

# Postgraduate Diploma Health Psychology



## Postgraduate Diploma Health Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-health-psychology](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-health-psychology)

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# 01

# Introduction

Learn the main psychological techniques for health promotion and prevention of the main physical health problems, from psychologists with extensive experience in the sector. A unique opportunity to give your career the boost it needs and specialize in Health Psychology.



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*A deep and comprehensive dive into strategies and approaches in Health Psychology”*

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 Diploma provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in the health field. 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 evaluations 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 also 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 think and 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 Diploma in Health Psychology** contains the most complete and up-to-date program on the market. Its most notable features are:

- ◆ The development of 100 practical case studies presented by experts in 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
- ◆ New developments 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".*

“

*Learn about Health Psychology and its multiple implications, in a comprehensive Postgraduate Diploma created to propel you to another professional level”.*

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

Its multimedia content, developed with the latest educational technology, will enable the professional to contextual and situated learning, i.e., a simulated environment that will provide immersive learning  
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 psychologist by updating your knowledge through this Postgraduate Diploma.*

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



# 02

# Objectives

This program is oriented toward the psychologists in the field of health care, so that they can acquire the necessary tools to develop in the specific field, knowing the latest trends and delving into those issues that make up the forefront of this area of knowledge. Researchers will only be able to carry out their objectives successfully if they are adequately prepared.







