

# Hybrid Professional Master's Degree Cognitive-Behavioral Psychotherapy



## Hybrid Professional Master's Degree Cognitive-Behavioral Psychotherapy

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtute.com/us/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-cognitive-behavioral-psychotherapy](http://www.techtute.com/us/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-cognitive-behavioral-psychotherapy)

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# 01

# Introduction

Mental health is a topic that has become particularly relevant in recent years. Although, until relatively recently, disorders such as depression were hardly ever heard of, it is now common to find a lot of information on the subject. Mental health is as important as physical health, which is why the role of the psychotherapist takes on special relevance. These professionals must know and keep abreast of the latest developments in the sector in order to treat their patients with the most cutting-edge protocols and techniques. In order to guarantee them an accessible and extensive updating of knowledge, this 100% online program has been created, which includes the possibility of a practical period in an important company in the psychological sector.





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*The best option to get up to date on the latest developments in intervention for patients with Cognitive-Behavioral disorders is found in the syllabus of this 100% online program”*

The state of a person's mental health can positively and negatively influence his routine. Stress, anxiety, depression, addictions, disorders, etc., are part of the lives of millions of people who, for various reasons, have not been able to devote time to taking care of this essential part of each person. There are also millions of cases in which patients with complex psychological conditions, such as those with a suicidal profile, among others, have found enormous help in the treatment by specialists in Psychotherapy.

In this sense, the progress of science and research in the treatment of mental illnesses has been developing increasingly effective intervention protocols. However, knowing in detail the latest developments in the sector is not available to all professionals due to the impossibility of combining their academic and working lives or the lack of reliable sources of information that collect, extensive, quality content.

For this reason, TECH, in collaboration with its group of experts, has decided to design this Hybrid Professional Master's Degree in Cognitive-Behavioral Psychotherapy, in which the graduate will not only find the most complete and intensive syllabus of the market, but also, the possibility of doing a practical period in an important company in the psychology sector.

Additionally, students will have the excellent opportunity to broaden their knowledge with the help of a guest lecturer who is a reference in the field of psychology. This will be made possible by 10 comprehensive *masterclasses*, which will offer you a more global and direct approach on diagnosis, intervention techniques and the application of Cognitive-Behavioral Psychology.

It is a program designed on the basis of the most modern and sophisticated pedagogical methodology of the moment and in which the graduate will find all the indispensable academic tools to catch up on the latest scientific advances in the approach to patients with Cognitive-Behavioral problems. Additionally, as a final touch, after passing the theoretical period, you will be able to contextualize all the knowledge developed throughout the syllabus in the practical stay, in which you will have a tutor who will guide you towards the improvement of your techniques, skills and competences.

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

- ♦ Development of more than 100 clinical cases presented by psychology professionals
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Assessment and approach to the patient with Cognitive-Behavioral disorder
- ♦ Comprehensive systematized action plans for the management of patients with more complex psychological conditions
- ♦ Presentation of practical workshops on therapeutic techniques in different patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Clinical practice guidelines on the approach to different disorders
- ♦ 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
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best medical centers



*You will have access to the best and most up-to-date content on the market on the etiology of illness for the cognitive behavioral model"*

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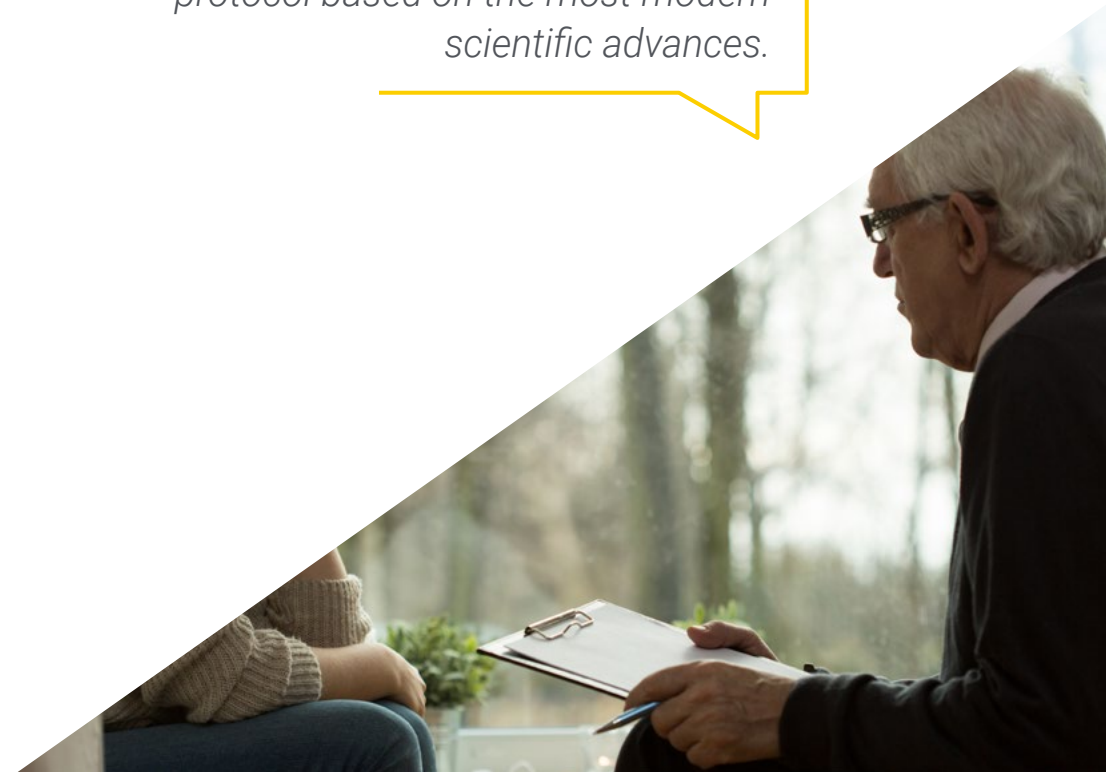
*An intensive and comprehensively designed program for professionals like you that concludes with a 120-hour practical stay in a clinical center specializing in mental health"*

In this proposal for a Professional Master's Degree, of a professionalizing nature and hybrid learning modality, the program is aimed at updating Psychotherapy professionals who develop their functions in in Cognitive-Behavioral Psychology centers, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge into psychological practice and the theoretical-practical elements will facilitate the updating of knowledge and will allow decision making in patient management.

