

Hybrid Professional Master's Degree

Cognitive-Behavioural
Treatment of Addictions





Hybrid Professional Master's Degree

Cognitive-Behavioral Treatment of Addictions

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: www.techtitute.com/in/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-cognitive-behavioral-treatment-addictions

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01

Introduction

Cognitive behavioral therapy has proven effective in treating a wide variety of addictions, including alcoholism, drug dependence, compulsive gambling, or technology. Its excellent benefits offered to help people control their impulses or triggers and successfully overcome their disease have led to the refinement of these methods. In order for the psychologists to be able to master them and be at the forefront of their discipline, TECH has created this program, which combines a theoretical teaching 100% online with a practical stay to consolidate knowledge and skills with solvency. Thanks to it, the students will detect and manage the leading therapies to address addiction to alcohol, cannabis or psychostimulants.



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Thanks to this program, you will know and transfer into practice the advanced therapies that allow to tackle with solvency the addiction to alcohol, cocaine, cannabis or gambling"

In recent years, in line with technological advances and digitization, cases of people presenting dependence on electronic devices or online gambling have exploded. In the same vein, addictions to substances such as alcohol, cocaine and cannabis are becoming more frequent, especially among young people and those with a frenetic lifestyle. Therefore, cognitive-behavioral therapies of these addictions have been improved, in order to provide the individual with the best tools to overcome their disorder with solvency. Psychologists are obliged to know these advances to optimize their daily praxis with their patients.

Given this situation, TECH has designed this program, which will provide students with the most up-to-date knowledge regarding the cognitive-behavioral treatment of addictions, placing them at the forefront of psychology. During this academic journey, they will be able to delve into the cutting-edge psychological therapies used to treat dependence on cocaine, amphetamines or alcohol. They will also identify strategies to address gambling addictions and new technologies, among other issues.

Thanks to the theoretical phase of this 100% online Hybrid Master, students can organize their study time at will, adapting their schedules to their own professional and personal needs. It also uses the pedagogical methodology of Relearning to encourage the active participation of students in their own learning process.

At the end of the theoretical stage, they will enjoy a practical stay in a prestigious clinic, lasting 3 weeks. During this period, they will transfer to the real working environment all the knowledge acquired in the program, integrated into an excellent professional team that will help them to enhance their skills in this field.

This **Hybrid Professional Master's Degree in Cognitive-Behavioral Treatment of Addictions** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Development of more than 100 practical cases presented by specialists in the Cognitive-Behavioral Treatment of Addictions
- ♦ Its graphic, schematic and eminently practical contents with which they are designed, collect essential information on those disciplines essential to professional practice
- ♦ Cutting-edge cognitive-behavioral treatments to tackle alcohol and cannabis addictions
- ♦ Mastery of cutting-edge psychological treatments to manage gambling
- ♦ In-depth knowledge of up-to-date addiction treatments to cocaine or heroin
- ♦ All of 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
- ♦ In addition, you can do an internship in one of the best companies in one of the best hospitals



Perfect your knowledge and skills in the Cognitive-Behavioral Treatment of Addictions in just 12 months of theoretical learning and 3 weeks of hands-on teaching"

“

*Enjoy a theoretical teaching 100%
that will let you know the latest
updates in the Cognitive-Behavioral
Treatment of Addictions"*

In this proposal for a Master's degree, of a professional nature and a blended modality, the program is aimed at updating specialists in psychology. The contents are based on the latest scientific evidence, and oriented in an educational way to integrate theoretical knowledge into Psychological Analysis practice, and the theoretical-practical elements will facilitate knowledge updates and decision-making in patient management.

Thanks to its multimedia content developed with the latest educational technology, they will allow the Psychology professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*Study through first level textual
and multimedia formats to
strengthen the acquisition of the
most relevant concepts.*

*Be updated in this precise field of
psychology by the best specialists
in the sector.*



02

Why Study this Hybrid Professional Master's Degree?

In the vast majority of work environments, having only theoretical knowledge is not enough to advance significantly and progress professionally. In the world of psychology, it is essential not only to keep up with the avant-garde treatments of addictions of various kinds, but also to know how to apply them effectively in a real clinical context. In order to meet this need and improve the skills of the students, TECH has developed this Hybrid Professional Master's Degree which combines high quality theoretical teaching with the opportunity to gain practical experience working in a prestigious hospital for 3 weeks.



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Enjoy the unique opportunity to combine an exquisite theoretical learning with a 3-week hospital stay to enrich your professional updating process"

1. Updating from the latest technology available

In Psychology, the mechanisms to deal with addictions have undergone a notorious evolution in recent times, either by the appearance of novel dependencies or by the improvement of the treatments used to manage them with solvency. So that the students can know all these advances in a theoretical-practical way, TECH has designed this comprehensive program.

2. Gaining In-Depth Knowledge from the Experience of Top Specialists

This Hybrid Professional Master's Degree has a highly qualified teaching staff that offers excellent educational resources to students throughout the theoretical teaching period. During the practical stage, professionals will have the opportunity to collaborate with an exceptional clinical team and work together with experts in the field of psychological management of addictions, which will allow them to acquire significant skills in this area.

3. Entering First-Class Clinical Environments

TECH carries out a rigorous selection process of the centers where the internships of this Hybrid Professional Master's Degree are held, ensuring that students have access to prestigious hospital environments. Thanks to this, they will be able to be part of exceptional work teams, where they will learn from the experience of highly trained experts in the Cognitive-Behavioral Treatment of Addictions.





4. Combining the Best Theory with State-of-the-Art Practice

It is common to find educational programs that are not adequately adapted to the needs of professionals, requiring long hours of study that can be difficult to reconcile with personal and working life. To solve this problem, TECH has developed an innovative learning model that combines high quality theoretical education with internships in prestigious clinical environments.

