

# Postgraduate Certificate

## Risk and Protective Factors in Suicidal Behavior



## Postgraduate Certificate Risk and Protective Factors in Suicidal Behavior

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/risk-protective-factors-suicidal-behavior](http://www.techtute.com/us/psychology/postgraduate-certificate/risk-protective-factors-suicidal-behavior)

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# 01

# Introduction to the Program

Suicide is a global public health problem, with more than 700,000 deaths per year according to the World Health Organization. This phenomenon is the result of the interaction of multiple factors, including psychological vulnerabilities, socioeconomic conditions and access to lethal methods. In this sense, understanding the risk and protective factors in Suicidal Behavior is fundamental to develop effective preventive strategies. For this reason, TECH has created a pioneering university program focused on Risk and Protective Factors in Suicidal Behavior. At the same time, it is taught in a convenient online mode that allows specialists to set their own schedules and pace of study.





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*Through this 100% online Postgraduate Certificate, you will design effective Suicide Prevention strategies that will contribute to optimize the overall well-being of patients in the long term”*

Suicide is preventable, but its approach requires comprehensive strategies that combine the identification of Risk Factors with the promotion of protective factors. Given this, the implementation of effective public policies, such as access to mental health care, restriction of lethal means and awareness campaigns, has been shown to reduce suicide rates in several countries. Therefore, it is essential that psychologists have a thorough understanding of the main variables that contribute to suicide and explore evidence-based prevention models, in order to contribute to the formulation of effective public health strategies.

In this context, TECH launches an innovative Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior. Prepared by experts in this area, the academic itinerary will delve into aspects ranging from the interpretation of self-injurious behavior in Greek mythology or the impact of this ideation in the visual narrative to the sensationalism in the media coverage of suicides. As a result, graduates will develop skills to identify Risk and Protective Factors, analyze the effects of media treatment on public perception and design highly effective preventive strategies.

On the other hand, this university program will be taught 100% online, without timetables or continuous evaluation schedules. Therefore, each graduate will have the opportunity to access the contents freely, according to their own availability and at any time of the 24 hours of the day. Likewise, for the assimilation of the most complex contents of this academic proposal, TECH will rely on disruptive methods such as Relearning.

This **Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Risk and Protective Factors in Suicidal Behavior
- ♦ 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 in the management of Risk and Protective Factors in Suicidal Behavior
- ♦ 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



*Manage the most up-to-date protocols for dealing with suicidal crises, integrating sophisticated containment techniques"*

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*You will implement early intervention approaches, strengthening support networks and promoting mental health in high-risk communities”*

It includes in its teaching staff professionals belonging to the field of Risk and Protective Factors in Suicidal Behavior, who pour into this program the experience of their work, in addition to recognized specialists from reference 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 an immersive learning experience designed to prepare for real-life situations.

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

*You will develop evidence-based preventive strategies aimed at reducing Suicidal Behavior in vulnerable populations.*

*Take advantage of all the benefits of the Relearning methodology, which will allow you to organize your time and study pace, adapting to your schedule.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

