

Postgraduate Certificate

Couples Therapy





Postgraduate Certificate Couples Therapy

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

Website: www.techtitute.com/us/psychology/postgraduate-certificate/couples-therapy



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01

Introduction

The rise of relational problems and conflicts in couples has generated a growing demand for professionals specialized in Couples Therapy. According to data from the American Psychological Association (APA), about 50% of couples experience significant difficulties at some point in their relationship. In order to address this need, TECH has designed a program aimed at professionals in Psychology, who seek to be up-to-date in the latest advances in intervention techniques in couple dynamics, fostering communication, understanding and conflict resolution. The program is taught 100% online, using the innovative pedagogical methodology of Relearning, and provides flexibility in the organization of academic resources, allowing students to adapt their learning to their own needs and schedules.



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With this Postgraduate Certificate you will master the different approaches to Couples Therapy and the specific tools to address issues such as conflict, infidelity and jealousy"

Nowadays, couples face unique challenges due to the impact of stress and changing expectations on their relationships. A syllabus published in the Journal of Marriage and Family indicates that work stress, in particular, can negatively affect the quality of couples' relationships and increase the likelihood of conflict and breakup. Faced with these challenges, it is essential to have professionals trained in Couples Therapy who can help couples face and overcome the difficulties that may arise.

In this context, TECH has designed the Postgraduate Certificate in Couples Therapy which offers students the opportunity to bring up-to-date their academic foundations and specialized skills in psychological intervention in couple relationships. Throughout the program, students will analyze the formation and evolution of relationships, delving into attraction, falling in love and love. In addition, they will delve into attachment theory and how it influences couple relationships, as well as the different approaches to couple therapy and specific tools to address issues such as conflict, infidelity and jealousy.

This program is taught 100% online, which facilitates students' access to high quality learning without the need to travel. In addition, the Relearning methodology used in this program promotes active and participatory learning, encouraging the construction of knowledge through interaction and critical reflection. This pedagogical model allows students to review, question and transform their previous ideas and beliefs, achieving more meaningful and long-lasting learning.

This program also offers flexibility in organizing academic resources, which means that students can adapt their learning process to their own needs and schedules. With a wide variety of syllabus materials, practical activities and discussion forums, students can personalize their educational experience, thereby improving learning efficiency and satisfaction.

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Sexology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used 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



Personalize your educational experience and achieve more relevant and long-lasting learning thanks to the pedagogical methodology of Relearning"

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Delve with TECH into the evolution of couple relationships, from attraction to relationship milestones and challenges”

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

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

You will address the myths of romantic love and the most effective methods to manage them in the therapeutic process.

In 180 hours you will be able to master the most advanced techniques for psychological support during the breakup process.



02

Objectives

The Postgraduate Certificate in Couples Therapy seeks to provide an up-to-date and practical educational foundation in Couples Therapy. The program focuses on professionals who wish to master the latest postulates in therapeutic methods to effectively address the complexities and challenges that can arise in romantic relationships. This program offers a wide variety of theoretical and practical tools in this demanding area of Psychology, and is designed so that students can personalize their educational experience according to their needs and schedules.



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*Get ready to make a difference and
become a reference in your professional
career, through this 100% online program"*



General Objectives

- Obtain tools to be able to accompany cases related to difficulties related to sexuality
- Acquire skills to be able to share information about sexuality in a clear way
- Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- Describe the dynamics of couple relationships and factors that generate alterations in them
- Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- Gain in-depth knowledge of deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with the profession and that would undermine the therapeutic work





Specific Objectives

- Gain an in-depth knowledge of how couple bonds are formed
- Understand the functioning of attachment
- Learn how to deal with the most common couple difficulties
- Know how to approach transversal aspects to work on in couple relationships

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You will gain an in-depth understanding of the structure and dynamics of Couples Therapy and how to apply it effectively to improve the emotional and relational lives of your patients”

03

Course Management

This program has an exceptional teaching team composed of experts in the field of Psychology and Sexology, who bring their unique approaches and perspectives to enrich the students' learning experience. Each professor has extensive academic and professional experience in Couples Therapy, ensuring that students acquire the most up-to-date concepts in this area of study.