5. Expanding the Boundaries of Knowledge

TECH gives students the opportunity to do their internship in renowned clinical centers. In this way, they will have the opportunity to learn from professionals with a wide health trajectory in the field of Cognitive-Behavioral Treatment of Addictions.

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*You will have full practical immersion
at the center of your choice”*

03 Objectives

This Hybrid Professional Master's Degree has been designed with the premise of offering students the most relevant and up-to-date knowledge and skills regarding the cognitive-behavioral treatment of addictions. Throughout, it will delve into aspects such as the approach to addiction to new technologies, smoking or synthetic drugs. All your learning will be preserved by achieving the following general and specific objectives.



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Be able to apply cutting-edge psychological treatments to people with addictions of various kinds thanks to this Hybrid Professional Master's Degree"



General Objective

- The main objective of this Hybrid Professional Master's Degree is to provide students with the most cutting-edge knowledge and skills in the Cognitive-Behavioral Treatment of Addictions. To achieve this, the program combines a high quality theoretical education with a 3-week internship in a recognized hospital. During this last stage, they will have the opportunity to apply the knowledge acquired in a real environment, which will lead them to develop valuable competencies for their daily professional performance



Achieve the objectives that TECH has outlined for this program and be at the forefront of psychology"





Specific Objectives

Module 1. Current Classification of Addictions and Their Basic Concepts

- ♦ Provide information about the current state of the drugs market, well as the plans to fight against drugs and addictions
- ♦ Adequately measure the phenomenon of addictions and show the impact of these addictions on the population
- ♦ Know the role of the psychologist in the treatment of addictions

Module 2. Assessment, Prevention and Psychological Treatment in Addictions

- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions
- ♦ Apply the assessment of the physical environment and general health status as a method of addiction prevention
- ♦ Know the main laboratory tests applicable to the prevention and psychological treatment of this type of patients
- ♦ Understand the role of personality and its disorders in addictions

Module 3. Cognitive-Behavioral Treatment of Smoking Addiction

- ♦ Apply pharmacological treatments to support cognitive-behavioral therapy
- ♦ Perform psychological intervention in adolescents with tobacco addiction
- ♦ Learn about other types of therapeutic interventions aimed at stopping tobacco addiction and its prevention

Module 4. Time-Limited Psychotherapy Intervention in Smoking

- ♦ Manage the biological treatment of withdrawal syndrome applied to smoking
- ♦ Effectively apply behavioral treatment of tobacco dependence
- ♦ Recognize the signs which indicate prescription of an addiction treatment
- ♦ Outline the different types of assessment to be carried out in the case of addictions, as well as to provide the necessary knowledge for the correct interpretation of tests that are not the responsibility of the psychologist

Module 5. Cognitive-Behavioral Treatment of Alcohol Addiction

- ♦ Know the impact and effects of alcohol on health
- ♦ Delve into neurobiology of addiction to alcohol
- ♦ Manage alcohol-related disorders
- ♦ Carry out a psychological assessment on alcohol addiction

Module 6. Cognitive-Behavioral Treatment of Cannabis Addiction

- ♦ Know the impact and effects of cannabis on health
- ♦ Delve into neurobiology of addiction to cannabis
- ♦ Manage cannabis-related disorders
- ♦ Carry out a psychological assessment on cannabis addiction

Module 7. Cognitive-Behavioral Treatment in Addiction to Psychostimulants: Cocaine, Amphetamines and Synthetic Drugs

- ♦ Know the ways of consuming psychostimulants
- ♦ Understand the impact and effect of psychostimulants on health
- ♦ Delve into neurobiology of addiction to psychostimulants
- ♦ Understand the incidence of stimulants in the individual and the related disorders that arise from their intake



Module 8. Cognitive-Behavioral Treatment of Heroin and Morphine Addiction

- ♦ Know the impact and effect of opiates and opioids on health
- ♦ Delve into neurobiology of addiction to opiates and opioids
- ♦ Manage opioid and opioid-related disorders
- ♦ Conduct a psychological assessment in opioid and opiate addiction

Module 9. Intervention in Non-Substance Addictions: Pathological Gambling, The Internet, New Technology, Emotional Dependency

- ♦ Know the impact and effect of non-substance-related addictions on health
- ♦ Master the characteristics of non-substance addictions
- ♦ In-depth knowledge in non-substance related disorders
- ♦ Conduct a psychological assessment in addiction to gambling and new technologies
- ♦ Apply pharmacological and psychological treatment

04 Skills

After completing the evaluations of this Hybrid Professional Master's Degree, the students will have obtained essential skills to perform in the field of Cognitive-Behavioral Treatment of Addictions with a high level of rigor and updating. These skills will enable you to excel in this area and have a successful career in the sector.



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Enjoy first level skills in the cognitive-behavioral treatment of addictions through this program"



General Skills

- ♦ Understand the situation of addictions in our society and the basic concepts used in the intervention of addictions. This is with the aim of gaining a global vision of this problem and therefore being able to carry out any type of intervention in a confident way within the professional framework
- ♦ Master the totality of the intervention process in the field of addictions with the aim of acting in a responsible and professional way
- ♦ Apply efficient psychological treatment aimed at people with tobacco-related problems, using the knowledge and procedures acquired in this program to be able to intervene in a professional and competent way in these types of problems
- ♦ Identify, discover and define the psychological treatment necessary to not only eliminate the dependence on smoking, but also to eliminate the auto lytic behavior acquired by the smoker, even if they have stopped smoking
- ♦ Design efficient psychological treatment aimed at people with alcohol-related problems, using the knowledge and procedures acquired in this program to be able to intervene in a professional and competent way in these types of problems
- ♦ Design and apply efficient psychological treatment aimed at people with cannabis-related problems, using the knowledge and procedures acquired in this

program to be able to intervene in a professional and competent way in these types of problems