**The world's best online university, according to FORBES**

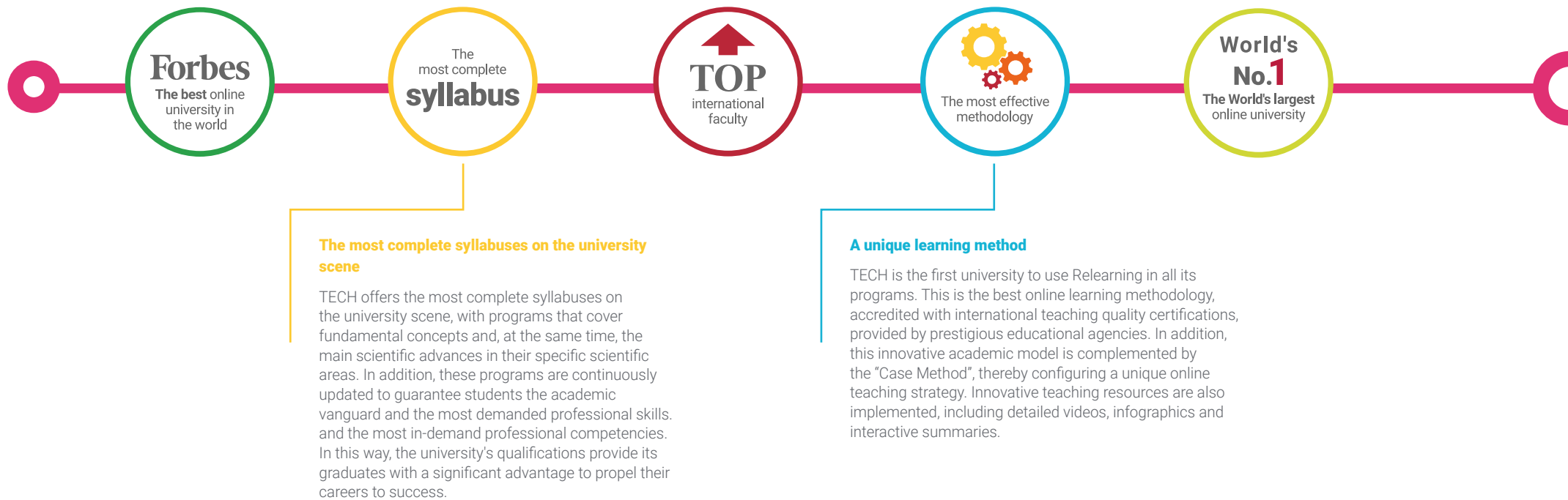
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



#### The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

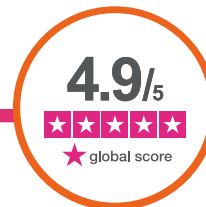
#### Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



#### Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



#### The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



# 03

# Syllabus

The didactic contents that are part of this curriculum have been conceived by true referents in the integral approach to Suicidal Behavior. Therefore, the didactic materials will delve into issues ranging from the mythology concerning self-injurious behaviors or artistic expressions of personal suffering to the Risk Factors and protection by gender. In this way, psychologists will gain a deeper and more nuanced understanding of the complexity of suicidal ideation, allowing them to approach the issue from multiple perspectives.



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*You will explore Protective Factors that reduce vulnerability to suicide, including resilience and access to mental health care”*

## Module 1. Suicide and the Humanities

- 1.1. Mythology around Suicide
  - 1.1.1. Suicide in Greek Mythology: Analysis of Characters such as Antigone and Ajax
  - 1.1.2. Suicide in the Norse Mythology
  - 1.1.3. Suicide and Fate in Egyptian Mythology: Conception of Death and Life after Death
  - 1.1.4. Interpretations of the Suicide in Oriental Mythology
- 1.2. Art and Suicide
  - 1.2.1. Representations of the Suicide in Classic Painting
  - 1.2.2. Suicide in Modern and Contemporary Art: Artistic Expressions of Personal Suffering and Distress
  - 1.2.3. Analysis of Suicidal Authors in the History of Art
  - 1.2.4. Impact of the Suicide in Visual Narrative
- 1.3. Literature and Suicide
  - 1.3.1. Suicide in Greek Tragedy: Analysis of Works such as "Antigone" and "Phaedra"
  - 1.3.2. Romanticism and Suicide: the Vision of the Suicide in Goethe's and Byron's Works
  - 1.3.3. Suicide in Contemporary Literature: Reflections on Modern Authors such as Sylvia Plath and David Foster Wallace
  - 1.3.4. Suicide in Poetry
- 1.4. Suicide through History and Cultures
  - 1.4.1. Suicide in Antiquity: Practices such as Seppuku in Japan and Euthanasia in Classical Greece
  - 1.4.2. Suicide in the Middle Ages: Considerations on Sin and Heresy
  - 1.4.3. Cultural Perspectives on Suicide Today: How Each Modern Culture Perceives Suicide
- 1.5. Suicide and Religion
  - 1.5.1. Suicide in Christianity: Religious Doctrines on the Sin of Suicide
  - 1.5.2. Islamic Perspectives on Suicide: Approach to Religion and Its Prohibition
  - 1.5.3. Buddhism and Suicide: Looking at Suffering and Self-Inflicted Death
  - 1.5.4. Eastern Religions and Voluntary Death
- 1.6. Suicide in the Press
  - 1.6.1. Sensationalism in the Media Coverage of Suicide
  - 1.6.2. Guidelines for Journalists in the Coverage of Suicide
  - 1.6.3. The Werther Effect and Papageno Effect in the Media
  - 1.6.4. The Impact of the Press on the Stigma of Suicide