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



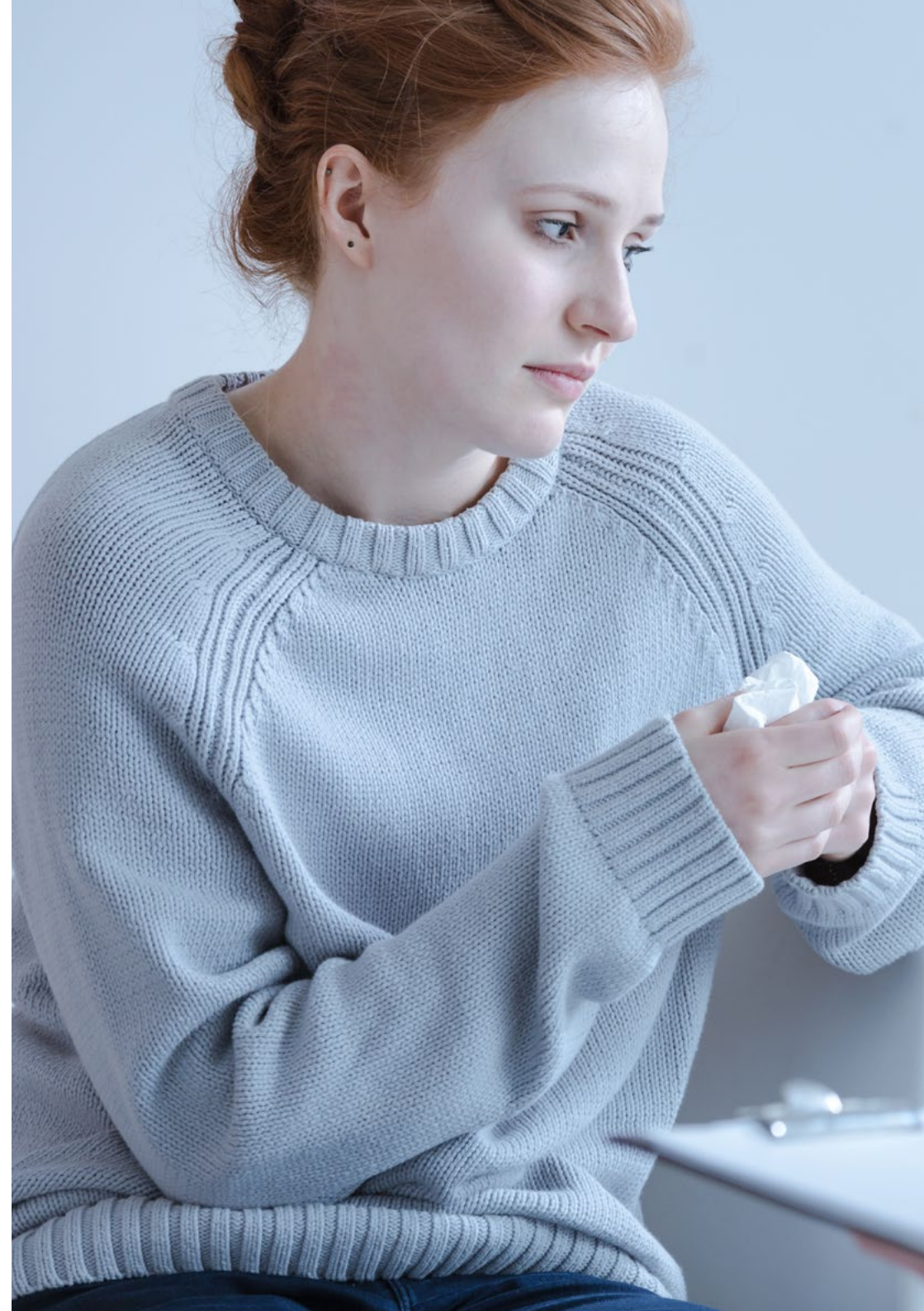
### General Objective

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- ◆ Enable professionals qualified to perform in Health Psychology, according to current legislation, in 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 Diploma is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector”*





## Specific Objectives

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### Module 1. Scientific and Professional Foundations of Psychology