- ♦ Design and apply efficient psychological treatment aimed at people with problems related to psycho-stimulant substances, using the knowledge and procedures acquired in this program to be able to intervene in a professional and competent way in these types of problems
- ♦ Carry out efficient psychological treatment aimed at people with heroin or morphine related problems, using the knowledge and procedures acquired in this program to be able to intervene in a professional and competent way in these types of problems
- ♦ Design efficient psychological treatment aimed at people with problems related to gambling or new technology, using the knowledge and procedures acquired in this program to be able to intervene in a professional and competent way in these types of problems
- ♦ Know the national and international situation of the drug market, as well as the actions aimed at fighting against it in order to have a closer knowledge of the existing interests in this regard



- ♦ Discover the impact of addictions in the general population in order to correctly assess this problem in our current society and to explore the different programs or treatments oriented to family intervention in cases of addiction in order to incorporate, if the case requires it, some of their principles and procedures to the designed intervention
- ♦ Discover the areas of the brain involved in addictions with the aim of understanding the neuro-physiological, cognitive and affective effects that are produced when consuming substances or habits that lead to dependence
- ♦ Describe the psychosocial factors that cause and prolong dependency on a substance or behavior, in order to correctly determine the therapeutic goals to be achieved
- ♦ Know the legal and regulatory determinants involved in addiction cases and the professional practice and apply them in practice on a regular basis to support their intervention
- ♦ Identify the different levels of prevention in the area of addictions in order to apply the most appropriate intervention in cases with substance problems



Specific Skills

- ♦ Understand the general principles that guide intervention in cases of addictive disorders in order to carry out the best course of action based on the recommendations and guidelines that have proven to be effective and appropriate in these cases
- ♦ Clearly distinguish the area of their intervention and their role in a team to collaborate in the treatment and know the basic concepts used in the field of addiction intervention to be able to assess the degree of incidence of addiction in the individual
- ♦ Know the DSM-V and ICD-10 diagnostic classifications of substance-related disorders in order to make a diagnostic judgment in accordance with these internationally used classifications
- ♦ Differentiate substance-related and non-substance-related disorders from other disorders, as well as those disorders that most commonly co-occur with the addictive disorder and influence the individual's condition in order to design an appropriate intervention
- ♦ Know and manage the characteristics of physical assessments carried out by other professionals and the general state of an individual's health in cases of addictions, in order to correctly interpret the results
- ♦ Know and manage the characteristics of physical assessments carried out by other professionals and the general state of an individual's health in cases of addictions, in order to correctly interpret the results
- ♦ Analyze the tests used in neuropsychological assessment in cases of addictions to assess the degree of neurocognitive impairment of the subject and its influence on the intervention



- ♦ Know and handle the tests used in the assessment of other mental disorders in addiction cases in order to evaluate the mental state of the subject
 - ♦ Understand the importance of correctly planning therapeutic objectives based on the specific situation and on the motivational state of the addict, in order to implement realistic, sequenced and effective interventions
 - ♦ Research on Prochaska and Diclemente's transtheoretical model of change in order to have a frame of reference that helps the student to understand the stages of change in the intervention with addicts
 - ♦ Explore the different techniques used in the intervention of addiction cases from a cognitive-behavioral approach in order to select and apply these in the intervention of addictive disorders
 - ♦ Plan a procedure for relapse prevention and maintenance of therapeutic outcomes to ensure medium to long-term treatment success for tobacco, cannabis, psychostimulants, opiates and opioids and non-substance addictions
 - ♦ Describe the various medication used for the treatment of opiates addiction, as well as their active ingredients in order to correctly interpret the information, adjust the treatment and adequately assess the results of the intervention
 - ♦ Investigate other types of possible interventions with people with pathological gambling problems or different addictions, as well as the different intervention modalities in order to select, choose and recommend the most convenient in each case
- ♦ Design an intervention program (preventative or treatment) for cases of adolescents with psychostimulant problems in order to apply the knowledge acquired in this program and demonstrate the required skills for an intervention in this type of cases
 - ♦ Prioritize therapeutic objectives based on other pathologies found and intervene based on that hierarchy in order to ensure adherence to treatment



Explore, throughout this program, the avant-garde treatments that allow therapists to tackle with solvency addictions in people of different ages"

05

Course Management

With the aim of providing the highest quality teaching in all the programs offered by TECH, this program has a faculty of specialists with extensive experience in the area of cognitive-behavioral treatment of addictions. These experts are responsible for the development and design of the teaching materials of this Hybrid Professional Master's Degree. As a result, everything the student will learn will be fully applicable in daily work.



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This program is taught by renowned specialists in Psychology, who will provide you with the most cutting-edge knowledge in the Cognitive-Behavioral Treatment of Addictions"

Management



Dr. Gandarias Blanco, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA Clinical Center
- ♦ Director of the URASKA Clinical Center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Professional Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Postgraduate Certificate in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

Professors

Mr. Kaiser, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ 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
- ♦ Postgraduate Diploma in Psychosomatic Medicine

Ms. Roldan, Lucía

- ♦ Health Psychologist
- ♦ Specialist in Cognitive Behavioral Intervention
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Postgraduate Diploma in Energy Therapy Intervention

Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Youth Psychology at the Quirónsalud Marbella Hospital and the Avatar Psychologists
- ♦ Psychologist and teacher at the European Institute of Time-Limited Psychotherapies (IEPTL)
- ♦ Bachelor of Psychology, National University of Distance Education (UNED)

Dr. Martínez-Lorca, Manuela

- ♦ Health Psychologist
- ♦ Professor in the Department of Psychology at the University of Castilla La Mancha
- ♦ Professional Master's Degree in Limited Time Psychotherapy and Health Psychology at the European Institute of Limited Time Psychotherapy
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ PhD in Medicine

Mr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator Expert in Media Psychology
- ♦ Professor of courses and postgraduate studies
- ♦ Professional Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Targeting for Selective Dissociation