Thanks to their multimedia content developed with the latest educational technology, they will allow the psychology professional to obtain situated and contextual learning, that is to say, a simulated environment that will provide immersive training 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 student will be assisted by an innovative interactive video system created by renowned experts.

*A Hybrid Professional Master's Degree that meets the most current demands of the labor market in the field of psychology.*

*Knowing the latest details in design and intervention strategies in Cognitive-Behavioral psychology will allow you to create an action protocol based on the most modern scientific advances.*





# 02

## Why Study this Hybrid Professional Master's Degree?

The field of mental health has acquired great relevance in recent years, due to the increase in the population that needs the help of a specialist to treat disorders such as anxiety or depression. In this scenario, it is undoubtedly necessary to update theoretical concepts, but also to be able to apply them in real clinical settings. That is why TECH has created this program, which is clearly different from other programs in the academic panorama. In this training, the professional will be immersed in a 100% online theoretical framework, which will continue with an intensive internship program of 3 weeks in a prestigious center.





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*Enter a real clinical environment with the best specialists in Cognitive-Behavioral Psychotherapy and apply the most innovative and effective procedures in your daily practice”*

### 1. Updating from the latest technology available

The progress achieved in Cognitive-Behavioral Psychotherapy in recent decades is largely due to the studies and research carried out in this field. In this way, the techniques and methods used in the approach to different disorders and pathologies have been perfected. For this reason, TECH has created this Hybrid Professional Master's Degree, which brings the specialist closer to the most relevant advances in this field from a theoretical-practical perspective, through a rigorous conceptual framework and advanced practice by the best specialists in this area.

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

During this updating period, the professional will not only have an excellent and first class teaching team, but also, during the Internship program, will be surrounded by real experts, who will guide them to achieve their objectives in a successful way. Therefore, you will be able to see how the work procedures are and techniques used in a reference center in the approach of patients through Cognitive-Behavioral Psychotherapy.

### 3. Entering First-Class Clinical Environments

Once the theoretical stage is completed, the specialist will enter a first level clinical environment. In order to guarantee a quality program, TECH carefully selects all the centers where the internships are carried out. This guarantees the professional access to an outstanding space, where he will be able to integrate in his daily practice the most effective methods in the study, evaluation, diagnosis and treatment of people with different types of disorders. All this, always applying the latest scientific postulates on which Cognitive-Behavioral Psychotherapy is based.





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

Currently in the academic market there are a multitude of educational programs that come very close to the real needs of professionals and also have teaching systems based on extensive teaching load, incompatible with daily activities. TECH offers in this Hybrid Professional Master's Degree, a program that provides an online and flexible theoretical phase, which continues with an eminently practical stage, in a 100% real clinical environment. This allows you to obtain a much more complete update and of great application in the daily professional performance.

#### 5. Expanding the Boundaries of Knowledge

In this program, TECH offers a unique opportunity, not only to update in Cognitive-Behavioral Psychotherapy with the best professionals and experts in this field, but also because the specialist can integrate these processes in their practice or carry them out in any leading clinical center in the world. This academic institution therefore offers a much broader view of the different possible applications of this type of therapy.

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

# 03

# Objectives

The design of this Hybrid Professional Master's Degree in Cognitive-Behavioral Psychotherapy has been carried out with the aim of offering the graduate the possibility of updating and expanding their knowledge in a comprehensive manner and following the most modern guidelines in the field of psychology. That is why in this program you will find all the tools that will help you to perfect your professional skills and to implement the latest scientific advances related to the approach of patients with different disorders to your skills and competences as a specialist.





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*You will combine theory and professional practice through a demanding and rewarding educational approach”*



## General Objective

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- The purpose of this program is to provide students with the latest academic and technical knowledge that will allow them to carry out their professional work based on the latest scientific advances in the sector. Thanks to this course, students will be able to update themselves in the design of the Psychological Evaluation from the Cognitive-Behavioral approach, as well as to delve into the tools of intervention in the composition of a good therapeutic process. Additionally, this program also promotes the management of the latest techniques in patient containment



*You will become a professional with a differential qualification based on the latest clinical advances in the management of patients with behavioral disorders”*





## Specific Objectives

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### Module 1. Historical Evolution of Cognitive-Behavioral Psychology

- ♦ Understand the beginnings of psychology and the historical evolution of cognitive psychology
- ♦ Learn about each of the most famous theories within psychology
- ♦ Synthesize notions of the historical chronology of psychology
- ♦ Know the importance of viewing psychology as a scientific discipline

### Module 2. Study and Diagnosis in the Cognitive-Behavioral Psychology Model

- ♦ Know the basis of the study and diagnosis from the cognitive-behavioral perspective
- ♦ Contextualize and differentiate the characteristics of the model from the rest
- ♦ Know the fundamentals of assessment within the cognitive-behavioral perspective

### Module 3. Design and Intervention Strategies in Cognitive-Behavioral Psychology

- ♦ Know and understand the different intervention strategies existing in cognitive-behavioral psychology
- ♦ Differentiate between the strategies of cognitive-behavioral psychology and others
- ♦ Learn how to design strategies that allow intervention from the model

### Module 4. Intervention with Cognitive-Behavioral Techniques in the Chronic Patient Clinic

- ♦ Know the basics of cognitive-behavioral therapy intervention
- ♦ Know the profile of the patient with chronic disease
- ♦ Know the most common chronic diseases and their characteristics



### **Module 5. Intervention with Cognitive-Behavioral Techniques in Clinical Psychology**

- ♦ Acquire basic and key knowledge about the different Cognitive-Behavioral techniques
- ♦ Know and learn how to carry out an intervention with the cognitive-behavioral model
- ♦ Learn the basics of therapies based on the cognitive-behavioral model
- ♦ Get to know the authors of cognitive-behavioral techniques

### **Module 6. Applied Cognitive-Behavioral Psychology**

- ♦ Know and internalize the bases of cognitive-behavioral psychology
- ♦ Learn about current and new lines of research
- ♦ Know how to apply the techniques within cognitive-behavioral psychology

### **Module 7. Cognitive-Behavioral Model applied in the intervention of Health Psychology**

- ♦ Know and contextualize the emergence of health psychology
- ♦ Understand the importance of the birth of other theories and explanatory models
- ♦ Know and analyze the relationship between both approaches

