

# Hybrid Professional Master's Degree

## Emotional Well-Being Therapy



## Hybrid Professional Master's Degree

### Emotional Well-Being Therapy

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-emotional-well-being-therapy](http://www.techtute.com/us/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-emotional-well-being-therapy)

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# 01

# Introduction

Nowadays, Emotional Well-Being Therapy is an increasingly valued and necessary area in different fields, including business. Scientific advances in this field have led to a better understanding of how emotions work and their impact on people's well-being, which translates into greater effectiveness for companies that invest in the emotional health of their employees. In addition, the pandemic has further accentuated the importance of having tools to manage stress and anxiety effectively. TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy offers comprehensive and up-to-date training, with internship programs in recognized centers and expert tutors that ensure a multidisciplinary vision to address the emotional needs of patients in business and other contexts.







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*You will enjoy an enriching and unique learning experience that will allow you to develop personally and professionally, expanding your knowledge and skills in the field of Emotional Well-Being Therapy”*

Emotional Well-Being Therapy has currently become an essential tool for the treatment of various mental and emotional disorders. Over the years, it has evolved and adapted to the needs of society, becoming a field in constant growth and development.

In this context, TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy is an excellent option for those who wish to specialize in this field.

Emotional Well-Being Therapy focuses on the treatment of emotional and psychological problems through therapeutic techniques based on emotional management. These techniques are applied to help people understand and regulate their emotions, thereby promoting psychological and emotional well-being. In addition, therapy has proven effective in the treatment of disorders such as anxiety, depression and post-traumatic stress.

In business, Emotional Well-Being Therapy is becoming an increasingly used tool to improve job performance and employee satisfaction. Therapy helps employees manage stress and anxiety, which can improve their mental and physical health, and in turn increase their productivity at work.

TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy focuses on providing students with the necessary knowledge to be able to offer real Emotional Well-Being to their patients. The program includes a 100% online theoretical part and 3-week internship programs in a clinical center of the student's choice, which allows for a comprehensive and flexible training. In addition, the program offers a multidisciplinary vision and intervention protocols adapted to the patient and their reason for consultation, allowing students to be prepared to treat a wide range of emotional and psychological disorders.

This **Hybrid Professional Master's Degree in Emotional Well-Being Therapy** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- Development of more than 100 clinical cases presented by professional experts in Emotional Well-Being Therapy and university professors with extensive experience in the critically ill patient
- 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
- Comprehensive approach to anxiety and stress disorders, with emphasis on pharmacological intervention and other effective therapies for the management of these mental health problems
- Focus on the practice of different types of therapies, both individual and group, to offer the student a complete and versatile education in the field of Emotional Well-Being Therapy
- Incorporation of Mindfulness techniques and tools in the therapeutic intervention, in order to enhance mindfulness and awareness in the patient and improve their emotional well-being
- Learning techniques for emotional processing in therapy, in order to effectively and respectfully address the different emotions and emotional problems that patients may experience
- 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 will be able to complete a clinical internship in one of the best hospitals



*You will be qualified in one of the most demanded areas of Psychology today, which will allow you to broaden your career horizons and grow professionally”*