- 1.7. Cinema and Suicide
  - 1.7.1. Representations of the Suicide in Classic Movies
  - 1.7.2. Suicide in Contemporary Cinema
  - 1.7.3. Suicide as a Narrative Element in Auteur Cinema
  - 1.7.4. Impact of the Cinema in the Social Perception of Suicide
- 1.8. Music and Suicide
  - 1.8.1. Song Lyrics that Address Suicide: Analysis of Emblematic Cases in University Musical Genres
  - 1.8.2. Suicidal Composers and Musicians: How the Personal Life of Some Musicians Is Reflected in Their Work
  - 1.8.3. Suicide in Classical Music
  - 1.8.4. Suicide in Contemporary Musical Culture
- 1.9. Prevention and Intervention in Suicidal Behavior by Gender
  - 1.9.1. Gender Differences in Suicidal Ideation and Behavior: Analysis of Epidemiological Data
  - 1.9.2. Gender-Specific Interventions
  - 1.9.3. Risk and Protective Factors by Gender: Biological, Psychological and Social Differences
- 1.10. Philosophy and Suicide
  - 1.10.1. Classical Positions on Suicide: Analysis of Socrates, Seneca and Other Ancient Philosophers
  - 1.10.2. Suicide as a Philosophical Problem in Existentialism: Analysis of Camus and Sartre
  - 1.10.3. The Ethical Debate on Suicide: Between the Right to Die and the Value of Life
  - 1.10.4. Contemporary Perspectives on Suicide in Moral Philosophy



*You will be able to identify Risk Factors associated with suicide, including substance abuse, family history and sociocultural factors”*

04

# Teaching Objectives

This Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior will provide psychologists with key skills to identify and address suicide prevention. Likewise, professionals will develop advanced skills to evaluate early Risk Factors such as family history or mental health problems. Also, graduates will manage state-of-the-art strategies to foster resilience in patients and design personalized interventions to significantly optimize their quality of life.