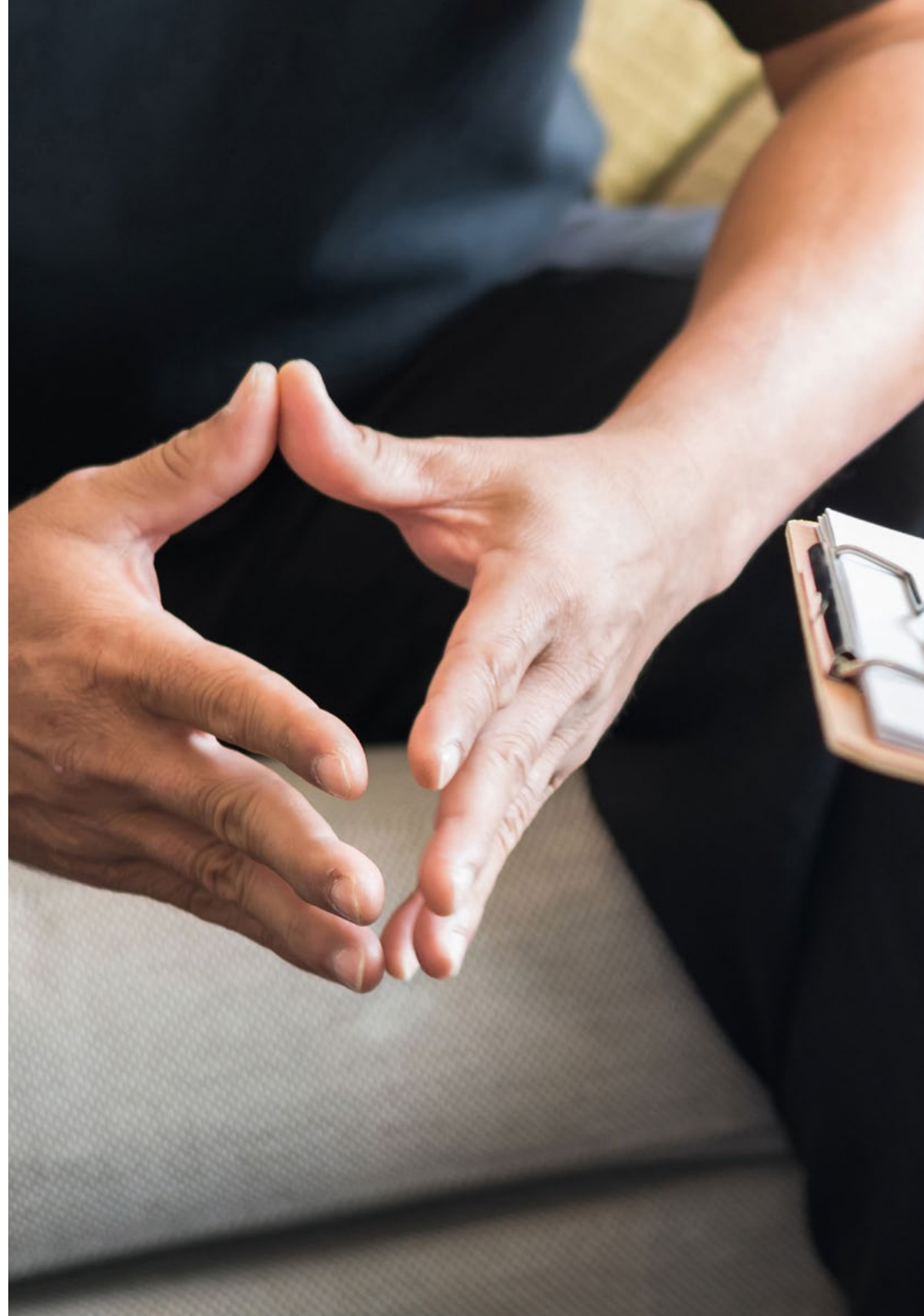
#### General Health Psychology

- ◆ Understand the definition and characteristics of Clinical and Health Psychology, its historical background and its relationship with other disciplines
- ◆ Know the legal framework that regulates the practice of General Health Psychology in Spain and other countries, as well as the main controversies
- ◆ Study ethical and deontological standards in the practice of both the health profession and research, with emphasis on data protection obligations
- ◆ Provide a biopsychosocial perspective on health problems and comment on the theories that explain the relationship between psychological factors and health status
- ◆ Detail the different explanatory theories of stress and its impact on health and disease in individuals
- ◆ Understand the importance of interprofessional communication in General Health Psychology and to detail how it is carried out and the health care settings in which it is most frequently performed
- ◆ Know the main models of psychopathology and the current classification systems and understand their usefulness for health psychology
- ◆ Describe what evidence-based clinical practice consists of, the benefits it provides, the methodology it uses, the skills needed to develop it, and its limitations and future challenges

- ◆ Discover how outcome assessment and evaluation of the therapeutic process is carried out
- ◆ Delve into the phases of the research process in psychology and the different research designs that can be used
- ◆ Present the main ways of applying new technologies to psychological intervention, as well as their main advantages and disadvantages.

### Module 2. Skills and Techniques of a General Health Psychologist

- ◆ Understand the importance of the therapeutic relationship in the practice of health psychology and the factors that help to establish it
- ◆ Explain the different phases of the therapy process and the main obstacles that may be encountered in each one
- ◆ Know the skills necessary for practising General Health Psychology, especially communication and listening skills
- ◆ Mention the most feared scenarios of the therapy process and the most frequent mistakes made by psychologists and propose concrete strategies for dealing with them
- ◆ Possess working knowledge of the different therapeutic orientations in Psychology and acquire an attitude of respect towards the knowledge and techniques coming from each one of them
- ◆ Understand the contribution of psychodynamic, phenomenological-existential and humanistic models to General Health Psychology
- ◆ Understand the contribution of cognitive-behavioral, contextual, and systemic models to General Health Psychology and their main techniques
- ◆ Identify the benefits of positive psychology in promoting and improving health status of individuals.