Dr. Martínez Lorca, Alberto

- ♦ Nuclear Medicine Area Specialist, La Paz University Hospital
- ♦ Physician in the Nuclear Medicine Department of the Ramón y Cajal University Hospital
- ♦ Specialist in nuclear medicine area at the University Hospital Rey Juan Carlos-Quirón
- ♦ PhD in Medicine
- ♦ Expert researcher in the area of cancer and hormone receptors
- ♦ Medical Education Manager
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ V.E.C. coaching
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

Ms. Soria, Carmen

- ♦ Psychologist at Integra Terapia Head of the CEP Psychosocial Unit (Centre for Evaluation and Psychotherapy associated with IEPTL)
- ♦ Private practice specializing in long-term disorders (Personality, Bipolar and Psychotic)
- ♦ Collaborating Professor Practicum at the Complutense University of Madrid
- ♦ Professor of the Master's Degree of Psychotherapy at the IEPTL
- ♦ Degree in Psychology from the Autonomous University of Madrid, 1995
- ♦ Specialist in General Health Psychology
- ♦ Professional Master's Degree in Clinical and Health Psychology by CINTECO
- ♦ Professional Master's Degree in Time-Limited Psychotherapy by IEPTL
- ♦ EMDR Therapist
- ♦ Specialized training in Personality Disorders and Psychotic Disorders in adults and adolescents
- ♦ Training in Dissociative Disorders
- ♦ Training in Couples Therapy

Mr. Fernández, Ángel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Professional Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation



*Learn from the professional
experience of the best specialists in
the Cognitive-Behavioral Treatment
of Addictions"*



06

Educational Plan

The syllabus of this program has been developed with the aim of providing students with exceptional knowledge and skills in the area of Cognitive-Behavioral Treatment of Addictions. Educational materials offered in the program are available in various formats, such as videos, readings and interactive summaries. The teaching methodology is 100% online, allowing students to customize their learning according to their personal and academic preferences , managing their study schedules flexibly.



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*The syllabus of this program has been designed
by the best specialists in the Cognitive-
Behavioral Treatment of Addictions"*

Module 1. Current Classification of Addictions and Their Basic Concepts

- 1.1. Situation of Drugs on a National and International Level
- 1.2. Epidemiology of Addictions
- 1.3. Neurobiology of Addiction
- 1.4. Psychosocial Factors Related to Addictions
- 1.5. Legislation and Legal Aspects
- 1.6. The Role of the Psychologist in the Treatment of Addictions
- 1.7. Classification of Substances Which Lead to Addiction
- 1.8. Basic Concepts in Addictions: Use, Abuse, Dependence, Tolerance, Abstinence, *Craving*, Polyconsumption
- 1.9. Classification of Disorders Related to Substance Abuse and Addictive Disorders
- 1.10. Classification of Non-Substance-Related Addictive Disorders
- 1.11. Comorbidity and Dual Pathology

Module 2. Assessment, Prevention and Psychological Treatment in Addictions

- 2.1. Assessment of the Physical Field and General State of Health
- 2.2. Assessment Through Laboratory Tests
- 2.3. Assessment of Neuropsychological Aspects
- 2.4. Evaluation of Personality and Its Disorders
- 2.5. Assessment of Mental State and Its Disorders
- 2.6. Assessment of the Severity of Addiction to Substances
- 2.7. Assessment of the Severity of Addiction Not Related to Substances
- 2.8. Assessment of Psychosocial Aspects
- 2.9. Prevention of Addictions
- 2.10. Principles to Follow in the Treatment of Addictions
- 2.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 2.12. Transtheoretical Model
- 2.13. Cognitive-Behavioural Treatment: Commonly Used Techniques
- 2.14. Treatment Oriented Towards the Family
- 2.15. Group Therapy
- 2.16. Other Focuses of Treatment
- 2.17. Care Resources and Devices and Addiction Treatment



Module 3. Cognitive-Behavioral Treatment of Smoking Addiction

- 3.1. Social Concept of Tobacco
- 3.2. Classification of Problems Related to Tobacco
- 3.3. Impact and Effect of Tobacco on Health
- 3.4. Neurobiology of Addiction to Tobacco
- 3.5. Tobacco Consumption Problems
- 3.6. Psychological Evaluation in Smoking
- 3.7. Medical treatment
- 3.8. Psychological Treatment: Cognitive Behavioural Treatment
- 3.9. Other Therapeutic Interventions and Types of Intervention Programs
- 3.10. Psychological Intervention in Adolescents
- 3.11. Approach to Other Pathologies Present in Addiction to Tobacco
- 3.12. Prevention of Relapses and Maintaining Results

Module 4. Time-Limited Psychotherapy Intervention in Smoking

- 4.1. Historical and Social Aspects
- 4.2. Prevalence of Tobacco Consumption
- 4.3. Figures Worldwide
- 4.4. The Consumption of Tobacco and Health
- 4.5. Tobacco Bias and Explanatory Models of Smoking Behavior
- 4.6. Tobacco and Psychopathology
- 4.7. Tobacco and Schizophrenia
- 4.8. Alcohol and tobacco
- 4.9. Smoking Treatment
- 4.10. Biological Treatment of Abstinence Syndrome
- 4.11. Behavioral Treatment of Smoking
- 4.12. Treatment With Time-Limited Psychotherapy (TLP) © ®
 - 4.12.1. Interpersonal Moment of Intervention With TLP
 - 4.12.2. Intrapersonal Moment of Intervention With TLP
- 4.13. A Real Case is Worth More Than a Thousand Explanations

Module 5. Cognitive-Behavioral Treatment of Alcohol Addiction

- 5.1. Definition and Classification of Alcoholic Drinks
- 5.2. Classification of Problems Related to Alcohol
- 5.3. Impact and Effect of Alcohol on Health
- 5.4. Neurobiology of Addiction to Alcohol
- 5.5. Disorders Related to Alcohol
- 5.6. Psychological Evaluation in Alcohol Addiction
- 5.7. Medical treatment
- 5.8. Psychological Treatment: Cognitive Behavioural Treatment
- 5.9. Other Therapeutic Interventions and Types of Intervention Programs
- 5.10. Psychological Intervention in Adolescents
- 5.11. Approach to Other Pathologies Present in Addiction to Alcohol
- 5.12. Prevention of Relapses and Maintaining Results