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Enrich your view of Couples Therapy with each teacher's unique perspective and approach, fostering a more diverse and comprehensive learning experience”

International Guest Director

Dr. Paola Zamperini has a long career as a researcher and educator in the area of **Gender and Sexuality**. Furthermore, in her PhD she specialized in **Chinese Literature** and Women's and **Gender Studies** at the University of California at Berkeley. With this interdisciplinary approach, she maintains a keen interest in creating learning environments marked by feminist and **Queer theory**, while delving into Chinese and East Asian cultural traditions.

After joining the Department of Asian Languages and Cultures at Northwestern University, she has served as **Associate Director of the Gender and Sexuality Program** at Northwestern. As a professor, she has taught introductory courses on **sexuality studies, sexual subjects** and **traditions of feminist thought**. In the field of Asian cultures, she has focused on pre-modern Chinese literature, fashion theory and history, Buddhist literary cultures in East Asia, contemporary Chinese fiction, film and popular culture.

With her commitment to demonstrating the relevance of China studies to society and politics, Dr. Paola Zamperini has worked in Europe, developing intellectual and research connections with leading sinological centers. In this regard, she has collaborated as a mentor for undergraduate and graduate students at the **Center for Asian and Transcultural Studies**, which is considered the leading Asian studies center in Europe at the University of Heidelberg in Germany.

Also throughout her career she has written and published numerous books and articles on **representations of prostitution, female suicide, fashion theory and history, and spiritual resonance**. She has also related many of these topics to Chinese literature and culture.



Dr. Zamperini, Paola

- Associate Director of the Gender and Sexuality Program at Northwestern University, United States
- Director of the Department of Asian Languages and Culture, Northwestern University
- Associate Professor of Asian Languages and Civilizations at Amherst College
- Researcher and Mentor at the Center for Asian and Transcultural Studies at the University of Heidelberg, Germany
- Ph.D. in Chinese Literature and Women's and Gender Studies from the University of California at Berkeley
- Graduate in Chinese Language and Literature from Ca' Foscari University, Venice

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

Management



Ms. Ramos Escamilla, María

- Sexologist and Couple Therapist
- Director of Destino Kink
- Degree in Psychology from the Complutense University Madrid
- Master's Degree in Sexology, Sex Education and Sexological Counseling by Camilo José Cela University

Professors

Ms. Rodríguez Sastre, Laura

- Psychologist, Sexologist and Specialist in Sex and Couple Therapy
- General Health and Emergency, Crisis and Catastrophe Psychologist
- Psychologist in Psychology and Sexology Office



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Structure and Content

The syllabus of this Postgraduate Certificate addresses relevant topics to provide students with an up-to-date understanding of Couples Therapy. Throughout the syllabus, students will delve into aspects such as attachment, the structure and dynamics of therapy, conflict management, infidelity, jealousy and couple breakup, among others. The Relearning pedagogical methodology is used to encourage critical reflection and active and participatory learning, allowing students to personalize their educational experience and achieve more relevant and long-lasting learning. In this way, the construction of knowledge is encouraged through interaction, questioning and transformation of previous ideas.



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A syllabus with which you will delve into the ethical and deontological implications in Couples Therapy and how to address them effectively"