### Module 3. Health Promotion and Prevention in Health Psychology

- ◆ Apply concepts related to health prevention and promotion applied to individual's physical and mental health
- ◆ Study the levels of prevention and preventive models applied to physical and mental health
- ◆ Discover the main psychological techniques for promoting health and preventing the main physical health problems
- ◆ Gain knowledge about the levels of prevention and preventive models applied to mental health
- ◆ Specify the main psychological techniques for preventing stress and promoting healthy lifestyles
- ◆ Teach the main psychological techniques for promoting health and preventing the main mental problems and disorders
- ◆ Identify the characteristics of prevention and health promotion in crises and emergencies

03

# Course Management

To guarantee the highest quality of content and an eminently practical approach, TECH has relied on a teaching staff with extensive experience in General Health Psychology. This allows an approach that combines the theoretical vanguard in the psychological field with the clinical experience in the most current techniques of general health psychology, allowing the specialist a much deeper and rigorous update.





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*You will be able to count on the help of a teaching staff that has first-hand knowledge of the most current health psychology reality”*

## Management



### **Dr. 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
- 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 Health Psychology, who are conscious of the importance of up-to-date education in order to delve deeper into the field of knowledge and produce publications of academic quality.





“

*This Postgraduate Diploma in Health Psychology contains the most complete and up-to-date program on the market”*

## Module 1. Scientific and Professional Foundations of General Health Psychology

- 1.1. Clinical and Health Psychology
  - 1.1.1. BORRAR
  - 1.1.2. Clinical Psychology
  - 1.1.3. Health Psychology
- 1.2. Legal Framework for Psychology as a Health Profession
  - 1.2.1. History of Health Psychology in Spain
  - 1.2.2. Current Legislation of Health Psychology in Spain
  - 1.2.3. Controversies and Future Challenges in Health Psychology
- 1.3. Ethical and Deontological Aspects of Health Psychology
  - 1.3.1. Basic Concepts of Ethics and Deontology
  - 1.3.2. Ethical-Deontological Aspects of Psychology as a Scientific Discipline
  - 1.3.3. Ethical-Deontological Aspects of Psychology as a Scientific Discipline
  - 1.3.4. Data Protection in Psychology
- 1.4. Health: Conceptualization and Models
  - 1.4.1. Conceptualization of Health
  - 1.4.2. Health Models
  - 1.4.3. Theories of Behavior and Health
- 1.5. Stress and Psychosocial Factors in the Health-Disease Process
  - 1.5.1. Theories of Stress
  - 1.5.2. Relationship between Stress and Disease
  - 1.5.3. Personality and Health
- 1.6. Interprofessional and Health Outcomes Communication
  - 1.6.1. Psychosocial Rehabilitation
  - 1.6.2. Health Care from the Community and Hospital Settings
  - 1.6.3. Results Communication
- 1.7. Diagnostic Classifications: Basic and Differential Aspects
  - 1.7.1. Concepts and Models in Psychopathology
  - 1.7.2. Diagnostic Classifications in Psychopathology
  - 1.7.3. New Classification Systems in Psychopathology

- 1.8. Fundamentals of Evidence-Based Clinical Practice and Evidence-Based Evaluation
  - 1.8.1. Introduction to Evidence-Based Clinical Practice
  - 1.8.2. Evidence-Based Clinical Practice Methodology
  - 1.8.3. Evidence-Based Psychology
- 1.9. Evidence-Based Psychological Treatments
  - 1.9.1. History of Effectiveness Evaluation
  - 1.9.2. Clinical Practice Guidelines
  - 1.9.3. Limitations and Challenges of Evidence-Based Treatments
- 1.10. Transdiagnostic Approach and Evaluation of Processes and Outcomes
  - 1.10.1. Transdiagnostic Approach
  - 1.10.2. Evaluation of Therapeutic Results
  - 1.10.3. Evaluation of Therapeutic Processes
- 1.11. Fundamentals of Research and New Technologies in Health Psychology
  - 1.11.1. Scientific Research in Psychology
  - 1.11.2. Research Designs
  - 1.11.3. Intervention through New Technologies
- 1.12. Scientific-Professional Resources for Healthcare Practice
  - 1.12.1. Criteria and Search in Systematic Reviews
  - 1.12.2. Study Selection and Data Extraction in Systematic Reviews
  - 1.12.3. Analysis of Results in Systematic Reviews