Module 6. Cognitive-Behavioral Treatment of Cannabis Addiction

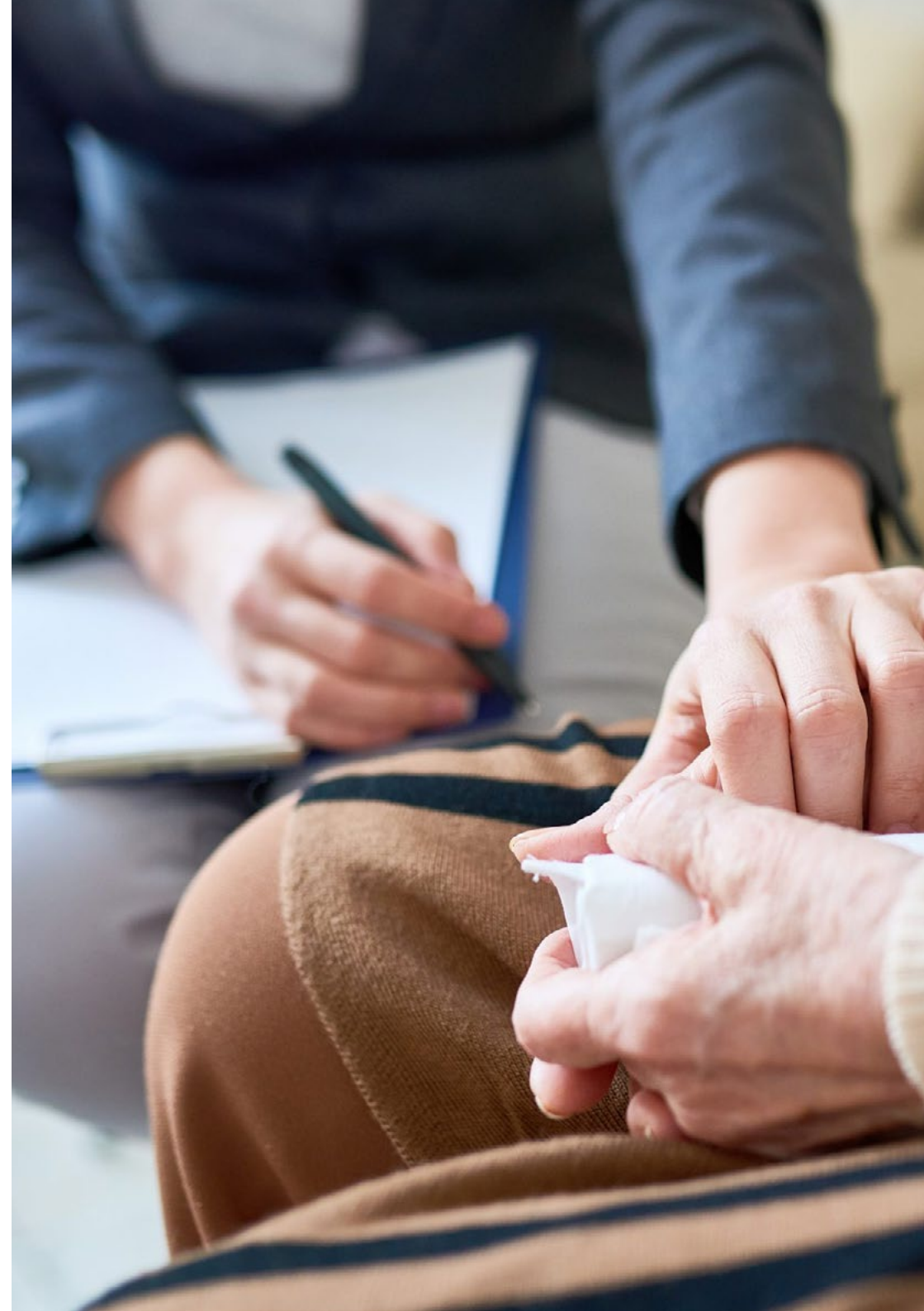
- 6.1. Current beliefs about cannabis
- 6.2. Cannabis and Ways of Consuming It
- 6.3. Impact and Effect of Cannabis on Health
- 6.4. Neurobiology of Addiction to Cannabis
- 6.5. Disorders Associated to Cannabis
- 6.6. Psychological Evaluation in Cannabis Addiction
- 6.7. Medical treatment
- 6.8. Psychological Treatment: Cognitive Behavioural Treatment
- 6.9. Other Therapeutic Interventions and Types of Intervention Programs
- 6.10. Psychological Intervention in Adolescents
- 6.11. Approach to Other Pathologies Present in Addiction to Cannabis
- 6.12. Prevention of Relapses and Maintaining Results

Module 7. Cognitive-Behavioral Treatment of to Psychostimulant Addiction: Cocaine, Amphetamines and Synthetic Drugs

- 7.1. Classification of Psychostimulant Substances
- 7.2. Ways of Consuming Psychostimulants
- 7.3. Impact and Effect of Psychostimulants on Health
- 7.4. Neurobiology of Addiction to Psychostimulants
- 7.5. Disorders Related to Psychostimulants
- 7.6. Psychological Evaluation in Psychostimulants Addiction
- 7.7. Medical treatment
- 7.8. Psychological Treatment: Cognitive Behavioural Treatment
- 7.9. Other Therapeutic Interventions and Types of Intervention Programs
- 7.10. Psychological Intervention in Adolescents
- 7.11. Approach to Other Pathologies Present in Addiction to Psychostimulants
- 7.12. Prevention of Relapses and Maintaining Results

