

Postgraduate Certificate

Daily Life Stress In the Elderly





Postgraduate Certificate

Daily Life Stress In the Elderly

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

Website: www.techtitude.com/us/psychology/postgraduate-certificate/daily-life-stress-elderly

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01

Introduction

It is essential that you know that in the coming decades old age will be reached later and later, and in very favorable conditions for psychological help.. Very soon there will be a need for numerous specialists who are experts in the assessment and intervention of this group known as the elderly, from a clinical psychology and psychotherapy point of view.



“

Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the specialty to be able to perform a quality psychological praxis”

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

Knowing the history of the individual is fundamental whatever the age group we are working with, but in old age it is essential, not only as a source of knowledge to be able to intervene, but also as the end of the intervention itself. This Postgraduate Certificate is unique in that it preserves the elderly from the vicissitudes of daily life and the stresses it incorporates.



Expand your knowledge through the Postgraduate Certificate in Daily Life Stress In the Elderly, in a way that is both practical and adapted to your needs"

This **Postgraduate Certificate in Daily Life Stress In the Elderly** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Clinical cases presented by experts in the different specialties
- ♦ The graphic, schematic, and practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ New developments in the assessment and performance of the expert's report
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations
- ♦ With special emphasis on evidence-based psychology and research methodologies in Psychology
- ♦ All this will be complemented by 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

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This Postgraduate Certificate is the best investment you can make when selecting an up-to-date program for two reasons: in addition to updating your knowledge in the Daily Life Stress In the Elderly, you will obtain a qualification from TECH Global University"

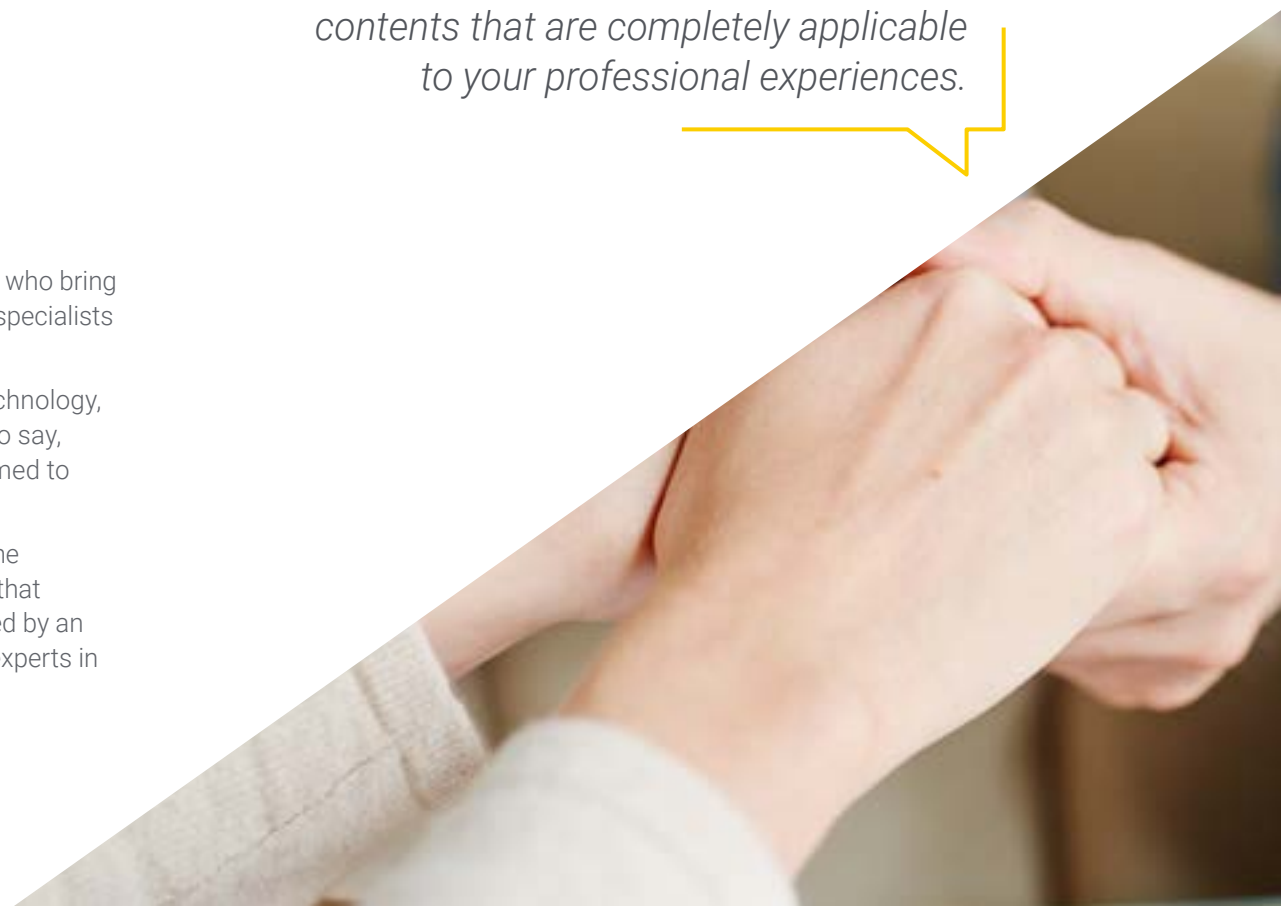
The program includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the psychologist's clinical practice.

