerontology
  - 1.1.2. Aging Population
  - 1.1.3. Psychosocial Models of Aging
  - 1.1.4. Therapeutic Skills for Assessment and Intervention with the Elderly
- 1.2. Transitions and Life Changes in Midlife and Aging
  - 1.2.1. Transitions and Life Changes: Features
  - 1.2.2. Transitions and Life Changes: Intervention Techniques
- 1.3. Intervention in Depressive Disorders in the Elderly
  - 1.3.1. Depressive Disorders in the Elderly: Etiology, Course, and Prevalence
  - 1.3.2. Depressive Disorders in the Elderly: Empirical Evidence
  - 1.3.3. Depressive Disorders in the Elderly: Psychological Intervention Techniques
- 1.4. Intervention in Anxiety Disorders in the Elderly
  - 1.4.1. Anxiety Disorders in the Elderly: Etiology, Course and Prevalence
  - 1.4.2. Anxiety Disorders in the Elderly: Empirical Evidence
  - 1.4.3. Anxiety Disorders in the Elderly: Psychological Intervention Techniques
- 1.5. Intervention in Sleep Problems in the Elderly
  - 1.5.1. Sleep Problems in the Elderly: Etiology, Course and Prevalence
  - 1.5.2. Sleep Problems in the Elderly: Empirical Evidence
  - 1.5.3. Sleep Problems in the Elderly: Psychological Intervention Techniques
- 1.6. Intervention in Neurocognitive Disorders in the Elderly
  - 1.6.1. Neurocognitive Disorders: Etiology, Course and Prevalence
  - 1.6.2. Neurocognitive Disorders: Empirical Evidence
  - 1.6.3. Neurocognitive Disorders: Psychological Intervention Techniques
- 1.7. Intervention in Chronic Pain in the Elderly
  - 1.7.1. Chronic Pain in the Elderly: Etiology, Course and Prevalence
  - 1.7.2. Chronic Pain in the Elderly: Empirical Evidence





- 1.7.3. Chronic Pain in the Elderly: Psychological Intervention Techniques
- 1.8. Intervention in Family Care for the Elderly
  - 1.8.1. Elderly Care: Physical Psychological and Social Consequences
  - 1.8.2. Elderly Care: Psychological Intervention Techniques.
- 1.9. Intervention in Nursing Homes
  - 1.9.1. Nursing Homes for the Elderly: Features and Problems
  - 1.9.2. Nursing Homes for the Elderly: Psychological Intervention Techniques
- 1.10. Promoting Successful Aging
  - 1.10.1. Successful Aging: Definition and Models
  - 1.10.2. Successful Aging: Psychological Intervention Techniques



*Our syllabus has been designed with teaching effectiveness in mind: so that you learn faster, more efficiently, and on a more permanent basis"*

# 05 Methodology

This 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 sustainable 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. 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, 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 assess 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 adapted in 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

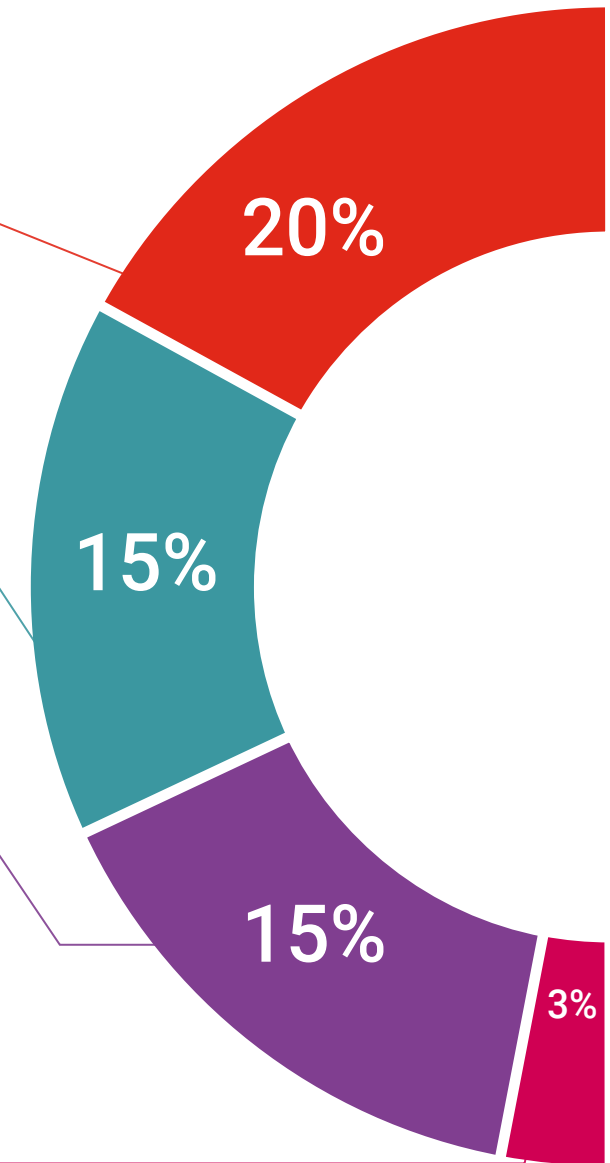
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