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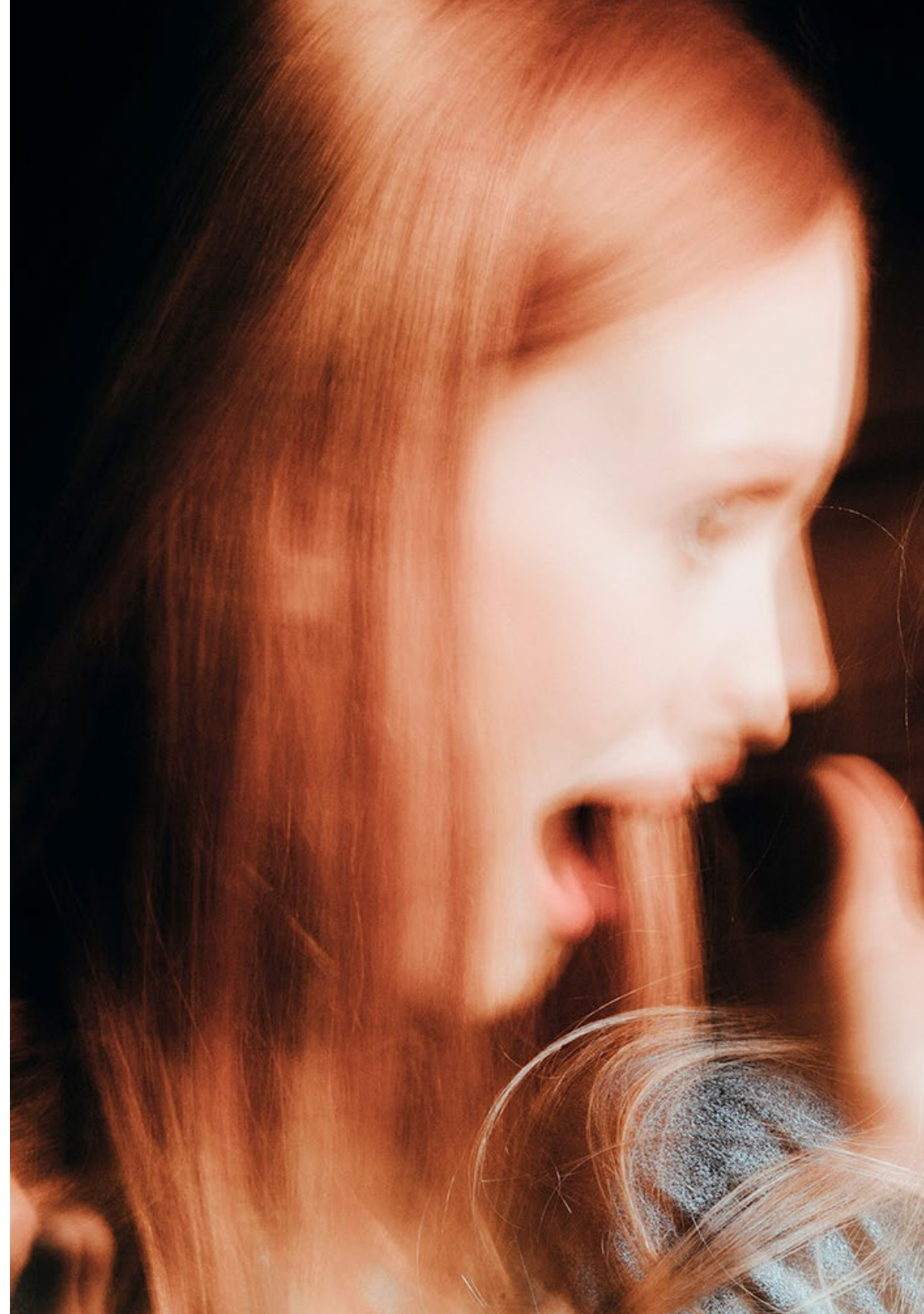
*You will understand Suicidal Behavior from a multidimensional approach, analyzing the biological, psychological and social factors that influence its development”*



## General Objectives

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- ♦ Delve into the risk factors, underlying causes, and warning signs of suicide, both at the individual and societal level
- ♦ Identify early signs of risk and apply effective interventions that prevent suicide in a variety of settings, including clinical, educational and community
- ♦ Delve into postvention support management, providing tools to help people affected by the suicide of a loved one
- ♦ Provide psychological care to patients with suicidal thoughts, using therapeutic approaches such as cognitive-behavioral therapy and other validated interventions
- ♦ Manage educational and preventive strategies to promote awareness and reduce stigma related to Suicide and Mental Disorders
- ♦ Master techniques to help families and communities cope with bereavement following suicide, promoting resilience and emotional well-being in those affected







### Specific Objectives

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- ♦ Analyze the representations of suicide in literature, art and philosophy
- ♦ Explore the cultural and symbolic meaning of suicide in different periods and contexts
- ♦ Evaluate the impact of religious and ethical beliefs on the perception of Suicide
- ♦ Delve into how Suicide has been interpreted in different societies throughout history



*Access the multimedia resources library and the entire syllabus from day one. No fixed schedules!"*



05

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.