The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences.

Its teaching staff includes health professionals from the field of psychology, who bring their work experience to this Postgraduate Certificate, as well as renowned specialists belonging to leading scientific societies.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, through which the psychologist must try to solve the different professional practice situations that arise during the Postgraduate Certificate. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master in a practical and rigorous way the Daily Life Stress In the Elderly.



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This program will provide you with the skills to carry out your psychological praxis with confidence and will help you to grow both personally and professionally”



General Objectives

- Provide the student with the knowledge of the stress of daily life in stress
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Identify mental flexibility in the face of life's adversity
- Evaluate antidotes to stressors in aging



Make the most of the opportunity and take the step to get up to date on the latest developments in Daily Life Stress In the Elderly"





Specific learning objectives of each module:

- ♦ Have the ability to include occupational therapy and psychomotor skills in all intervention protocols
- ♦ Understand the elderly brain
- ♦ Gain mediation and negotiation skills on benign aspects that are overvalued in the elderly
- ♦ Reposition the therapy towards a regressive and not so much progressive direction in the patient's mental timeline
- ♦ Gain knowledge of the mutations and new types of illness at this age
- ♦ Recognize the emotional withdrawal of elderly patients and allow their expression in a supportive environment
- ♦ Elaborate life histories as the objective of treatment in old age and not as a tool as is done in other age groups
- ♦ Learn intervention tools that use the patient's senses as a setting



03

Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.



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*Learn the latest advances in the
Daily Life Stress i in the Old Age
from leading professionals"*

International Guest Director

Dr. Abby Altman is a renowned **Psychologist** specialized in **Anthropology** and **Philosophy**. Her line of work focuses on providing personalized therapeutic plans to patients with conditions such as **Cognitive Impairment** or **Dementia** in order to optimize their long-term quality of life.

Her passion for integrating **behavioral health** into primary care has led her to lead important programs focused on **mental wellness**. One example is **iCBT**, which promotes **neurological resilience**. In addition, during her career, she has held strategic roles such as the **Director of Brain Support and Wellness Services** at Brigham and Women's Hospital in Massachusetts.

Moreover, her leadership skills in healthcare settings have allowed her to contribute to the comprehensive training of specialists. In this way, she has contributed to physicians developing a **multidisciplinary approach** based on behavioral change.

It should be noted that her work has been recognized internationally on multiple occasions. One of his main contributions is the **digital approach** in the field of **Geriatric Psychotherapy**. In this way, she has received a variety of awards for her work in improving access to mental health and the use of **motivational interviewing** to promote behavior change in users.

Firmly committed to progress in this area, she has balanced this work with her role as a **Clinical Researcher**. As such, she has conducted multiple exhaustive analyses on topics such as loneliness, behavioral patterns or the adaptation of **Cognitive-Behavioral Therapies**.

She is also a member of the **Motivational Interviewing Trainers Network**. In this organization she participates in the design of educational programs and didactic materials of this technique for different contexts, from Primary Care to Addictions management.