## Module 2. Skills and Techniques of a General Health Psychologist

- 2.1. The Therapeutic Relationship and the Therapeutic Process
  - 2.1.1. Therapeutic Process
  - 2.1.2. Therapeutic Relationship
- 2.2. Health Psychologist's Basic Skills and Competencies
  - 2.2.1. Therapist's Basic Skills
  - 2.2.2. Therapist Characteristics
  - 2.2.3. General Health Psychologist Skills
- 2.3. Listening Skills
  - 2.3.1. Listening
  - 2.3.2. Listening Techniques

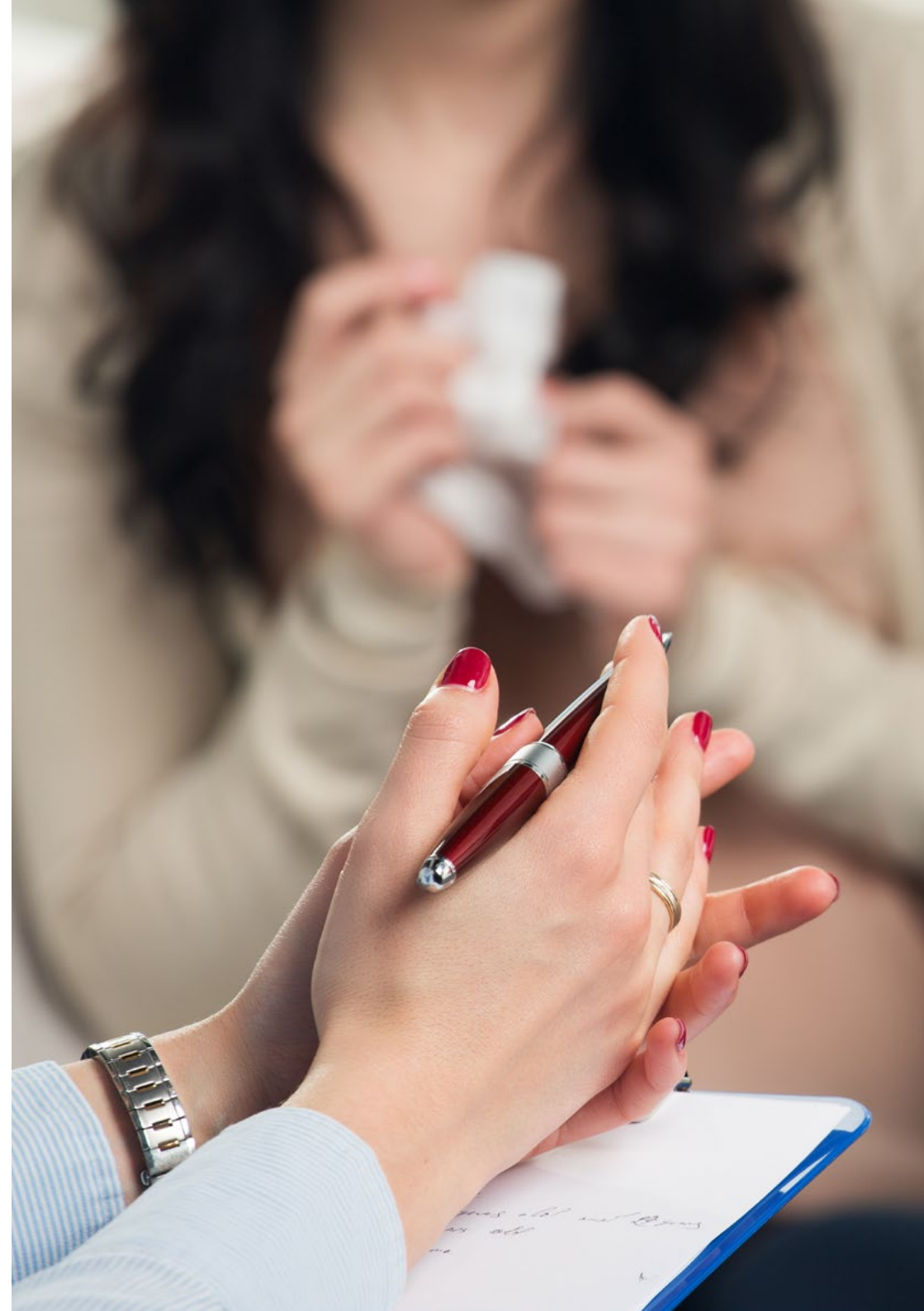


- 2.4. Verbal and Non-Verbal Communication
  - 2.4.1. Non-Verbal Communication
  - 2.4.2. Verbal Communication Techniques
- 2.5. Obstacles and Feared Scenarios in the Therapeutic Process
  - 2.5.1. Obstacles in Initiation and Assessment
  - 2.5.2. Obstacles in Implementing the Treatment
- 2.6. Most Frequent Errors Made by Psychologists
  - 2.6.1. Risk of Dual Relationship
  - 2.6.2. Other Obstacles in the Therapeutic Process
- 2.7. Psychotherapy and Therapeutic Components
  - 2.7.1. Models in Psychotherapy
  - 2.7.2. Integration in Psychotherapy
- 2.8. Contribution of Psychodynamic, Phenomenological-Existential, and Humanistic models.
  - 2.8.1. Psychodynamic Models
  - 2.8.2. Phenomenological-Existential and Humanistic Models
- 2.9. Behavioral Techniques
  - 2.9.1. Relaxation Techniques
  - 2.9.2. Exposure Techniques
  - 2.9.3. Operant Techniques
- 2.10. Cognitive Techniques
  - 2.10.1. Skill Training
  - 2.10.2. Cognitive restructuring
- 2.11. Third Generation Therapies
  - 2.11.1. Therapies Based on Mindfulness
  - 2.11.2. Dialectical Behavior Therapy
  - 2.11.3. Behavioral Activation Therapy
  - 2.11.4. Functional Analytic Psychotherapy