### **Module 8. Applied Psychopharmacology**

- ♦ Differentiate the existing groups of psychotropic drugs for the treatment of psychiatric and behavioral disorders
- ♦ Determine the mechanisms of action in each of the pharmacological treatments
- ♦ Assess the side effects of different groups of drugs





### **Module 9. Behavior Modification**

- ♦ Know the basics of behavior modification techniques
- ♦ Know and recognize the different theoretical currents of behavior modification
- ♦ Know and learn how to apply behavior modification techniques

### **Module 10. Treatment Program**

- ♦ Know the main treatment programs
- ♦ Know what ICTs are and their usefulness in clinical psychology
- ♦ Become familiar with the current and future treatments linked to new technologies

# 04 Skills

After completing this program, the graduate will have acquired all the professional skills necessary to carry out a quality praxis based on the latest scientific evidence. During the 12 months in which this Hybrid Professional Master's Degree in Cognitive-Behavioral Psychotherapy is distributed, the specialist will invest their time in perfecting their aptitudes and distinctive abilities, which will allow them to manage, based on the most current and accurate information of the sector, the fields of intervention in Psychotherapy.



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*This program will allow you to perfect the skills to conduct a good interview, as well as the most modern evaluation tools, their characteristics and their selection criteria”*





## General Skills

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- ♦ Understand the development and evolution of the cognitive-behavioral intervention model, its characteristics, main authors, and therapeutic approaches
- ♦ Manage therapeutic relationship skills to establish an appropriate bond with the patient
- ♦ Master the areas of psychological assessment, analysis of relevant information, and assessment techniques
- ♦ Understand the peculiarities of the intervention process and manage the techniques, both from their theoretical and practical foundations
- ♦ Understand and master the fields of intervention in Psychotherapy and the technology to be applied in each of them
- ♦ Understand and master the technology applied to health related problems
- ♦ Learn and master the technology for the application in psychotic disorders, addictions, and couple problems
- ♦ Understand and master the other techniques that complement the intervention and contribute to the patient's personal growth







## Specific Skills

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- ♦ Understand and analyze the characteristics of the Cognitive-behavioral model and its intervention orientations
- ♦ Establish a therapeutic bond with the patient that supports a successful intervention
- ♦ Master therapeutic relationship skills
- ♦ Adequately perform their role as a therapist
- ♦ Identify the different types of patients
- ♦ Know how to pace, contain and escort the patient
- ♦ Understand the rationale and characteristics of the psychological assessment process
- ♦ Describe and identify the latent reason for consultation
- ♦ Discover and manage your needs as an evaluator
- ♦ Recognize and manage anxieties as a therapist
- ♦ Identify and manage the patient's needs and anxieties
- ♦ Identify assessment areas and scenarios
- ♦ Determine in the interview the necessary information to know and understand what happened
- ♦ Analyze the patient's disposition to therapeutic change
- ♦ Identify and manage the factors to ensure good therapeutic adherence
- ♦ Differentiate the patient's different roles and the development in each one of them
- ♦ Control and manage interfering situations in the assessment process
- ♦ Understand and speak the patient's language

- ♦ Describe and differentiate the channels of expression of the patient's conflict
- ♦ Identify family rules, rituals, and their ability to achieve balance
- ♦ Identify and assess the patient's moments of crisis
- ♦ Identify the influence of the environment on the patient's condition
- ♦ Maintain interviews with people in the patient's environment and other professionals if necessary and always with the patient's knowledge
- ♦ Explain why the person is suffering from illness
- ♦ Understand and explain the difference between normality and psychopathology and the different types of conflicts
- ♦ Understand and explain the patient's way of bonding with their environment
- ♦ Master the skills to conduct a good interview and the evaluation tools, their characteristics, purpose and selection criteria
- ♦ Distinguish the information relevant to the therapeutic process from that which is not organizing the information in an appropriate manner
- ♦ Perform a topographical analysis
- ♦ Perform a functional analysis
- ♦ Identify and define therapeutic objectives
- ♦ Know the epistemology of psychodiagnosis
- ♦ Perform a syndromic diagnosis
- ♦ Master the protocol to establish a diagnosis
- ♦ Establish explanatory hypotheses
- ♦ Know the patient with the information collected in the clinical history
- ♦ Prepare and write a psychological report understandable to the patient
- ♦ Manage communication skills to explain to the patient what is happening to them and the most appropriate intervention for it
- ♦ Manifest and manage ethics in returning information to the patient
- ♦ Describe the entire process so that it is within the scope of respect and good practices of action or intervention with the patient
- ♦ Establish a work commitment with the patient
- ♦ Know and apply the Code of Ethics of the psychologist
- ♦ Know the Law 41/2002 regulating patient autonomy
- ♦ Know and apply the Personal Data Protection Regulation
- ♦ Know and formulate key questions to guide the intervention process
- ♦ Control and manage interfering situations in the intervention process
- ♦ Design a relapse prevention protocol

- ♦ Apply selection criteria to choose the most appropriate intervention techniques in each case
  - ♦ Develop theories that explain the events using clinical criteria
  - ♦ Master and apply the techniques of Deactivation and Relaxation, Focusing, Exposure, Instrumental and Operant Conditioning, Modeling, Cognitive Restructuring, Social Skills Training, Coping and Self-Control
  - ♦ Master and apply Problem Solving techniques
  - ♦ Master anger management
  - ♦ Master and apply techniques that motivate change
  - ♦ Identify the patient's capacities for their evolution process and reinforce them
  - ♦ Identify the patient's weakest points in the evolution process and also consider them as work objectives
  - ♦ Plan behaviors with the patient that motivate change
  - ♦ Master and apply other emotion management techniques
  - ♦ Design the patient's follow-up phase
  - ♦ Master and apply intervention techniques for anxiety disorders, mood disorders, somatoform disorders, impulse control disorders, sexual disorders and eating disorders
- ♦ Master and apply intervention techniques for sleep disorders, stress disorders, headaches, pain processes, HIV/AIDS, premenstrual syndrome, schizophrenia, delusions and hallucinations, alcoholism, smoking, heroin and cocaine use, and relationship problems
  - ♦ Master and apply techniques that contribute to the personal growth of the patient and to complement the therapy



*With this program you will be able to enhance your skills in the use of the latest technology applied to master the technology in addressing psychotic disorders, addictions or relationship problems”*

05

# Course Management

For the development of the management team of this Hybrid Professional Master's Degree, TECH has taken into account two factors: academic and professional experience. That is why the graduate will find in this program the best teaching team, formed by experts in psychology and psychotherapy with a broad professional background. It is a group of specialists committed to the profession and teaching, who will guide the graduate in his updating.