Dr. Altman, Abby

- Co-director of Neurological Wellness at Brigham and Women's Hospital in Boston, United States
- Geropsychologist at Brigham and Women's Hospital
- Clinical Leader, iCBT program at Brigham and Women's Hospital
- Psychologist at Brigham and Women's Hospital
- Director of Psychology Education at Brigham and Women's Hospital
- Subject Matter Expert at Inflect Health Advisory
- Assistant Project Coordinator at Boston VA Research Institute
- Clinical Psychology Intern at Bay Pines VA Healthcare System
- Behavioral Specialist at Eldercare Assessment & Resources
- Ph.D. in Philosophy at Lehigh University

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

Management



Dr. Anasagasti, Aritz

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



Dr. Aguado Romo, Roberto

- Psychologist specializing in Clinical Psychology
- European Specialist Psychologist in Psychotherapy from the EFPA
- President of the European Institute of Time-Limited Psychotherapies
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology from the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of Basic Psychology Course at National Distance Education University (UNED)

Professors

Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the T.E.N. technique
- ♦ Head of studies on the master's degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Kaisser, Carlos. M.D

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

Ms. Casado, Maria

- ♦ Health Psychologist
- ♦ Specialist in Family and Couple Intervention in the Spanish Police Confederation in Madrid
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology

Dr. Martínez-Lorca, Manuela

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

Ms. Roldan, Lucia

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

Ms. Soria, Carmen

- ♦ European specialist psychologist in Psychotherapy at the Spanish Police Confederation Health Center, Madrid
- ♦ Head of Psychosocial Unit
- ♦ Health Psychologist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in chronic patients
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Otero, Veronica