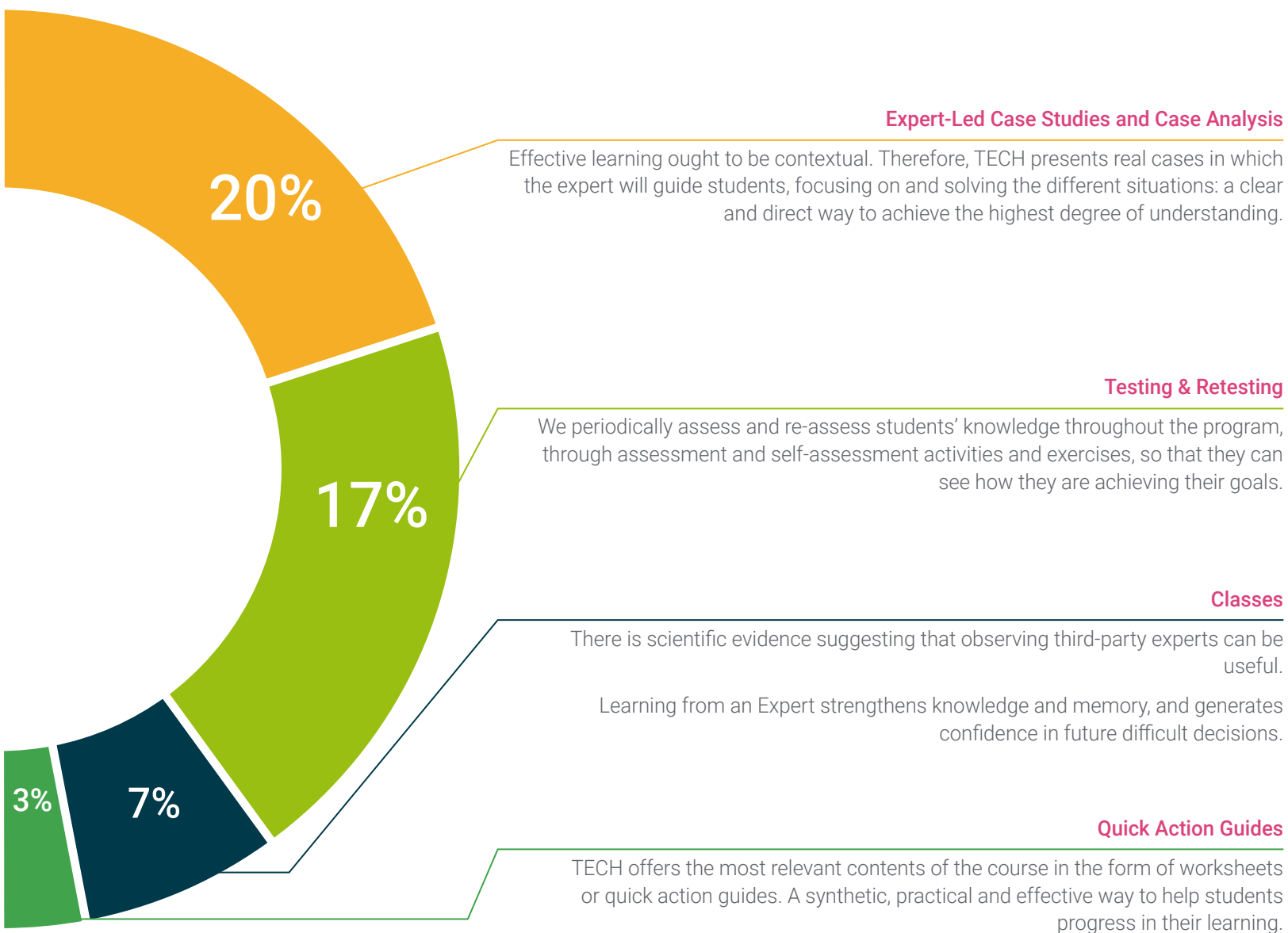


#### Additional Reading

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.







# 06 Certificate

The Postgraduate Certificate in Psychological Intervention in the Elderly guarantees you, in addition to the most rigorous and updated 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 **Postgraduate Certificate in Psychological Intervention in the Elderly** contains the most complete and up-to-date program on the market.

After passing the evaluation, the student will receive via tracked mail the corresponding **Postgraduate Certificate** issued by **TECH Global University**.

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

Title: **Postgraduate Certificate in Psychological Intervention in the Elderly**

ECTS: **6**

Official N° of Hours: **150 hours**.





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- » Schedule: at your own pace
- » Exams: online



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