Module 8. Cognitive-Behavioral Treatment of Heroin and Morphine Addiction

- 8.1. Classification of Opiates and Opioids
- 8.2. Ways of Consuming Opiates and Opioids
- 8.3. Impact and Effect of Heroin and Morphine on Health
- 8.4. Neurobiology of Addiction to Heroin and Morphine
- 8.5. Disorders Related to Opiates
- 8.6. Psychological Evaluation in Opiates Addiction
- 8.7. Medical treatment
- 8.8. Psychological Treatment: Cognitive Behavioural Treatment
- 8.9. Other Therapeutic Interventions and Types of Intervention Programs
- 8.10. Psychosocial Intervention in Special Populations
- 8.11. Approach to Other Pathologies Present in Addiction to Opiates
- 8.12. Prevention of Relapses and Maintaining Results



Module 9. Intervention in Non-Substance Addictions: Pathological Gambling, The Internet, New Technology, Emotional Dependency

- 9.1. Pathological Gambling and Addiction to New Technology
- 9.2. Classification of Problems Related to Gambling and New Technologies
- 9.3. Impact and Effect of Non-Substance-Related Addictions on Health
- 9.4. Evaluation of Addictions Not Related to Substances
- 9.5. Non-Substance-Related Disorders
- 9.6. Psychological Evaluation in Addictions to Gambling and New Technologies
- 9.7. Medical Treatment and Psychological Treatment: Cognitive-Behavioural Treatment
- 9.8. Treatment With Time-Limited Psychotherapy
- 9.9. Psychological Intervention in Adolescents
- 9.10. Approach to Other Pathologies Present in Addiction Not Related to Substances
- 9.11. Prevention of Relapses and Maintaining Results

“ *Enjoy a completely effective and enjoyable learning, through didactic contents present in formats such as video or interactive summary”*

07

Clinical Internship

Once students complete the theoretical part of the program, they will have the opportunity to do internships in a renowned hospital. During this period, they will have a tutor to guide them, advise them and resolve any concerns, thus ensuring that their learning is as effective as possible.



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*Make your practical stay in a prestigious hospital,
choosing the one that is closest to your home"*

In the final phase of the Hybrid Professional Master's Degree, students will have the opportunity to do an internship in a first-level hospital for 3 consecutive weeks, from Monday to Friday, with 8 hours. During this time, they will work in a real professional environment and will be able to apply the knowledge acquired throughout the program with patients.

The purpose of this practical stage is to improve and develop relevant skills in the field of Cognitive-Behavioral Treatment of Addictions. Students will carry out their tasks in a rigorous professional environment, which will allow them to improve their skills in dealing with patients presenting this clinical situation.

This professional experience in a high quality hospital is an unparalleled opportunity to learn and acquire knowledge that will significantly improve the student's psychological practice, in an environment where the preservation of the mental health of the patient is a primary concern.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for Psychological (learning to be and learning to relate).





The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center’s own availability and workload, the proposed activities being the following:

Module	Practical Activity
Cognitive-behavioral treatment and intervention with psychotherapy limited-time of addiction to tobacco	Develop the assessment of potential tobacco addictions at different ages
	Apply pharmacological treatments to support cognitive behavioral therapy approach to tobacco addiction
	Perform a psychological intervention with adolescents who suffer from a tobacco addiction
Cognitive-behavioral treatment addiction to alcohol and cannabis	Develop the assessment of potential tobacco addictions at different ages
	Perform a rigorous cognitive-behavioral treatment of both addictions
Cognitive-behavioral treatment of psychostimulant addiction	Evaluate a possible case of cocaine addiction with the most cutting-edge psychological tools
	Apply appropriate pharmacological treatment to those persons suffering actions to different psychostimulants
	Elaborate a detailed cognitive-behavioral treatment of such addictions
Non-substance addiction treatment	Undertake the evaluation of Internet addictions, new technologies or to play
	Pharmacological and psychological treatment of Gambling
	Manage a cognitive-behavioral treatment of addiction to electronic devices

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the internship during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

Where Can I Do the Clinical Internship?

Students in the program have the option to practice in prestigious hospitals for 3 weeks, which gives them the opportunity valuable skills for their professional career. These centers are located in different geographical areas so students can choose the one that best suits their personal needs.



“

Complement your practical update with an internship in a prestigious hospital"

Students will be able to take the practical part of this Hybrid Professional Master's Degree in the following centers:



Psychology

Hospital HM Modelo

Country City
Spain La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital HM Rosaleda

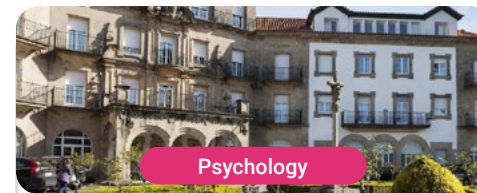
Country City
Spain La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

Hospital HM La Esperanza

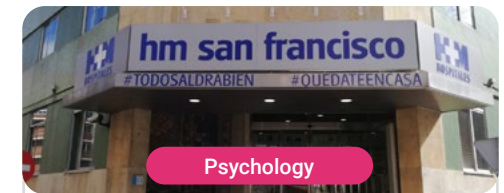
Country City
Spain La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Oncology Nursing
- Clinical Ophthalmology



Psychology

Hospital HM San Francisco

Country City
Spain León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Service



Psychology

Hospital HM Regla

Country City
Spain León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Psychology

Hospital HM Montepíncipe

Country City
Spain Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Psychology

Hospital HM Torrelodones

Country City
Spain Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital HM Sanchinarro

Country City
Spain Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Policlínico HM Gabinete Velázquez

Country City
Spain Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

Policlínico HM La Paloma

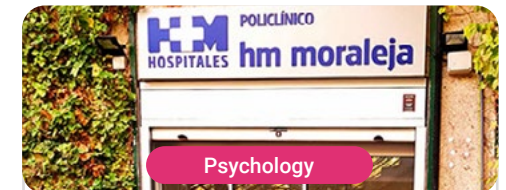
Country City
Spain Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

Policlínico HM Moraleja

Country City
Spain Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

Policlínico HM Sanchinarro

Country: Spain
City: Madrid

Address: Av. de Manoteras, 10,
28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Cognitive-Behavioral Treatment of Addictions



Psychology

Policlínico HM Virgen del Val

Country: Spain
City: Madrid

Address: Calle de Zaragoza, 6, 28804,
Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Intervention





Psychology

Policlínico HM Rosaleda Lalín

Country

Spain

City

Pontevedra

Address: Av. Buenos Aires, 102, 36500,
Lalín, Pontevedra

Network of private clinics, hospitals and specialized centers
distributed throughout Spain.

Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

Policlínico HM Imi Toledo

Country

Spain

City

Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and specialized centers
distributed throughout Spain.

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

09

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.



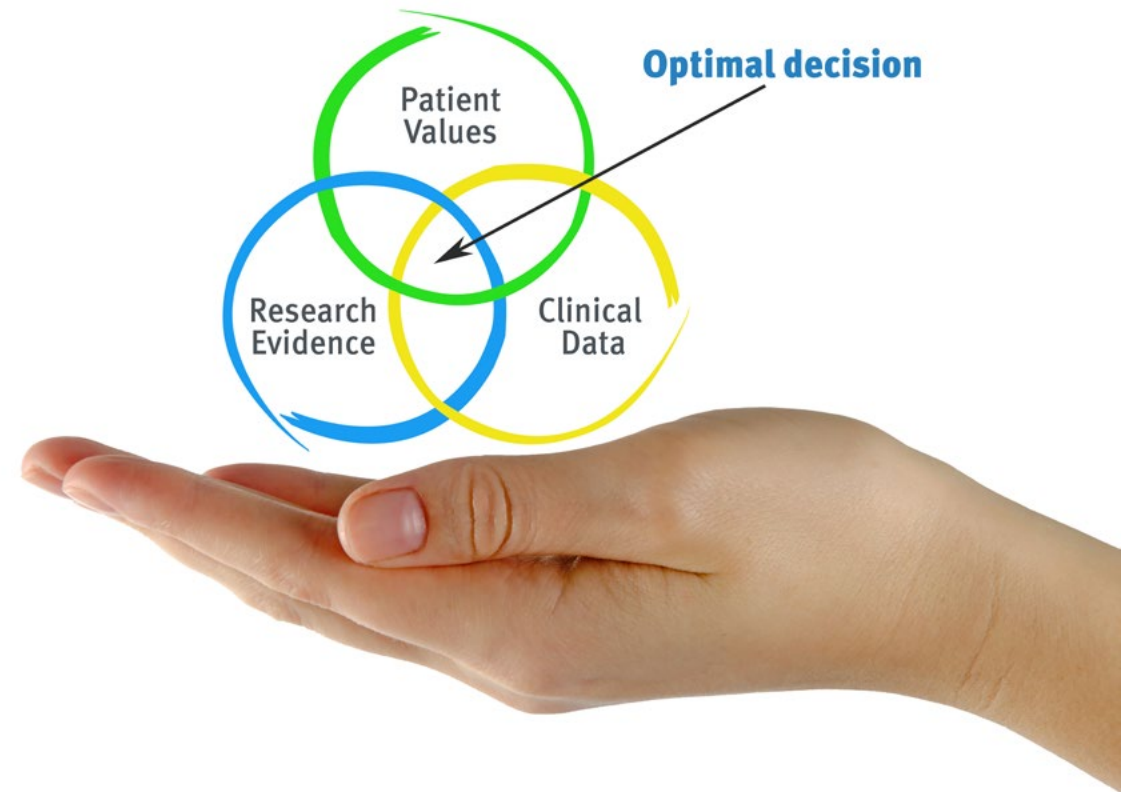
“

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.

“

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

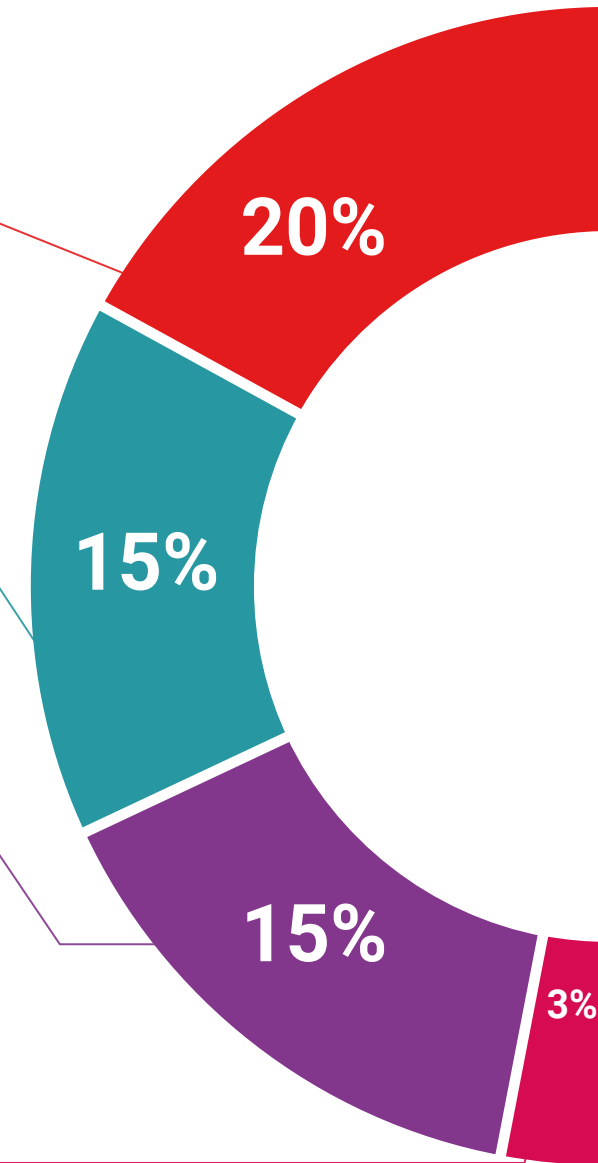
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