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

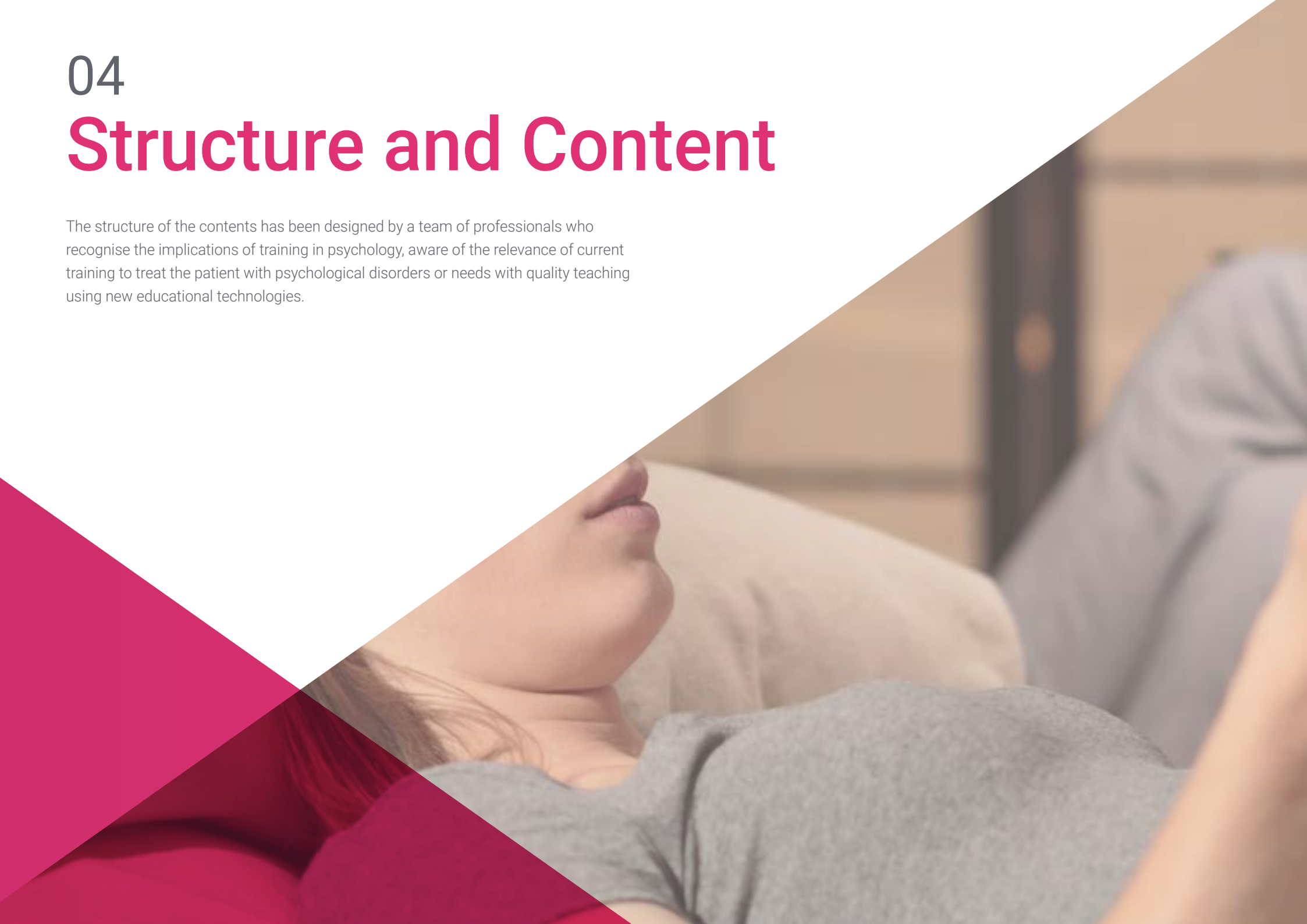
Dr. Zabala-Baños, M^a Carmen

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

04

Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in psychology, aware of the relevance of current training to treat the patient with psychological disorders or needs with quality teaching using new educational technologies.



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This Postgraduate Certificate in Daily Life Stress In the Elderly contains the most complete and up-to-date scientific program on the market”

Module 1. Health in Old Age

- 1.1. Review of the Dimensions of Health
- 1.2. Mental and Emotional Health
 - 1.2.1. Conserving Time and Space Relationship
 - 1.2.2. Maintaining Short-Term Memory
- 1.3. Habits and Cognitive Style
- 1.4. Emotional Schemes
- 1.5. Basic Needs Met
- 1.6. Resilience
- 1.7. Preservation of the Biography
- 1.8. Mental Flexibility and Sense of Humor
- 1.9. Physical Health
 - 1.9.1. Addiction
 - 1.9.2. Chronic Diseases
 - 1.9.3. History of Disease/Illness
- 1.10. Past Assisted Care
- 1.11. Stress Level
- 1.12. Social Health





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

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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

At TECH 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. 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 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

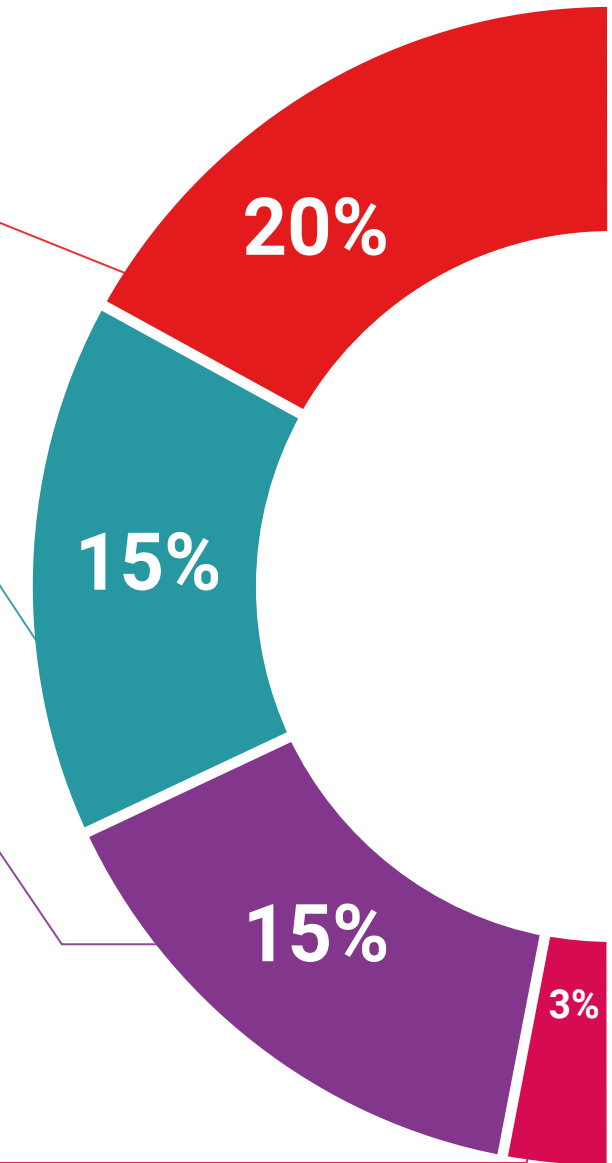
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