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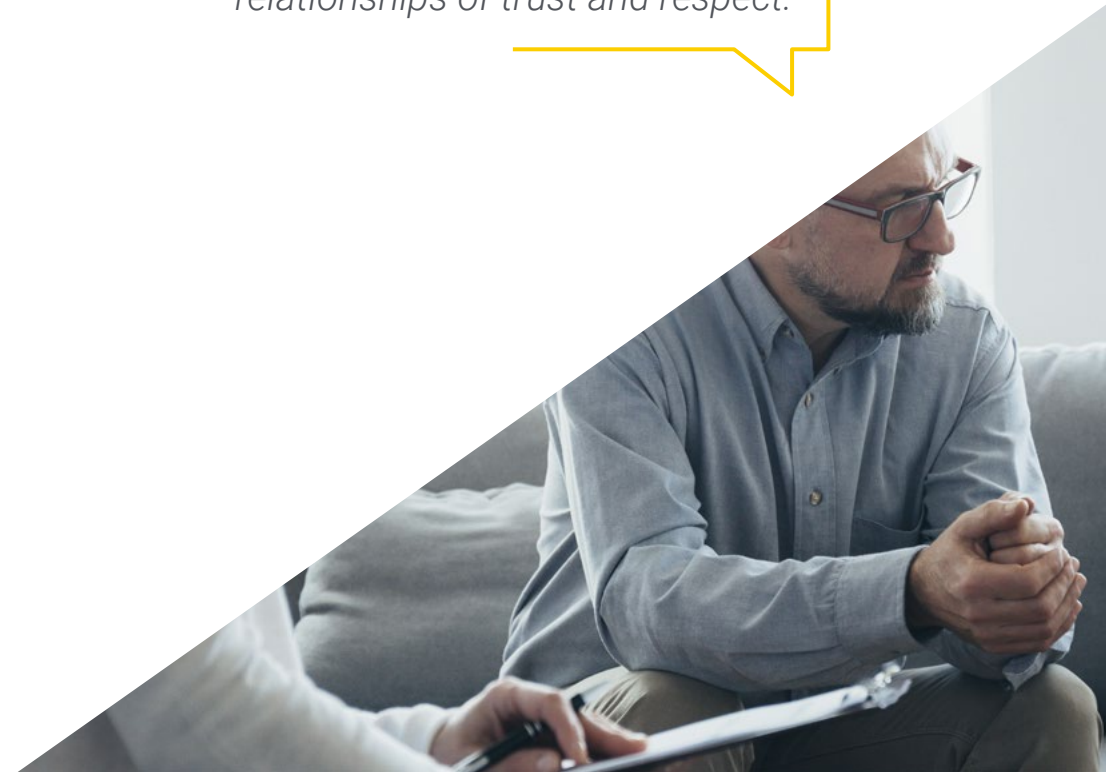
*You will have the opportunity to discover the different techniques and tools of Emotional Well-Being Therapy, such as meditation, clinical hypnosis, mindfulness-based cognitive therapy, among others”*

In this Hybrid Professional Master's Degree proposal, the program is aimed at keeping Psychology professionals up to date with the latest techniques, and which 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 in nursing practice, and the theoretical-practical elements will facilitate the updating of knowledge and allow decision making in patient management.

Thanks to its multimedia content prepared with the latest educational technology, they will allow the Psychology professional to obtain a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare them for real situations. The design of this program is based on Problem Based Learning, through which they will have to try to solve the different professional practice situations that will be presented throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Take an intensive 3-week course in a prestigious center and acquire all the knowledge to grow personally and professionally.*

*You will be qualified to generate a good therapist-patient bond, which will allow you to offer a comprehensive service and establish relationships of trust and respect.*



# 02

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

Emotional Well-Being is a vital aspect for people's quality of life, especially in current times where stress and anxiety can significantly affect mental health. Therefore, it is essential to have highly qualified professionals in Emotional Well-Being Therapy. TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy offers the theoretical and practical teaching necessary to master the different techniques and emotion-based therapeutic approaches and provide real emotional well-being to patients. In addition, the Internship Program in a recognized clinical center with expert tutors guarantees a comprehensive education and an enriching experience.





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*You will learn to understand the functioning of the human being and its importance in emotional management, which will allow you to work more effectively in the treatment of different pathologies”*

### 1. Updating from the Latest Technology Available

In recent years, Emotional Well-Being Therapy has evolved thanks to advances such as pharmacological intervention in anxiety disorders and stress, mindfulness and techniques for emotional processing in therapy. Therefore, TECH presents its Hybrid Professional Master's Degree in Emotional Well-Being Therapy with internship programs in recognized centers with the latest technology available in the field of Emotional Well-Being Therapy.

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

The team of professionals that will accompany the specialist throughout the internship in Emotional Well-Being Therapy represents a first-rate guarantee and an unprecedented guarantee of updating. With a specifically designated tutor, the student will be able to work with real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in Emotional Well-Being Therapy into their daily practice.



### 3. Entering First-Class Clinical Environments

TECH carefully selects the centers available for the internship programs, guaranteeing access to a prestigious clinical environment in the field of Emotional Well-Being Therapy. In this way, the specialist will always be able to apply the latest theses and scientific postulates in their work methodology, verifying the daily routine of a demanding, rigorous and exhaustive area of work.

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

TECH offers a 100% practical learning model that allows you to become familiar with the latest techniques and procedures in Emotional Well-Being Therapy and, best of all, to put them into professional practice in just 3 weeks.

### 5. Expanding the Boundaries of Knowledge

TECH offers the possibility of completing the Internship Program not only in national but also in international centers. In this way, the specialist will be able to expand their frontiers and keep up to date with the best professionals, who practice in first class centers and in different continents. A unique opportunity that only TECH, the world's largest online university, could offer.