Module 1. Couples Therapy

- 1.1. Development of Couple Relationships
 - 1.1.1. Defining Elements
 - 1.1.2. Structure of the Couple
- 1.2. Evolution of Couples Relationships
 - 1.2.1. Search and Attraction
 - 1.2.2. Falling in Love
 - 1.2.3. Love
 - 1.2.4. Relationship Milestones
- 1.3. Attachment and Couples Relationships
 - 1.3.1. Attachment System Formation
 - 1.3.2. Secure Attachment
 - 1.3.3. Anxious Attachment
 - 1.3.4. Avoidant Attachment
- 1.4. Couples Therapy
 - 1.4.1. Features
 - 1.4.2. Indications and Contraindications for Couples Therapy
 - 1.4.3. Basic Principles
 - 1.4.4. Aspects to be Considered
- 1.5. Structure of Couples Therapy
 - 1.5.1. Different Approaches
 - 1.5.2. Initial Interviews
 - 1.5.3. Establishment of Hypotheses and Return
 - 1.5.4. Intervention
 - 1.5.5. Follow-up and Contract Creation
- 1.6. Some Tools in Couples Therapy
 - 1.6.1. Myths of Romantic Love
 - 1.6.2. Positive Exchanges
 - 1.6.3. Leisure Time Management
- 1.7. Conflict Management in Couples
 - 1.7.1. Introduction to Conflict Theory
 - 1.7.2. Factors that Influence Couple Conflict
 - 1.7.3. Defence Mechanisms
 - 1.7.4. Identification of Couples' Problems
 - 1.7.5. Negotiation Strategies
- 1.8. Infidelity
 - 1.8.1. Definition
 - 1.8.2. Etiology and Epidemiology
 - 1.8.3. Myths and Realities in Infidelity
 - 1.8.4. Specific Aspects to Assess and Work on
 - 1.8.5. Ethical and Deontological Implications
- 1.9. Jealousy Management
 - 1.9.1. Definition
 - 1.9.2. Differences Between Jealousy as an Emotion and Celotipia
 - 1.9.3. Specific Aspects to Assess and Work on
- 1.10. Couple's Breakup
 - 1.10.1. Accompanying the Breakup Process
 - 1.10.2. Reactions to the Breakup
 - 1.10.3. Love Mourning
 - 1.10.4. Traumatic Breakup
 - 1.10.5. Legal Proceedings



Enroll now and improve your intervention and critical thinking skills to deal with the complexities of love relationships today"



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. Gérvás, 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 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

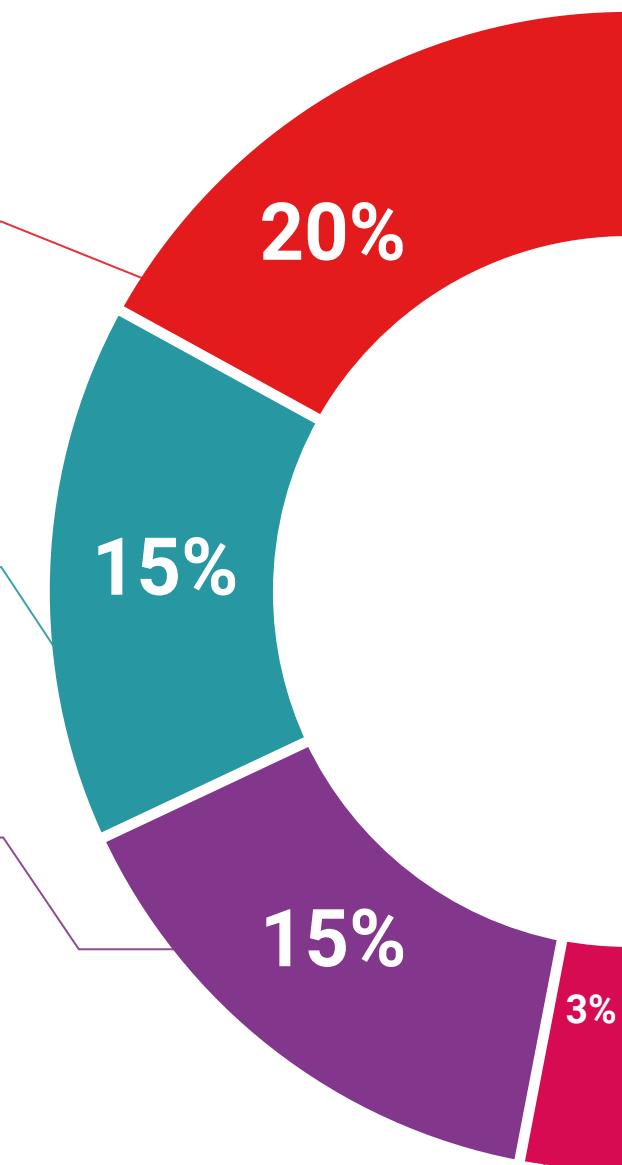
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