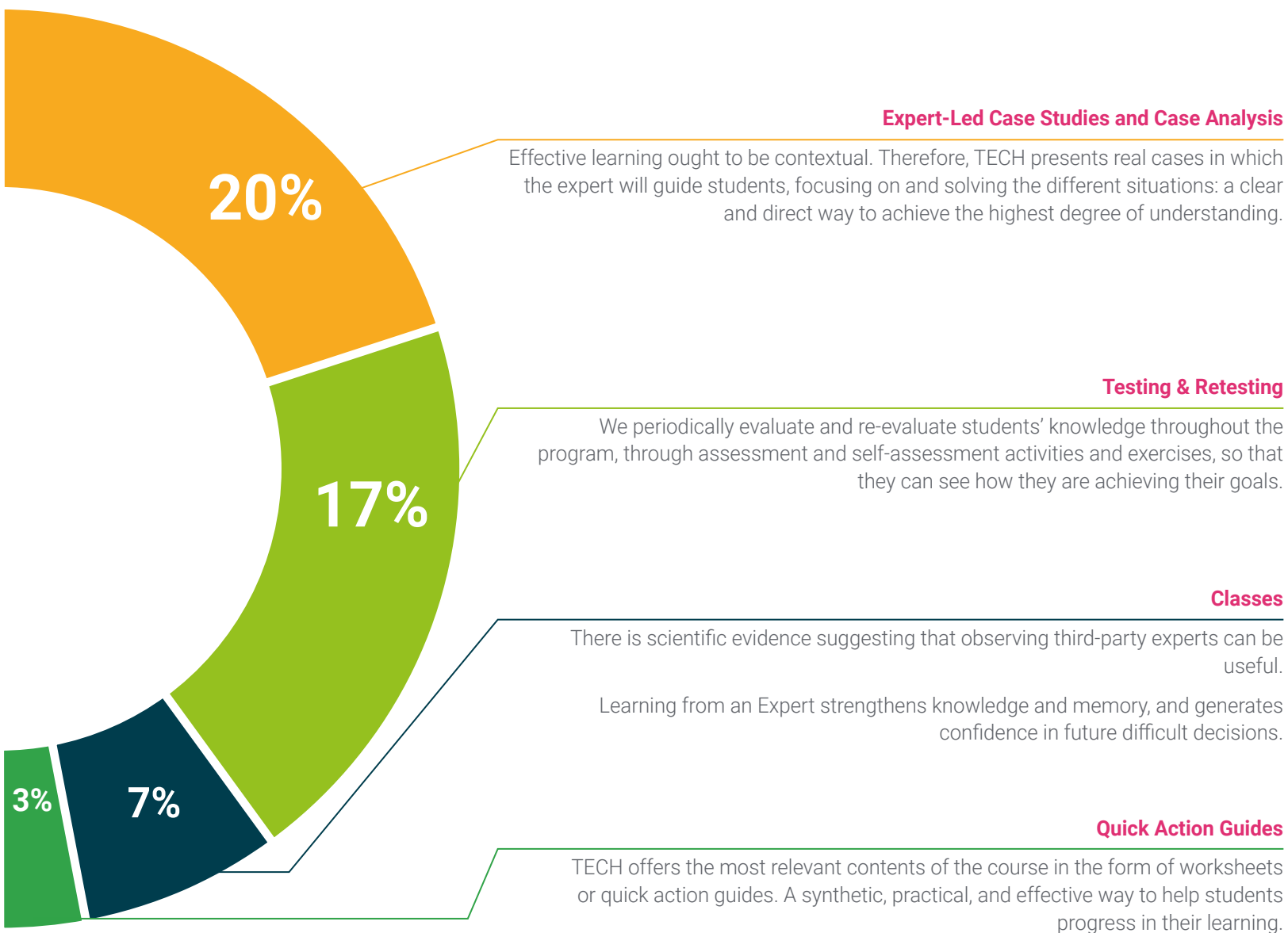
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





06 Certificate

The Postgraduate Certificate in Daily Life Stress In the Elderly guarantees students, in addition to the most rigorous and up-to-date education, access to a Diploma 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 Daily Life Stress In the Elderly** 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 2403. 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 Daily Life Stress In the Elderly**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**





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