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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*





### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”



## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.





## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

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

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"*

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

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

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

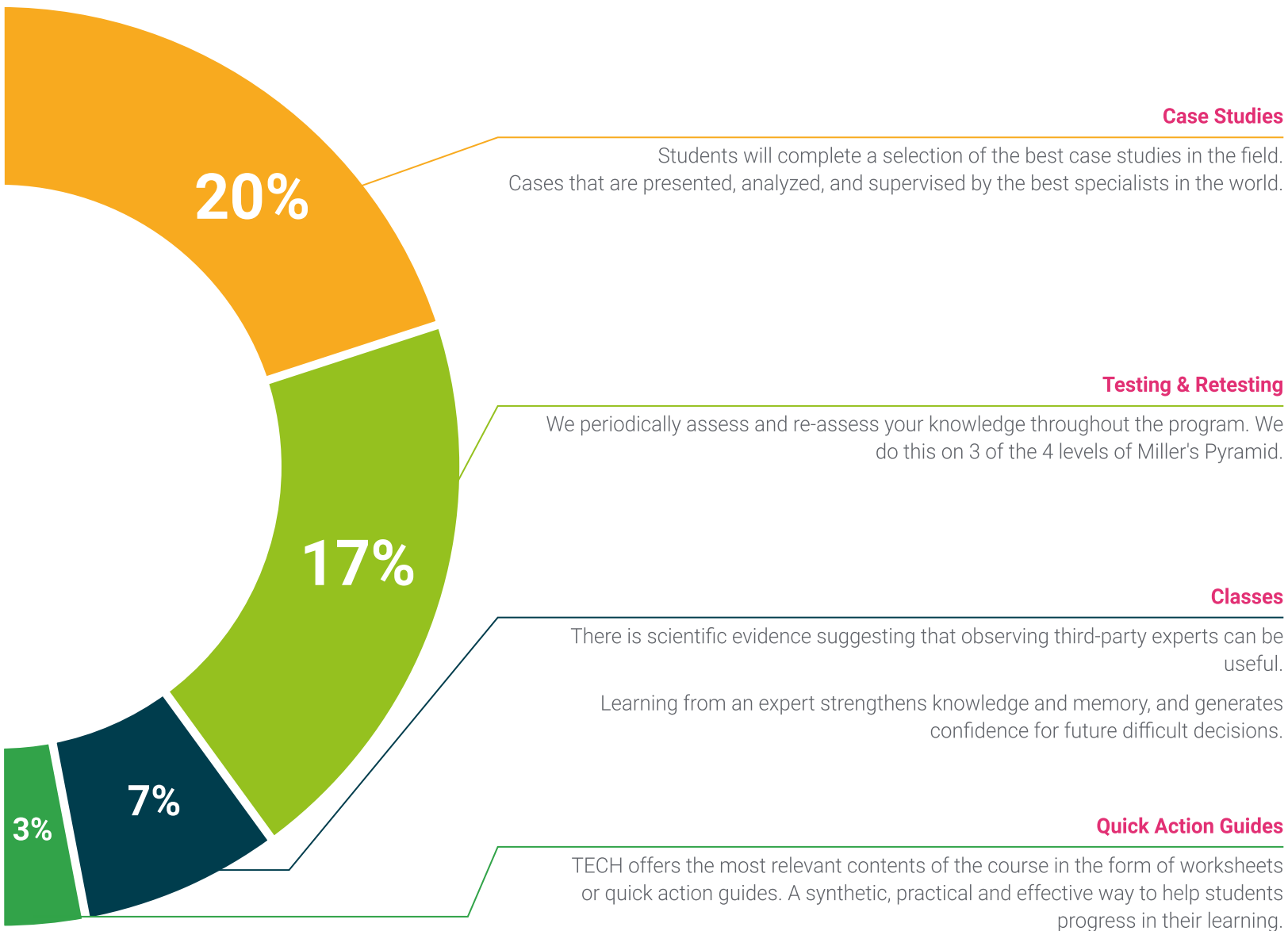


#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.