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



# 03

# Objectives

The design of the Hybrid Professional Master's Degree program in Emotional Well-Being Therapy will allow the student to acquire the necessary competencies to keep up to date in the profession and to delve into the key aspects of this field. The knowledge taught in the syllabus will drive the professional from a global perspective, with a complete qualification for the achievement of the proposed objectives. You will develop skills in a field of therapy that is versatile, global and essential, guiding you towards excellence in a continuously evolving sector.



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*You will develop specific skills and competencies to work with patients in the emotional field, knowing the different emotion-based therapies and models”*





### General Objective

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- The general objective of the Hybrid Professional Master's Degree in Emotional Well-Being Therapy is to provide students with the necessary knowledge to offer real emotional well-being to their patients, as well as to enable them to generate a good therapist-patient bond. In addition, this program intends for students to understand the functioning of the human being and its importance in emotional management, as well as to discover the different emotion-based therapies and models. In addition, the development of intervention protocols adapted to the patient and the reason for consultation, in order to offer a personalized and effective approach in each case. In this way, students are expected to master the therapy from a multidisciplinary and biopsychosocial approach, in order to control the largest number of variables involved in the patient's discomfort or health



*This program will allow you to delve into patient management with Budd-Chiari Syndrome or portal vein thrombosis”*





## Specific Objectives

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### Module 1. Emotion-Based Psychotherapy

- ♦ Know what emotion-based psychotherapy is
- ♦ Manage Time Limited Psychotherapy as a reference model
- ♦ Learn about rehabilitation processes from psychotherapy

### Module 2. The Brain and Learning

- ♦ Mastering the basics of human brain function and development
- ♦ Understanding basic learning processes
- ♦ Identify the role of the brain in the process of emotional well-being

### Module 3. Emotion

- ♦ Discover the trajectory of emotion throughout the history of Psychology and its different models
- ♦ Know the scientific research related to emotions
- ♦ Discovering how emotional schemes are formed
- ♦ Know what a basic emotion is and its function
- ♦ Understand how emotion affects different cognitive processes

### Module 4. The Therapist's Role in Emotional Well-Being

- ♦ Understanding the importance of early attachments in the development of self-concept
- ♦ Mastering the 10 basic emotions, their biochemistry and platform of action
- ♦ Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- ♦ Develop effective communication with the patient

**Module 5. A Multifactorial View of Health. Psychoneuroimmunology**

- ♦ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- ♦ Identify the role of Psychoneuroimmunology and its correct application for emotional well-being

**Module 6. Techniques for Emotional Processing in Therapy**

- ♦ Know what intrapersonal psychology is, and what is the importance of self-knowledge and self-management of the therapist
- ♦ Understand the process of formation of traumatic emotional memories
- ♦ Manage different effective techniques in the work of traumatic memories

**Module 7. Mindfulness**

- ♦ Know the concept of Mindfulness and its application from different therapeutic models
- ♦ Master the Mindfulness technique and apply it to the different motives for consultation

**Module 8. Intervention of Emotion through the Body**

- ♦ Discover therapies that work on emotions through the body
- ♦ Analyze the role of the body in the process of emotional rehabilitation
- ♦ Express emotions through the body to strengthen individual wellbeing







### **Module 9. Up to the Emotion from Spirituality. Transpersonal Therapy**

- ♦ Understand what transpersonal therapy is and its applications
- ♦ Know other types of therapies where the work is with more than one patient (couple, family and groups)

### **Module 10. Emotional Group Psychotherapy**

- ♦ Carry out group rehabilitation processes for the emotional strengthening of the patient
- ♦ Delve into interpersonal relationships for overcoming emotional problems
- ♦ Identify new techniques of group emotional strengthening to develop in patients and social groups

### **Module 11. Pharmacological Intervention in Anxiety and Stress Disorders**

- ♦ Identify the main drugs that serve as alternative therapeutic processes
- ♦ Dose the measures for the use of drugs to prevent the patient from self-medicating
- ♦ Strengthen the role of therapy in emotional rehabilitation processes and complement with pharmacological drugs the deficiencies linked to the effects of trauma

# 04 Skills

Once the student of the Hybrid Professional Master's Degree in Emotional Well-Being Therapy has completed the program assessments, they will have the necessary skills and competencies to provide quality therapeutic care, based on the latest scientific evidence available.