- 2.12. Group Intervention and Family Therapy
  - 2.12.1. Group Intervention
  - 2.12.2. Family Therapy
- 2.13. Positive Psychology
  - 2.13.1. Positive Psychology: Concepts
  - 2.13.2. Positive Psychology: Techniques
- 2.14. Health Psychology
  - 2.14.1. Prevention and Health Promotion
  - 2.14.2. *Counseling*

### Module 3. Health Promotion and Prevention in Health Psychology

- 3.1. Health Promotion and Prevention
  - 3.1.1. Health Promotion and Prevention: Concepts
  - 3.1.2. Health Promotion and Prevention: Models
- 3.2. Health Promotion and Prevention of Obesity.
  - 3.2.1. Prevention of Obesity
  - 3.2.2. Health Promotion in Obesity
- 3.3. Health Promotion and Prevention in Cardiovascular Health
  - 3.3.1. Prevention of Cardiovascular Problems
  - 3.3.2. Promotion of Cardiovascular Health
- 3.4. Health Promotion and Prevention in Gastrointestinal Health
  - 3.4.1. Prevention of Gastrointestinal Problems
  - 3.4.2. Gastrointestinal Health Promotion
- 3.5. Health Promotion and Prevention in Pain
  - 3.5.1. Pain Prevention
  - 3.5.2. Health Promotion in People with Pain



- 3.6. Health Promotion and Prevention in Cancer Patients
  - 3.6.1. Cancer Prevention
  - 3.6.2. Health Promotion in People with Cancer
- 3.7. Stress and Lifestyle Prevention and Intervention
  - 3.7.1. Preventing the Effects of Stress
  - 3.7.2. Promoting Healthy Lifestyles
- 3.8. Health Promotion and Prevention in Sleep
  - 3.8.1. Prevention of Sleep Problems
  - 3.8.2. Health Promotion in People with Sleep Problems
- 3.9. Prevention of Anxiety Problems

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

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.