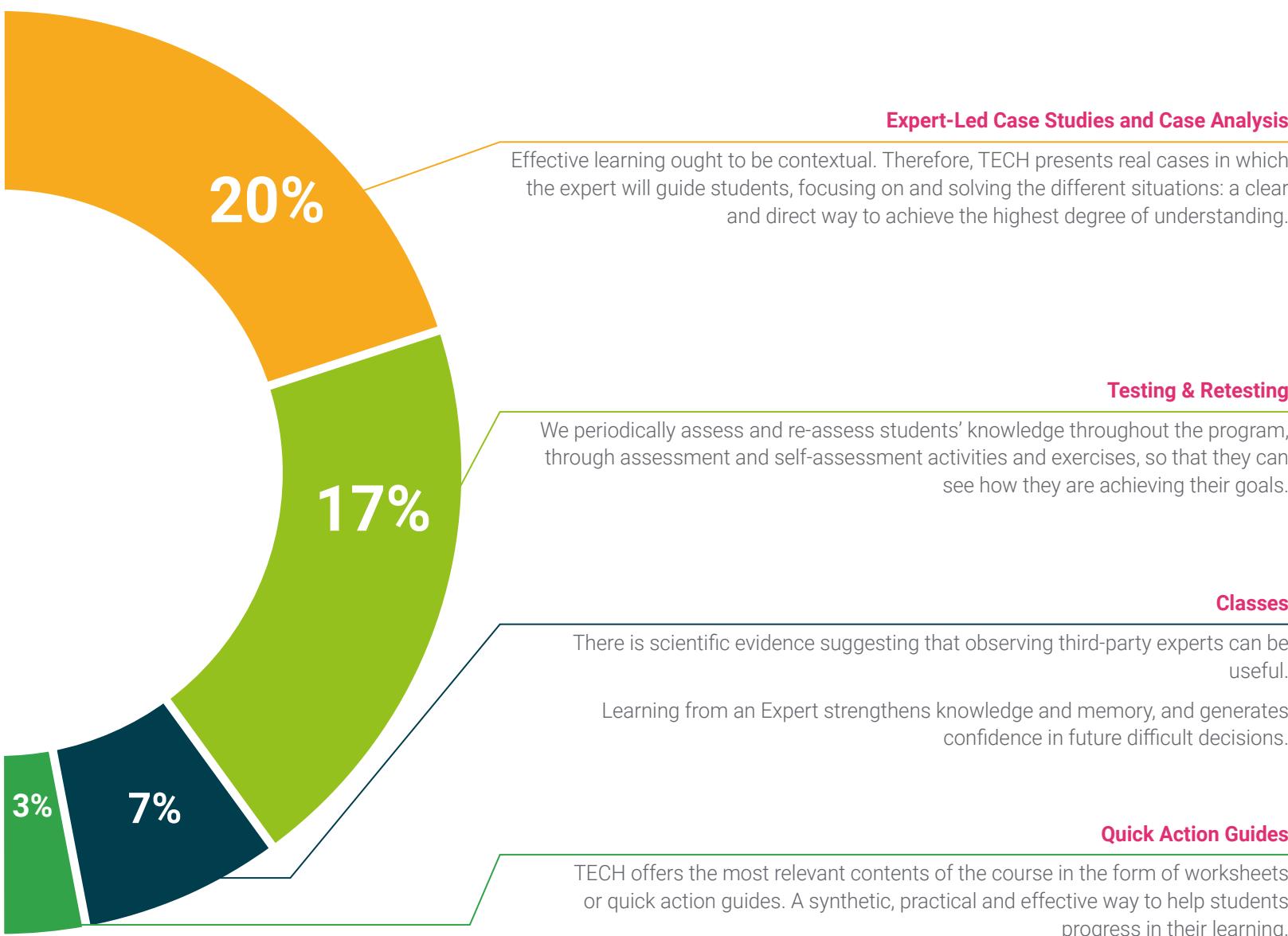
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





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Certificate

The Postgraduate Certificate in Couples Therapy 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 Couples Therapy** 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 Couples Therapy**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





Postgraduate Certificate Couples Therapy

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Postgraduate Certificate

Couples Therapy