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*You will master therapy from a multidisciplinary and biopsychosocial approach, which will allow you to control a greater number of variables involved in the patient's discomfort or health”*



## General Skills

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- ♦ Develop the profession with respect to other health professionals, acquiring skills to work as a team
- ♦ Recognize the need to maintain and update professional competence with special emphasis on autonomous and continuous learning of new knowledge
- ♦ Develop the capacity for critical analysis and research in the field of their profession
- ♦ Define the concept of emotion-based psychotherapy and its applications
- ♦ Learn how the brain works and learning processes
- ♦ Master the concept of emotion, its classification and functioning
- ♦ Acquire the basic knowledge and tools to generate a good therapeutic bond
- ♦ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ♦ Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- ♦ Discover what Mindfulness is, its origins, attitudes and applicability in therapy
- ♦ Relate body language to the expression and treatment of emotions through body-based therapies
- ♦ Understand and work with emotion from a broader perspective of personal growth through transpersonal therapy
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose





## Specific Skills

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- ♦ Know the historical evolution of the role of emotion and its importance in emotional well-being
- ♦ Generate a solid and effective therapist-patient bond
- ♦ Understand the functioning of the human being and emotional management
- ♦ Know and apply different emotion-based therapeutic models
- ♦ Develop personalized intervention protocols for each patient
- ♦ Master therapy from a multidisciplinary and biopsychosocial approach
- ♦ Know the different brain systems and their relationship to emotional response and stress
- ♦ Understand the different types of learning and how emotion plays a role in them
- ♦ Identify the different contexts in which the self-concept develops
- ♦ Discover basic and secondary desires as universal emotional needs in human beings
- ♦ Understand what emotional schemes and limiting beliefs are and their relationship with emotional well-being
- ♦ Manage the different emotions and their platform of action from a neuroscientific approach
- ♦ Understand the influence of emotion on cognitive processes and emotional expression in different stages of life
- ♦ Apply different self-management techniques and the use of language in therapeutic communication
- ♦ Know psychoneuroimmunology and its relationship to mental health
- ♦ Understand the difference between types of memory and their relation to traumatic events
- ♦ Master the different techniques of emotional restructuring and emotional release adapted to different patients
- ♦ Know Mindfulness and its application in different emotional disorders
- ♦ Master the techniques of creative therapy and transpersonal therapy
- ♦ Master group techniques for emotional management and couple and family therapy



*You will have a team of experts in Emotional Well-Being Therapy, with extensive experience in the sector, who will accompany you throughout the program”*



05

# Course Management

TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy has an expert teaching team in the field and the latest scientific theory, which ensures the quality of the program. Students will have the constant support of experts who understand their needs and will provide them with tools to keep them up-to-date on the therapeutic vanguard. The objective is to prepare specialists capable of offering real emotional well-being to their patients with adapted intervention protocols and a multidisciplinary vision. The Internship Program in recognized centers and the hybrid approach allow a comprehensive and flexible education.



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*You will learn from anywhere in the world, thanks to the 100% online and flexible theoretical part, which adapts to your needs and schedules, with the tutoring of experts”*



## Guest Director



### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Juvenile Psychology at Hospital Quirónsalud Marbella and Avatar Psicólogos
- ♦ Psychologist and Teacher at the European Institute of Time Limited Psychotherapy
- ♦ Degree in Psychology from Universidad Nacional de Educación a Distancia (UNED)

## Management



### Dr. 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 and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

## Professors

### Dr. Villar Martín, Alejandro

- ♦ Yoga teacher in Yoga with Dharma: Sanatana Dharma
- ♦ Creator of Integrative Meditation
- ♦ Teacher and instructor of Genpo Roshi's Big Mind Model
- ♦ Doctor in Biology from the University of Oviedo

### Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department at Hospital Quirónsalud Marbella
- ♦ Director of the Clinical and Health Area at Iridia Hispania
- ♦ Instructor at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Freedom Techniques by the World Center for EFT
- ♦ Transpersonal Therapist at the Spanish School of Transpersonal Development
- ♦ Degree in Psychology from the Complutense University of Madrid
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology from the European Institute of Time-Limited Psychotherapy
- ♦ Master's Degree in Neurolinguistic Programming at Richard Bandler's SNLP-The Society of NLP