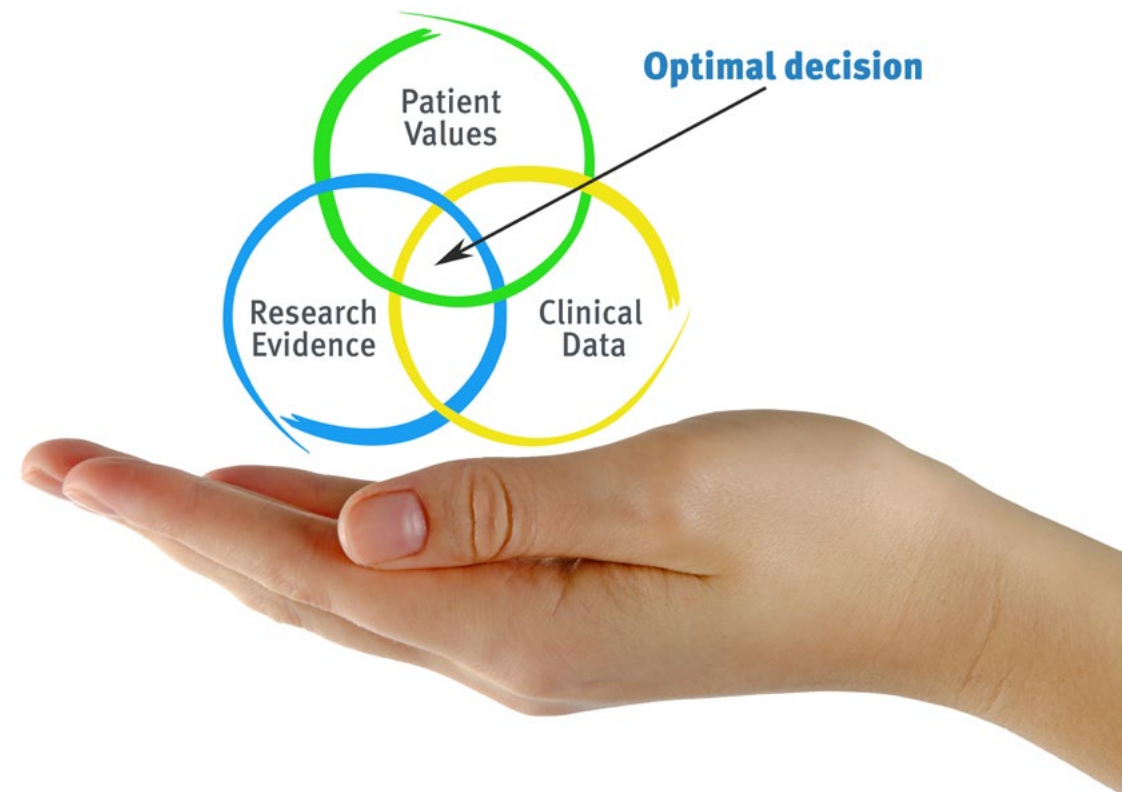
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## 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

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.





#### Expert-Led Case Studies and Case Analysis

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



#### Testing & Retesting

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



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

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



06

# Certificate

The Postgraduate Diploma in Health Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate 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 **Postgraduate Diploma in Health Psychology** 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 Diploma in Health Psychology**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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



## Postgraduate Diploma Health Psychology

- » Modality: online
- » Duration: 6 months
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- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma Health Psychology