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*You will have access to 10 masterclasses given by a leading teacher in the academic and professional field of Cognitive-Behavioral Psychotherapy”*

## International Guest Director

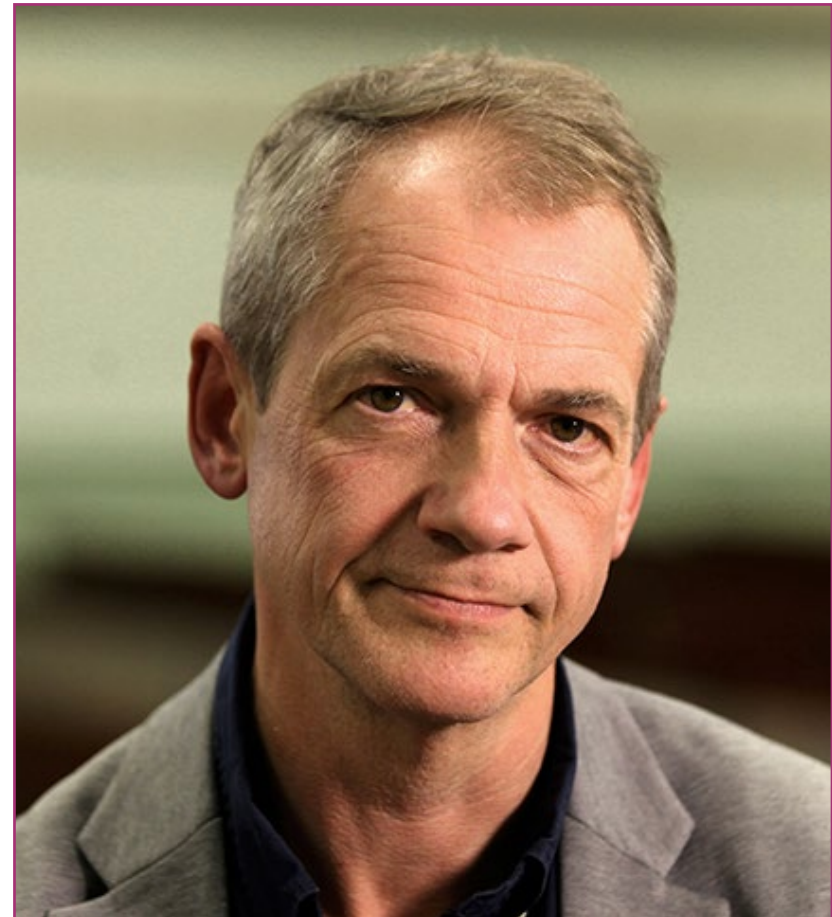
Dr. Stefan G. Hofmann is a world eminence in the area of **Cognitive Behavioral Therapy and Anxiety Disorders**. For more than 20 years he has been researching the **nature of emotional disorders and the processes through which psychological treatments alleviate symptoms**.

Thanks to his extensive career he has been established as Alexander von Humboldt Professor of Translational Clinical Psychology and the Department of Clinical Psychology at the Philipps University of Marburg in Germany and is currently Professor in the Department of Neurology and Psychology at Boston University, where he directs the Psychotherapy and Emotion Research Laboratory for Anxiety and Related Disorders.

He has served as president of numerous professional organizations and is editor-in-chief of Cognitive Therapy and Research. Additionally, he has been included in the list of **Highly Cited Researchers** and has received the **Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy** and the **Humboldt Research Award**.

He has also become a world reference, acting as a **consultant in the development process of the DSM-5**, a manual created to help health professionals in the diagnosis of mental disorders and in the elaboration of a treatment plan that is perfectly suited to the needs of each individual patient.

In the research field, Dr. Stefan G. Hofmann has **published more than 400 articles** in specialized journals and **20 books** on Anxiety Disorders, Depression, Emotions, the Mechanism of Treatment Change, the Translation of Neuroscience Discoveries into Clinical Applications and the Regulation of Emotions and Cultural Expressions of Psychopathology.



## Dr. Hofmann, Stefan G.

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- Professor of the Neurology and Psychology Department of Boston University
- Editor-in-Chief of the Cognitive Therapy and Research Journal
- Consultant in the creation of the DSM-5
- Professor of the Department of Psychological and Brain Sciences of Boston University
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Professor in Clinical Translational Psychology
- Member of: DSM-5 Sub-Working Group on Anxiety Disorder, DSM-5-TR Cross-Cultural Review Group

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



# 06

## Educational Plan

The syllabus of this program has been designed based on the latest scientific evidence in the field of psychology. Additionally, the teaching team has actively participated in its development, providing a more current and critical vision. That is why the graduate will find in this program the perfect opportunity to update and expand their knowledge following the latest developments in the area and making use of the most complete and comprehensive syllabus on the market. Finally, in the Virtual Classroom you will find additional material in video format, images, complementary readings and research articles with which you will be able to delve deeper into the aspects of the program that you consider most important for the performance of your profession.



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*Access, 24 hours a day, from any electronic device, to the library of multimedia resources that make up this university program”*

## Module 1. Historical Evolution of Cognitive-Behavioral Psychology

- 1.1. Psychology as a Scientific Discipline
  - 1.1.1. Psychology Origins and Beginnings
  - 1.1.2. Philosophy as Base
  - 1.1.3. A New Discipline
  - 1.1.4. Psychology Intervention
- 1.2. Classical and Operant Conditioning
  - 1.2.1. The Beginnings of Conditioning
  - 1.2.2. Classical conditioning
  - 1.2.3. Operant Conditioning
- 1.3. Behavioral Therapy
  - 1.3.1. Beginnings of Behavioral Therapy
  - 1.3.2. Most Relevant Authors and Theories
- 1.4. Development and Characteristics the Cognitive-Behavioral Model
  - 1.4.1. Basis of the Cognitive-Behavioral Model
  - 1.4.2. Characteristics and Advantages of the Model
- 1.5. Main Authors and Models within the Cognitive-Behavioral Paradigm
  - 1.5.1. Driving Authors of the Movement
  - 1.5.2. Main Theories and Models
- 1.6. The Therapist's Role
  - 1.6.1. Importance of the Therapist
  - 1.6.2. Their Position Within Cognitive-Behavioral Therapy
- 1.7. What Is *Rapport*?
  - 1.7.1. Introduction to the Concept of *Rapport*
  - 1.7.2. Relevance in Psychology
  - 1.7.3. Main Authors who Support the Concept
- 1.8. Formation of Emotional Schemes and Limiting Beliefs
  - 1.8.1. What are the Emotional Patterns?
  - 1.8.2. Types of Patterns
  - 1.8.3. Definition of Beliefs
  - 1.8.4. Limiting Beliefs