### Ms. Roldán, Lucía

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

### Ms. Mazza, Mariela

- ♦ Psychologist Specialist in Emotional Well-Being Therapies
- ♦ Responsible for the Transpersonal Development Area. Avatar Psicólogos
- ♦ Mindfulness and Meditation Instructor. Hospital Quirónsalud Marbella
- ♦ Collaborator in Grace of No Age, Personal Growth Platform for Women
- ♦ Specialist in Family Constellations
- ♦ Teacher at the Spanish School of Transpersonal Development (EDT)
- ♦ Author of the book, Owl, An Adventure of Awakening (Personal Growth)
- ♦ Web creator, Estimavirtual. Online platform for Personal Growth
- ♦ Course in Psychology Studies. Universidad Nacional de Mar del Plata, Argentina
- ♦ Expert in Regressive Therapy and Brian Weiss Method
- ♦ Unconscious Therapist, Taught by María José Álvarez Garrido School of the Unconscious
- ♦ Taught in the Hero's Journey Method by María José Álvarez Garrido
- ♦ Instructor of Family Constellations and Transpersonal Systemic Therapy
- ♦ Expert in Mindfulness and Meditation
- ♦ Expert in Transpersonal Development. Spanish School of Transpersonal Development

### Ms. Berbel Jurado, Tamara

- ♦ Clinical Psychologist and Instructor at Avatar Psicólogos
- ♦ Expert Psychologist in Childhood and Adolescence at Hospital Quirónsalud Marbella
- ♦ Clinical Psychologist at the Fibromyalgia Association of Marbella (AFIMAR)
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Time-Limited Psychotherapy
- ♦ Specialist in Health, Justice and Social Well-being of Universidad de Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Member of: Spanish Red Cross psychosocial SERIES

# 06

## Educational Plan

The teaching program of the Hybrid Professional Master's Degree in Emotional Well-Being Therapy has been meticulously designed to meet the demands and requirements of modern therapy. TECH's teaching team has established a syllabus that offers a broad perspective of internationally applied therapies, covering all aspects of Emotional Well-Being Therapy in both its individual and group aspects. From the first module, students will acquire up-to-date knowledge that will allow them to develop professionally in the field of Emotional Well-Being Therapy, always with the support of a team of experts in the field.



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*Learn directly from professionals with extensive experience in the field, who will guide you in the application of the latest techniques and advances in Emotional Well-Being Therapy”*

### Module 1. The Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

### Module 2. The Brain and Learning

- 2.1. The Three Brains
  - 2.1.1. The Reptilian Brain
  - 2.1.2. The Mammal Brain
  - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
  - 2.2.1. Basic Intelligence
  - 2.2.2. Pattern Intelligence
  - 2.2.3. Parameter Intelligence
- 2.3. The intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Stress Response or Flight Attack
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires, Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept

### Module 3. Emotion

- 3.1. What is an Emotion?
  - 3.1.1. Definition
  - 3.1.2. Difference Between Emotion, Feeling and State of Mind
  - 3.1.3. Function, Are there Positive and Negative Emotions?
- 3.2. Different Classifications of Emotions
- 3.3. Fear
  - 3.3.1. Function
  - 3.3.2. Platform for Action
  - 3.3.3. Neurological Structures
  - 3.3.4. Associated Biochemistry
- 3.4. Rabies
  - 3.4.1. Function
  - 3.4.2. Platform for Action
  - 3.4.3. Neurological Structures
  - 3.4.4. Associated Biochemistry
- 3.5. Blame
  - 3.5.1. Function
  - 3.5.2. Platform for Action
  - 3.5.3. Neurological Structures
  - 3.5.4. Associated Biochemistry
- 3.6. Disgust
  - 3.6.1. Function
  - 3.6.2. Platform for Action
  - 3.6.3. Neurological Structures
  - 3.6.4. Associated Biochemistry
- 3.7. Sadness
- 3.8. Surprise
  - 3.8.1. Function
  - 3.8.2. Platform for Action
  - 3.8.3. Neurological Structures
  - 3.8.4. Associated Biochemistry



- 3.9. Curiosity
  - 3.9.1. Function
  - 3.9.2. Platform for Action
  - 3.9.3. Neurological Structures
  - 3.9.4. Associated Biochemistry
- 3.10. Security/Safety
  - 3.10.1. Function
  - 3.10.2. Platform for Action
  - 3.10.3. Neurological Structures
  - 3.10.4. Associated Biochemistry
- 3.11. Admiration
  - 3.11.1. Function
  - 3.11.2. Platform for Action
  - 3.11.3. Neurological Structures
  - 3.11.4. Associated Biochemistry
- 3.12. Joy
  - 3.12.1. Function
  - 3.12.2. Platform for Action
  - 3.12.3. Neurological Structures
  - 3.12.4. Associated Biochemistry
- 3.13. Influence of Emotion in Cognitive Processes
- 3.14. Brain and Emotion in the Child
- 3.15. Brain and Emotion in the Adolescent