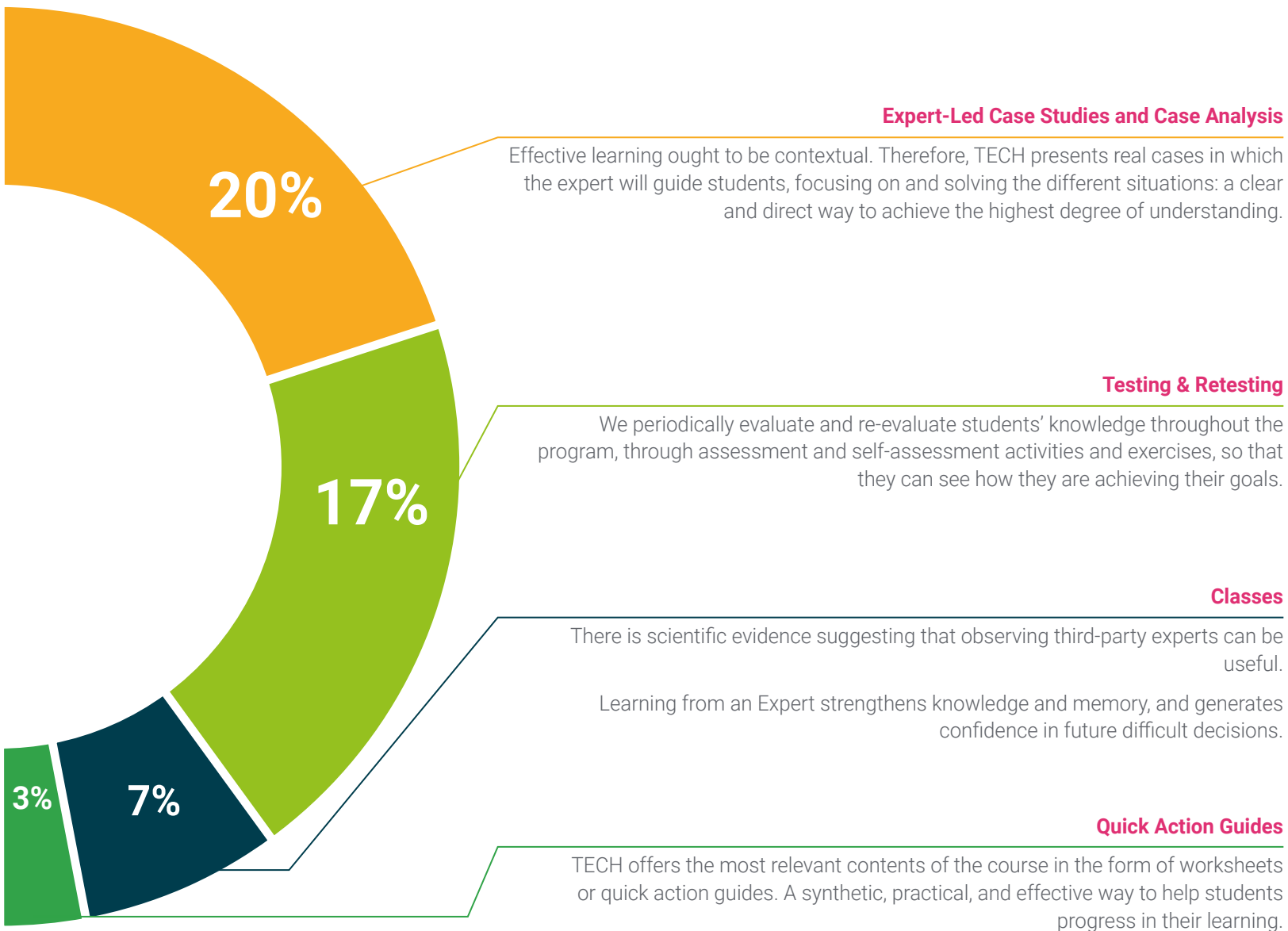
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





10 Certificate

This Hybrid Professional Master's Degree in Cognitive-Behavioral Treatment of Addictions guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma issued by TECH Technological University.



“

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Hybrid Professional Master's Degree in Cognitive-Behavioral Treatment of Addictions** contains the most complete and up-to-date program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery*.

In addition to the certificate, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

Title: **Hybrid Professional Master's Degree in Cognitive-Behavioral Treatment of Addictions**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**



Hybrid Professional Master's Degree in Cognitive-Behavioral Treatment of Addictions

Subject type	Hours
Compulsory (CO)	1,500
Optional (OP)	0
External Work Placement (WP)	120
Master's Degree Thesis (MDT)	0
Total 1,620	

General Structure of the Syllabus

Year	Subject	Hours	Type
1	Current Classification of Addictions and Their Basic Concepts	166	CO
1	Assessment, Prevention and Psychological Treatment in Addictions	166	CO
1	Cognitive-Behavioral Treatment of Smoking Addiction	166	CO
1	Time-Limited Psychotherapy Intervention in Smoking	166	CO
1	Cognitive-Behavioral Treatment of Alcohol Addiction	166	CO
1	Cognitive-Behavioral Treatment of Cannabis Addiction	166	CO
1	Cognitive-Behavioral Treatment in Addiction to Psychostimulants: Cocaine, Amphetamines and Synthetic Drugs	166	CO
1	Cognitive-Behavioral Treatment of Heroin and Morphine Addiction	166	CO
1	Intervention in Non-Substance Addictions: Pathological Gambling, The Internet, New Technology, Emotional Dependency	172	CO

Tere Guevara Navarro

Tere Guevara Navarro
Dean

tech technological university



Hybrid Professional Master's Degree

Cognitive-Behavioral Treatment of Addictions

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Hybrid Professional Master's Degree

Cognitive-Behavioral
Treatment of Addictions