- 1.9. Cognitive Psychology Today
  - 1.9.1. Current Cognitive Psychology
  - 1.9.2. Most Relevant Authors and Theories
  - 1.9.3. Tendencies and Evolution
- 1.10. Normality and Pathology
  - 1.10.1. The Concept of Normality
  - 1.10.2. Normality vs. Pathology

## Module 2. Study and Diagnosis in the Cognitive-Behavioral Psychology Model

- 2.1. Psychological Evaluation
  - 2.1.1. The Importance of a Good Assessment
  - 2.1.2. Assessment Phases and Processes
- 2.2. Most Common Assessment Tools
  - 2.2.1. Introduction to the Assessment Methodology
  - 2.2.2. Assessment Test and Tools
- 2.3. Assessment Areas and Scenarios
  - 2.3.1. The Importance of Context During Assessment
  - 2.3.2. The Different Scenarios of the Assessment
- 2.4. Interview and Anamnesis
  - 2.4.1. Anamnesis
  - 2.4.2. Types of Interviews
  - 2.4.3. Limitations of the Interview
- 2.5. How to Diagnose?
  - 2.5.1. How to Perform a Diagnostic Process?
  - 2.5.2. Importance of an Accurate Diagnosis
  - 2.5.3. Labels and Their Taboos
- 2.6. Motivation and Willingness to Therapeutic Change
  - 2.6.1. Motivation as a Key Factor
  - 2.6.2. Enhancing Patient Motivation
  - 2.6.3. The Patient's Willingness to Change
- 2.7. Self-Dialogue and Biography, Communication Channels



- 2.7.1. Therapeutic Communication
- 2.7.2. Using Self-Dialogue
- 2.7.3. The Patient's Biography
- 2.8. Assessment Guarantees
  - 2.8.1. What Guarantees Should an Assessment Process Have?
  - 2.8.2. Issues to Consider

### Module 3. Design and Intervention Strategies in Cognitive-Behavioral Psychology

- 3.1. Aspects to Consider in the Intervention Process
  - 3.1.1. Aspects Specific to the Therapist
  - 3.1.2. Contextual Aspects
  - 3.1.3. Aspects Specific to the Patient
- 3.2. Mental and Emotional Health
  - 3.2.1. What Is Health?
  - 3.2.2. Mental Health
  - 3.2.3. Emotional Health
- 3.3. Habits and Cognitive Style
  - 3.3.1. Introduction to Habits and Their Types
  - 3.3.2. Their Influence on Therapy and the Change Process
- 3.4. Applied Communication Skills
  - 3.4.1. Introduction to Communication Skills
  - 3.4.2. Communication Skills Applied to Crisis Intervention
  - 3.4.3. Use of Communication Skills During Therapy
- 3.5. Representational Systems
  - 3.5.1. Introduction and Definition of Representational Systems
  - 3.5.2. Types of Systems and Their Influence
- 3.6. Effective Use of Questions (Socratic Method)
  - 3.6.1. The Importance of Questioning in Therapy
  - 3.6.2. Emergence of the Socratic Method
  - 3.6.3. Its Application in Therapy
- 3.7. Therapist Skills
  - 3.7.1. Introduction to Therapist Skills
  - 3.7.2. Importance of Therapist Skills
  - 3.7.3. Handling Difficult situations

### Module 4. Intervention with Cognitive-Behavioral Techniques in the Chronic Patient Clinic

- 4.1. Introduction to Chronic Disease
  - 4.1.1. Chronic Disease Characteristics
  - 4.1.2. How Does It Affect the Person?
- 4.2. Most Common Chronic Diseases
  - 4.2.1. Prevalence of Chronic Diseases
  - 4.2.2. Most Common Diseases
- 4.3. Chronic Patient Assessment
  - 4.3.1. Basis of Evaluation
  - 4.3.2. Most Common Assessment Tools
- 4.4. Self-Esteem and Self-Concept Problems
  - 4.4.1. Definition of Self-Esteem
  - 4.4.2. Definition of Self-Concept
  - 4.4.3. Common Self-Esteem and Self-Concept Problems in Chronic Illnesses
- 4.5. Coping Styles and Techniques
  - 4.5.1. What Are Coping Styles?
  - 4.5.2. Measuring Tools
  - 4.5.3. Techniques for an Improved Approach
- 4.6. Biofeedback Techniques
- 4.7. Systematic Desensitization (J. Wolpe 1948)
  - 4.7.1. Who Is J. Wolpe?
  - 4.7.2. Theoretical Foundations of Systematic Desensitization
  - 4.7.3. Application of Systematic Desensitization
- 4.8. Edmund Jacobson's Progressive Relaxation
  - 4.8.1. Who Is Jacobson?
  - 4.8.2. Theoretical Foundations of Progressive Relaxation
  - 4.8.3. Progressive Relaxation Application
- 4.9. Instrumental or Operant Conditioning Techniques
  - 4.9.1. Therapeutic Use
  - 4.9.2. Most Commonly Used Techniques
  - 4.9.3. Conditioning at Present
- 4.10. Modeling Techniques

**Module 5. Intervention with Cognitive-Behavioral Techniques in Clinical Psychology**

- 5.1. Types of Techniques
  - 5.1.1. Introduction to Cognitive-Behavioral Techniques
  - 5.1.2. Why Is It Important to Avoid Relapses?
- 5.2. Schultz's Autogenous Relaxation (1901)
  - 5.2.1. Who Is Schultz?
  - 5.2.2. Autogenous Therapy
  - 5.2.3. Clinical Use
- 5.3. Suggestion and Hypnosis Techniques
  - 5.3.1. Origin of Hypnosis
  - 5.3.2. Suggestion and Hypnosis Procedure
  - 5.3.3. Applicability and Efficacy Data
- 5.4. Ellis Rational-Emotive-Behavioral Therapy
  - 5.4.1. Who Is Ellis?
  - 5.4.2. Fundamentals of Rational-Emotive-Behavioral Therapy
  - 5.4.3. Clinical Use
- 5.5. Stress Inoculation Therapy
  - 5.5.1. Introduction to Stress Inoculation Therapy
  - 5.5.2. Relevant Authors
  - 5.5.3. Clinical Use
- 5.6. Beck's Cognitive Therapy
  - 5.6.1. Who Is Beck?
  - 5.6.2. Fundamentals of Cognitive Therapy
  - 5.6.3. Clinical Use
- 5.7. Problem-Solving Therapy
  - 5.7.1. Introduction to Problem-Solving Therapy
  - 5.7.2. Relevant Authors
  - 5.7.3. Clinical Use