#### Module 4. The Therapist's Role in Emotional Well-Being

- 4.1. Intrapersonal Intelligence (Gardner)
- 4.2. Self-Knowledge
- 4.3. Self Management
- 4.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 4.5. The Therapist-Patient Bond
  - 4.5.1. Therapist as Escort and Referrer
  - 4.5.2. U Techniques
- 4.6. Approach to Neuro Linguistic Programming (NLP)
- 4.7. Motivational Interview

#### Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- 5.1. What is Psychoneuroimmunology?
  - 5.1.1. Definition
  - 5.1.2. Origins
- 5.2. Communication Routes
- 5.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (I) The Nervous System
- 5.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (II) Endocrine System
- 5.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (III) the Immune System
- 5.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (IV) Interaction Between Systems
- 5.7. Emotion, Personality and Illness
- 5.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 5.9. Healthy Living

#### Module 6. Techniques for Emotional Processing in Therapy

- 6.1. Emotional Memories
  - 6.1.1. Creation of Memories
  - 6.1.2. Classification and Types of Memory
  - 6.1.3. Difference Between Memories and Reminiscences
- 6.2. Traumatic Memory
- 6.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 6.4. Brainspotting
- 6.5. Emotional Liberation Technique. EFT
- 6.6. Writing-Based Techniques. Written Ventilation
- 6.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices
- 6.8. Clinical Hypnosis
- 6.9. Hypnotic Induction Techniques
- 6.10. Techniques for Children

## Module 7. Mindfulness

- 7.1. Meditation
- 7.2. What is Mindfulness?
  - 7.2.1. Full Attention
  - 7.2.2. Benefits and Scientific Evidence
  - 7.2.3. Formal and Informal Practice
- 7.3. The 7 Attitudes in Mindfulness
- 7.4. Directing Attention
- 7.5. Fields of Application
- 7.6. Mindfulness for Children
- 7.7. Mindfulness and ADHD
- 7.8. Stress, Anxiety and Mindfulness
- 7.9. Mindfulness and Impulse Disorder Related Disorders
- 7.10. Mindfulness and Eating Disorders
- 7.11. Mindfulness in Psychotherapy: Cognitive Therapy Based on Mindfulness
- 7.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 7.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

## Module 8. Intervention of Emotion through the Body

- 8.1. Body Therapies
  - 8.1.1. What are Body Therapies?
  - 8.1.2. Evolution Over Time
- 8.2. Characteranalytic Vegetotherapy
  - 8.2.1. Origins W. Reich
  - 8.2.2. What is Characteranalytic Vegetotherapy?
  - 8.2.3. Vegetotherapy Today
- 8.3. Lowen Bioenergetic Analysis
  - 8.3.1. What is Bioenergetics?
  - 8.3.2. Historical journey
  - 8.3.3. Bioenergetic Types
  - 8.3.4. Psychotherapeutic Techniques
  - 8.3.5. The Bioenergetic Therapist

- 8.4. Focusing
  - 8.4.1. Historical Approach: Eugene Gendlin
  - 8.4.2. Protocol
  - 8.4.3. Applications in Psychotherapy
- 8.5. Yoga
  - 8.5.1. Brief Historical Review. Origins
  - 8.5.2. The 9 Branches of the Yoga Tree
  - 8.5.3. Yoga Doctrines
  - 8.5.4. Benefits
- 8.6. Biodynamic Craniosacral Therapy
- 8.7. Risotherapy
  - 8.7.1. Brief Historical Review
  - 8.7.2. Therapy or Psychotherapeutic Technique?
  - 8.7.3. Techniques and Exercises
- 8.8. Art Therapy
  - 8.8.1. What is Art Therapy?
  - 8.8.2. A Bit of History
  - 8.8.3. What Can Be Worked On? Objectives
  - 8.8.4. Materials and Techniques
  - 8.8.5. Art Therapy in Children
- 8.9. DMT: Dance Movement Therapy
  - 8.9.1. What Is It? Definition
  - 8.9.2. A Bit of History
  - 8.9.3. Movement and Emotion
  - 8.9.4. Who Can Benefit from DMT?
  - 8.9.5. Techniques
  - 8.9.6. A DMT Session