#### Case Studies



#### Testing & Retesting



#### Classes



#### Quick Action Guides



06

# Teaching Staff

TECH's priority is to make available to everyone the most practical, complete and up-to-date university programs on the academic market. To achieve this, it carefully selects its respective teaching staff. As a result of this process, this Postgraduate Certificate has the participation of the most outstanding specialists in the field of approaching Suicidal Behavior. These professionals have an extensive work background, where they have been part of renowned health institutions. In addition, they stand out for their solid knowledge on the early identification of risk factors for self-injurious behavior in different contexts.

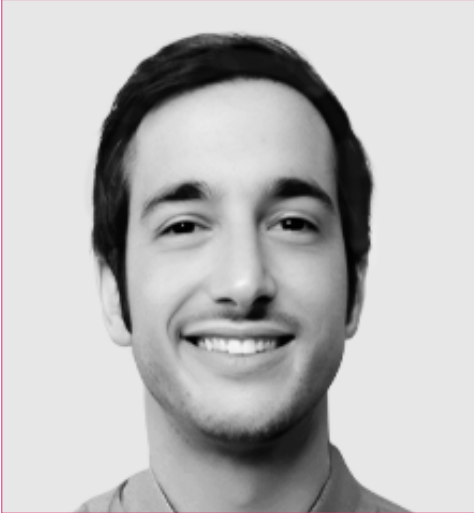


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*You will enjoy the individualized advice of the teaching team, made up of renowned experts in the field of Risk Factors and Protection in Suicidal Behavior”*



## Management



### Dr. Alberdi Páramo, Iñigo

- ♦ Area Specialist in Psychiatric Hospitalization Unit/Psychogeriatrics at the Institute of Psychiatry and Mental Health of the San Carlos Clinical Hospital
- ♦ Area Specialist in Outpatient Psychiatry Liaison Psychiatry and Specialized Service in Mental Health in Intellectually Handicapped at the University Hospital La Princesa
- ♦ Area Specialist of Psychiatry in CSM Chamberí - Carabanchel
- ♦ Author and co-author of numerous scientific articles and book chapters
- ♦ Professor in undergraduate and postgraduate university studies.
- ♦ Doctor in Medicine - Psychiatry by the Complutense University of Madrid
- ♦ University Specialist in Clinical and Psychoanalytic Psychotherapy by the Pontifical University of Comillas



## Professors

### Dr. Rodrigo Holgado, Irene

- ♦ Clinical Psychologist at the 12 de Octubre Hospital
- ♦ Clinical Researcher at Red Hygeia
- ♦ Specialist in Psychotherapy
- ♦ Master's Degree in Neuropsychology from the Open University of Catalonia
- ♦ Master's Degree in Advanced Nutrition and Dietetics from the TAGO Study Center
- ♦ Master's Degree in Women and Health from the Complutense University of Madrid
- ♦ Degree in Psychology from the Complutense University of Madrid

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*A unique, crucial and decisive learning experience to boost your professional development"*

07

# Certificate

This Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior guarantees, in addition to the most rigorous and up-to-date program, access to an Postgraduate Certificate diploma 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 private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University**, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Risk and Protective Factors in Suicidal Behavior**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





**Postgraduate Certificate**  
**Risk and Protective Factors**  
**in Suicidal Behavior**

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



# Postgraduate Certificate

## Risk and Protective Factors in Suicidal Behavior