- 5.8. Exposure Therapy
  - 5.8.1. Types of Exposure
  - 5.8.2. Relevant Authors
  - 5.8.3. Clinical Use
- 5.9. Cognitive restructuring
  - 5.9.1. What Is Cognitive Restructuring?
  - 5.9.2. Clinical Use
- 5.10. *Mindfulness*
  - 5.10.1. Origin of *Mindfulness*
  - 5.10.2. Mechanisms of action
  - 5.10.3. Clinical Use

## Module 6. Applied Cognitive-Behavioral Psychology

- 6.1. Intervention in Anxiety Disorders
  - 6.1.1. Assessment and Diagnosis in Anxiety Disorders
  - 6.1.2. Intervention and Treatment
- 6.2. Intervention in Mood Disorders
  - 6.2.1. Assessment and Diagnosis in Mood Disorders
  - 6.2.2. Intervention and Treatment
- 6.3. Intervention in Sleep Disorders
  - 6.3.1. Assessment and Diagnosis in Sleep Disorders
  - 6.3.2. Intervention and Treatment
- 6.4. Intervention in Chronic Pain Disorders
  - 6.4.1. Assessment and Diagnosis in Chronic Pain Disorders
  - 6.4.2. Intervention and Treatment
- 6.5. Cognitive-Behavioral Intervention in Psychosomatic Disorders
  - 6.5.1. Assessment and Diagnosis in Psychosomatic Disorders
  - 6.5.2. Intervention and Treatment
- 6.6. Intervention in Eating Disorders
  - 6.6.1. Assessment and Diagnosis in Eating Disorders
  - 6.6.2. Intervention and Treatment





- 6.7. Grief Intervention
  - 6.7.1. Concept of Grief
  - 6.7.2. Intervention and Treatment
  - 6.7.3. Accompaniment
- 6.8. Intervention in Depressive Disorders
  - 6.8.1. Assessment and Diagnosis in Depressive Disorders
  - 6.8.2. Intervention and Treatment
- 6.9. Stress Intervention
  - 6.9.1. Concept of Stress
  - 6.9.2. Associated Theories
  - 6.9.3. Intervention and Treatment

## Module 7. Cognitive-Behavioral Model Applied in the Intervention of Health Psychology

- 7.1. Introduction to the Biopsychosocial Model of Health
  - 7.1.1. Importance for an Integrative Model
  - 7.1.2. Birth of the Biopsychosocial Model
- 7.2. Emergence of Health Psychology
  - 7.2.1. History and Birth of Health Psychology
  - 7.2.2. Theoretical Basis
- 7.3. The Emergence of Community Psychology
  - 7.3.1. Origins of Community Psychology
  - 7.3.2. Impact and Use
- 7.4. Emotion-Based Therapy
  - 7.4.1. What Is Emotion-Based Therapy?
  - 7.4.2. Main Authors
  - 7.4.3. Clinical Use
- 7.5. Humanist Theories
  - 7.5.1. Birth of Humanist Theories
  - 7.5.2. Theoretical Approach and Main Authors
  - 7.5.3. Application

- 7.6. Carl Rogers' Therapy
  - 7.6.1. Who Is Carl Rogers?
  - 7.6.2. Theoretical Basis
  - 7.6.3. Therapeutic Application
- 7.7. Social Skills Training
  - 7.7.1. Social Skills Training Programs
  - 7.7.2. Social Skills in Pathological Disorders
  - 7.7.3. Usefulness and Effectiveness
- 7.8. Acceptance and Commitment Therapy
  - 7.8.1. Basis and Foundations
  - 7.8.2. Structure and Procedures
  - 7.8.3. Application and Effectiveness
- 7.9. Dialectical Behavioral Therapy
  - 7.9.1. Basis and Foundations
  - 7.9.2. Structure and Procedures
  - 7.9.3. Application and Effectiveness
- 7.10. Family Therapy, Principles and Techniques
  - 7.10.1. Basis and Foundations
  - 7.10.2. Structure and Procedures
  - 7.10.3. Application and Effectiveness

## Module 8. Applied Psychopharmacology

- 8.1. Introduction to Psychopharmacology
  - 8.1.1. Principles and Introduction to Psychopharmacology
  - 8.1.2. General Principles of Psychopharmacological Treatment
  - 8.1.3. Main Applications
- 8.2. Antidepressants
  - 8.2.1. Types of Antidepressants
  - 8.2.2. Mechanism of Action
  - 8.2.3. Indications
  - 8.2.4. Drugs of the Group
  - 8.2.5. Side Effects
  - 8.2.6. Contraindications
  - 8.2.7. Drug Interactions
  - 8.2.8. Patient Information

- 8.3. Antipsychotics
  - 8.3.1. Types of Antipsychotics
  - 8.3.2. Mechanism of Action
  - 8.3.3. Indications
  - 8.3.4. Drugs of the Group
  - 8.3.5. Side Effects
  - 8.3.6. Contraindications
  - 8.3.7. Drug Interactions
  - 8.3.8. Patient Information
- 8.4. Anxiolytics and Hypnotics
  - 8.4.1. Types of Anxiolytics and Hypnotics
  - 8.4.2. Mechanism of Action
  - 8.4.3. Indications
  - 8.4.4. Drugs of the Group
  - 8.4.5. Side Effects
  - 8.4.6. Contraindications
  - 8.4.7. Drug Interactions
  - 8.4.8. Patient Information
- 8.5. Mood Stabilizers
  - 8.5.1. Types of Mood Stabilizers
  - 8.5.2. Mechanism of Action
  - 8.5.3. Indications
  - 8.5.4. Drugs of the Group
  - 8.5.5. Dosage and Forms of Administration
  - 8.5.6. Side Effects
  - 8.5.7. Contraindications
  - 8.5.8. Drug Interactions
  - 8.5.9. Patient Information
- 8.6. Psychostimulants
  - 8.6.1. Mechanism of Action
  - 8.6.2. Indications
  - 8.6.3. Drugs of the Group
  - 8.6.4. Dosage and Forms of Administration
  - 8.6.5. Side Effects
  - 8.6.6. Contraindications
  - 8.6.7. Drug Interactions
  - 8.6.8. Patient Information
- 8.7. Anti-Dementia Drugs
  - 8.7.1. Mechanism of Action
  - 8.7.2. Indications
  - 8.7.3. Drugs of the Group
  - 8.7.4. Dosage and Forms of Administration
  - 8.7.5. Side Effects
  - 8.7.6. Contraindications
  - 8.7.7. Drug Interactions
  - 8.7.8. Patient Information
- 8.8. Drugs for the Treatment of Dependency
  - 8.8.1. Types and Mechanism of Action
  - 8.8.2. Indications
  - 8.8.3. Drugs of the Group
  - 8.8.4. Dosage and Forms of Administration
  - 8.8.5. Side Effects
  - 8.8.6. Contraindications
  - 8.8.7. Drug Interactions
  - 8.8.8. Patient Information