### Module 9. Up to the Emotion from Spirituality Transpersonal Therapy

- 9.1. The integration of East and West
- 9.2. Origins and Founders
- 9.3. A New Look: The Transpersonal Therapist
- 9.4. Transpersonal Psychotherapy
- 9.5. Tools and Techniques: The Shadow
- 9.6. Tools and Techniques: The Inner Child
- 9.7. Tools and Techniques: Family Constellations
- 9.8. Tools and Techniques: The Witness
- 9.9. Support Orders
- 9.10. Transpersonal Therapy and Self-Esteem

### Module 10. Emotional Group Psychotherapy

- 10.1. Emotion-Based Group Psychotherapy
- 10.2. Psychodrama
- 10.3. Debriefing
- 10.4. Family Therapy
- 10.5. Integrative Couple Therapy

### Module 11. Pharmacological intervention in anxiety and stress disorders

- 11.1. Anxiety or Panic Disorder
- 11.2. Agoraphobia
- 11.3. Social Phobia
- 11.4. Specific Phobias
- 11.5. Generalized Anxiety Disorder
- 11.6. Obsessive Compulsive Disorder and Related Disorders
- 11.7. Separation Anxiety Disorder
- 11.8. Adaptive Disorder
- 11.9. Dissociative Disorders
- 11.10. Somatic Symptom Disorders
- 11.11. Trauma and Stress-Related Disorders

07

# Clinical Internship

Upon completion of the online theoretical period, the Hybrid Professional Master's Degree in Emotional Well-Being Therapy includes an Internship Program in a leading clinical center. The student will have the support of a designated tutor who will provide assistance both in the preparation and in the implementation of the clinical internship.







“

*You will have the opportunity to share the work scenario with highly specialized professionals in Emotional Well-Being Therapy”*

The Hybrid Professional Master's Degree in Emotional Well-Being Therapy offers a 3-week Internship Program in a prestigious clinical center. During this stay, the student will have the opportunity to work in a practical way with a team of experts in Emotional Well-Being Therapy, applying the most innovative therapeutic procedures and enhancing their professional skills.

This educational program is designed to develop and improve the competencies necessary to provide health care in conditions and areas that require a high level of qualification, ensuring maximum patient safety and the best professional performance. The practical activities of the program are aimed at specific qualification for the practice of the activity, with the objective of reaching a high level of competence in professional practice.

The clinical center chosen for the Internship Program is an innovative hospital, focused on digital culture and real-time health monitoring of patients. This makes the clinical center the ideal place for this innovative experience in the improvement of competencies in Emotional Well-Being Therapy. It is a unique opportunity to learn by working alongside experts in the field of Emotional Well-Being Therapy and in a state-of-the-art hospital environment.

The practical teaching 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 students who facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of Psychology (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the program, and their implementation will be subject both to the suitability of the patients and to the center's own availability and its workload, the proposed activities being the following:



*You will be able to decide where to complete the Hybrid Professional Master's Degree from a list of international reference centers, selected by TECH for your professional preparation"*



Module	Practical Activity
<b>The Emotion-Based Psychotherapy</b>	Observe and participate in an emotion-based therapy session, following the therapist's instructions
	Assist in the preparation of materials and resources for the therapy session, such as pictures or practical exercises
	Conduct literature research on the theoretical and practical foundations of emotion-based psychotherapy
	Participate in the preparation of a clinical case report on a patient treated with emotion-based therapy
<b>Role of the therapist in emotional well-being</b>	Observe and participate in a therapy session, paying special attention to the role of the therapist in the therapeutic process
	Conduct research on the various theories on the role of the therapist in emotional therapy, and submit a written report
	Participate in the planning and execution of a group therapy session, under the supervision of the therapist in charge
	Identify and analyze the skills and attitudes necessary to be an effective therapist in emotional therapy
<b>Techniques for emotional processing in therapy</b>	Observe and participate in a therapy session in which emotional processing techniques such as exposure or cognitive restructuring are used
	Conduct literature research on the various emotional processing techniques used in therapy, and submit a written report
	Participate in the planning and execution of a therapy session using emotional processing techniques, under the supervision of the therapist in charge
	Identify and analyze the factors that may influence the success of emotional processing techniques in therapy
<b>Mindfulness</b>	Participate in a mindfulness meditation session, guided by an expert
	Conduct research on the theoretical and practical foundations of mindfulness, and submit a written report
	Participate in the planning and execution of a mindfulness-based therapy session, under the supervision of the therapist in charge
	Identify and analyze the benefits and limitations of mindfulness in Emotional Well-Being Therapy
<b>Pharmacological intervention in anxiety and stress disorders</b>	Observe and participate in a therapy session in which drugs are used to treat anxiety and stress disorders, under the supervision of a medical professional
	Conduct research on the most commonly used drugs in the treatment of anxiety and stress disorders, and submit a written report
	Participate in the planning and execution of a therapy session in which drugs are used to treat anxiety and stress disorders, under the supervision of the medical professional in charge
	Identify and analyze the risks and benefits of pharmacological intervention in Emotional Well-Being Therapy

## 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 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 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?