- 8.9. Anti-Epileptic Drugs
  - 8.9.1. Mechanism of Action
  - 8.9.2. Indications
  - 8.9.3. Drugs of the Group
  - 8.9.4. Side Effects
  - 8.9.5. Contraindications
  - 8.9.6. Drug Interactions
  - 8.9.7. Patient Information
- 8.10. Other Drugs: Guanfacine
  - 8.10.1. Mechanism of Action
  - 8.10.2. Indications
  - 8.10.3. Dosage and Forms of Administration
  - 8.10.4. Side Effects
  - 8.10.5. Contraindications
  - 8.10.6. Drug Interactions
  - 8.10.7. Patient Information

## Module 9. Behavior Modification

- 9.1. Main Theories and Authors
  - 9.1.1. Beginnings of Behavioral Theories
  - 9.1.2. Most Relevant Authors
- 9.2. Behavioral Assessment
  - 9.2.1. Behavioral Assessment Strategies
  - 9.2.2. Functional Analysis of Behavior
- 9.3. Functional Analysis of Behavior
  - 9.3.1. Origin and Foundations of Functional Behavioral Analysis
  - 9.3.2. Clinical Utility
- 9.4. Operant Techniques for Behavioral Enhancement
  - 9.4.1. What Behaviors Do We Want to Increase?
  - 9.4.2. Techniques to Increase Behavior
- 9.5. Covert Conditioning Techniques
  - 9.5.1. Fundamentals of Covert Conditioning
  - 9.5.2. Uses in Clinical Practice

- 9.6. Techniques to Reduce or Eliminate
  - 9.6.1. What Behaviors Do We Want to Eliminate?
  - 9.6.2. Techniques to Reduce or Extinguish a Behavior
- 9.7. Token Economy Program
  - 9.7.1. Theoretical Basis for the Token Economy
  - 9.7.2. Its Use in the Classroom
  - 9.7.3. Its Clinical Use
- 9.8. Contingency Contracts
  - 9.8.1. Basics of Contingency Contracts
  - 9.8.2. Usefulness and Effectiveness
- 9.9. Latest Applications and Studies
  - 9.9.1. Neobehavioral Theories
  - 9.9.2. Main Authors
  - 9.9.3. Research Lines

## Module 10. Treatment Programs

- 10.1. Introduction to Treatment Programs
  - 10.1.1. Characteristics of Treatment Programs
  - 10.1.2. Most Popular Treatment Programs
- 10.2. Autism Spectrum
  - 10.2.1. Autism Spectrum Basics
  - 10.2.2. Assessment and Diagnosis
  - 10.2.3. Intervention and Treatment
- 10.3. Schizophrenia
  - 10.3.1. Basis of the Disease
  - 10.3.2. Assessment and Diagnosis
  - 10.3.3. Intervention and Treatment



- 10.4. Neuropsychological Conditions
  - 10.4.1. Most Common Conditions
  - 10.4.2. Assessment and Diagnosis
  - 10.4.3. Treatment Programs
- 10.5. Social Phobia Treatment
  - 10.5.1. Common Treatment Programs for Social Phobia
  - 10.5.2. Treatments and Lines of Research
  - 10.5.3. Cognitive-Behavioral Intervention
- 10.6. Specific Phobia Treatment
  - 10.6.1. Characteristics of the Diagnosis
  - 10.6.2. Assessment
  - 10.6.3. Intervention and Treatment
- 10.7. A Clinical Model of Obsessive Thoughts
  - 10.7.1. Thoughts and Beliefs
  - 10.7.2. Obsessions and Compulsions
  - 10.7.3. Treatment
- 10.8. Treatment of Sexual Disorders
  - 10.8.1. Assessment and Diagnosis of Sexual Disorders
  - 10.8.2. Non-Pharmacological Treatment for Sexual Disorders
- 10.9. Treatment of Addictions
  - 10.9.1. Concept of Addiction
  - 10.9.2. Components of Addiction
  - 10.9.3. Intervention Programs
- 10.10. Treatment of Personality Disorders
  - 10.10.1. Characteristics of Personality Disorders
  - 10.10.2. Assessment and Diagnosis
  - 10.10.3. Intervention and Treatment



*This Hybrid Professional Master's Degree will take you through the main existing treatment programs to treat personality disorders, sexual disorders or specific phobias"*

07

# Clinical Internship

After several months of theoretical qualification, the specialist will have access to 120 hours of professional practice in a leading clinic in the field of psychology. In this way, they will be able to continue perfecting their skills and abilities, but now they will do so using the reality of the profession. During this period, they will witness and actively participate in the therapeutic consultation of patients with different psychological conditions and will be able to broaden their knowledge with a team of experts who will accompany them during their stay in the institution.





“

*You will be able to immerse yourself in the reality of the profession and improve your approach to your patients thanks to the internship program guaranteed by this Hybrid Professional Master's Degree”*



The Clinical Internship of this program in Cognitive-Behavioral Psychotherapy consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of work supervised by a professional with extensive experience in the sector. This experience will allow the graduate to know in detail the day to day of the profession and to work in real situations alongside an expert and reference team in the field of Psychotherapy.

In this training proposal, completely practical in nature, the activities are aimed at developing and perfecting the skills necessary for the provision of psychological care in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in an environment of safety for the patient and high professional performance.

It is, without a doubt, an opportunity to learn by working side by side with expert psychologists with years of experience in the management of clinical cases of patients with Cognitive-Behavioral pathologies.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of skill (learning to learn and learning to do), with the and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal skills for the praxis of psychotherapy is (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
<b>Study and Diagnosis in the Cognitive-Behavioral Psychology Model</b>	Effectively use the main psychological assessment instruments
	Define emotional schemes adapted to the needs of each patient
	Elaborate relapse prevention plans through the techniques used in Cognitive-Behavioral Psychology
	Evaluate and assess the patient's limiting beliefs
<b>Design and Intervention Strategies in Cognitive-Behavioral Psychology</b>	Employ appropriate strategies for handling complicated situations
	Address the most common situations that may interfere with therapy
	Implement habits for the improvement of mental and emotional health in the patient
	Apply coping, deactivation and relaxation techniques as required by the situation
<b>Applied Cognitive-Behavioral Psychology</b>	Applying techniques such as Mindfulness in clinical practice
	Perform evaluations and diagnoses according to the type of disorder presented, in order to identify it and carry out a personalized therapy
	Address problems related to eating behaviors, bereavement and stress intervention
	Apply behavioral enhancement techniques
<b>Treatment programs</b>	Implement techniques to reduce or eliminate behaviors by focusing on those that should be eliminated
	Create token economy programs with practical application in real settings
	Evaluate treatment programs for various pathologies such as schizophrenia, autism spectrum or social phobia
	Implement appropriate treatments for each pathology following the models of Cognitive-Behavioral Psychology
<b>Treatment programs</b>	Collaborate in the development of distinctive intervention programs to address the most common clinical pathologies
	Develop social skills training programs aimed to pathological disorders

## 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 entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program 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 agreement for the program are 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?

Thanks to the international nature of TECH and the high level of gratification of the thousands of students from all over the world who have chosen it to perfect their professional profile, today it has practical collaborations in hundreds of leading companies in different sectors. But that's not all, because this academic center requires these entities to meet very demanding pedagogical and quality requirements, to ensure an effective and constructive practical stay for the graduate.



“

*The finishing touch for the best program is a 120-hour internship in a psychology clinic. Enroll now and do not miss this opportunity to improve your professional practice with TECH”*





The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



Psychology

### Clínica Adna

Country: Spain  
City: Madrid

Address: C. de Rodríguez San Pedro, 32, 28015 Madrid

Psychological and Aesthetic Medicine Center

**Related internship programs:**

- Clinical Child and Adolescent Psychology
- Forensic Psychology and Damage Assessment



Psychology

### Center Psicología Clínica

Country: Spain  
City: Madrid

Address: C. Francisco de Rojas, 3, 1º DCHA, 28010 Madrid

Psychological center specialized in comprehensive mental health care

**Related internship programs:**

- Clinical Child and Adolescent Psychology
- Cognitive-Behavioral Psychotherapy



Psychology

### Grupo Psicoactiva

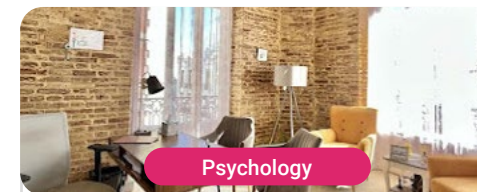
Country: Spain  
City: Valencia

Address: Calle Borrull, 40, 46008, Valencia

Clinic specialized in psychological care

**Related internship programs:**

- Cognitive-Behavioral Psychotherapy
- Third Generation Therapies



Psychology

### Proceso Terapéutico

Country: Spain  
City: Valencia

Address: Carrer de Lluís Vives, 6, Puerta 7, 46003 Valencia

Entity specialized in psycho-therapeutic care

**Related internship programs:**

- Cognitive-Behavioral Psychotherapy



Psychology

### Hospital HM Modelo

Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital Maternidad HM Belén

Country: Spain  
City: La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

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

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Psychology

### Hospital HM Rosaleda

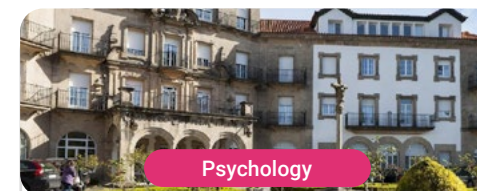
Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

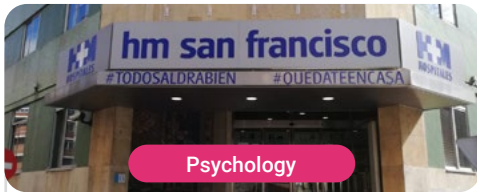
Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Psychology

### Hospital HM Regla

Country City  
Spain León

Address: Calle Cardenal Landáuzuri, 2, 24003, León

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

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepríncipe

Country City  
Spain Madrid

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

Network of private clinics, hospitals and private 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 private 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 private 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, 1° 28001, 28001, Madrid

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

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

### Policlínico HM La Paloma

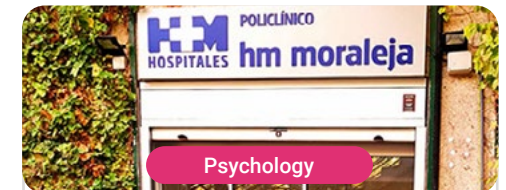
Country City  
Spain Madrid

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

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

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive System Service



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 private specialized centers distributed throughout Spain

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

### Policlínico HM Rosaleda Lalín

Country: Spain  
City: Pontevedra

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

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

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy





Psychology

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Psychology

### Centro de Psicología Altea

Country	City
Spain	Cádiz

Address: Avda. Gesto por la paz – Edif. El Carmen, P-2 -1ºJ 11207 Algeciras (Cádiz)

Psychologists in Algeciras

**Related internship programs:**

- Clinical and Health Psychology
- General Health Psychology



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. Gervas, 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.





**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 evaluate and re-evaluate 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.



# 10

# Certificate

The Hybrid Professional Master's Degree in Cognitive-Behavioral Psychotherapy guarantees, in addition to the most rigorous and updated training, access to a Hybrid Professional Master's Degree 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 Psychotherapy** 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 diploma, 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 Psychotherapy**

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

Duration: **12 months**

Certificate: **TECH Technological University**

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



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



## Hybrid Professional Master's Degree

### Cognitive-Behavioral Psychotherapy

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 Psychotherapy