TECH's Hybrid Professional Master's Degree in Emotional Well-Being Therapy includes an internship in a prestigious center so that students can put into practice the knowledge acquired during their education. In order to make this program accessible to more professionals, TECH offers the opportunity to take the course in various international reference centers. With this approach, TECH demonstrates its commitment to quality and accessible education for all those interested in specializing in Emotional Well-Being Therapy.







“

*To achieve success in your daily practice, you need to complement your theoretical education with the best internship in the market. Enroll now and get to know all the advantages of studying with TECH”*



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

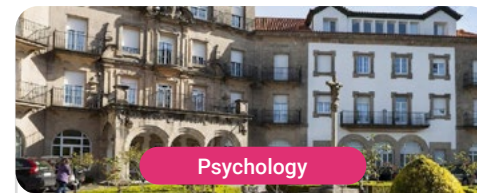
Country	City
Spain	La Coruña

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

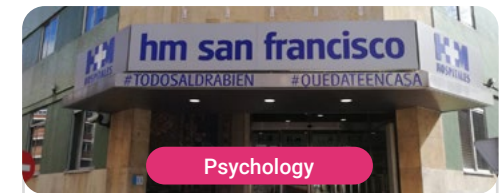
Country	City
Spain	La Coruña

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 Department



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: Spain City: Madrid

Address: C. de Jorge Juan, 19, 1° 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: Spain City: 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: Spain City: 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:**

- 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 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".

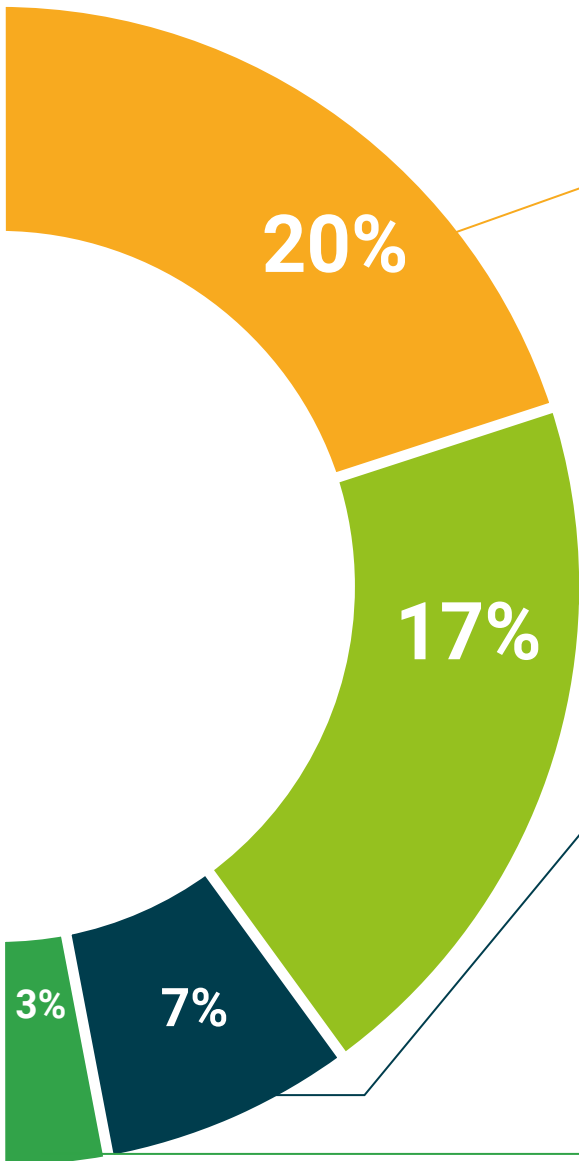


#### Additional Reading

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.







#### 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 Emotional Well-Being Therapy 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.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it, also tilted upwards. The caps are black with a maroon top. The background is a bright blue sky with soft, white clouds. The image is partially overlaid by a large, diagonal white shape that extends from the bottom left towards the top right, and a magenta shape in the top right corner.

“

*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 Emotional Well-Being Therapy** 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.

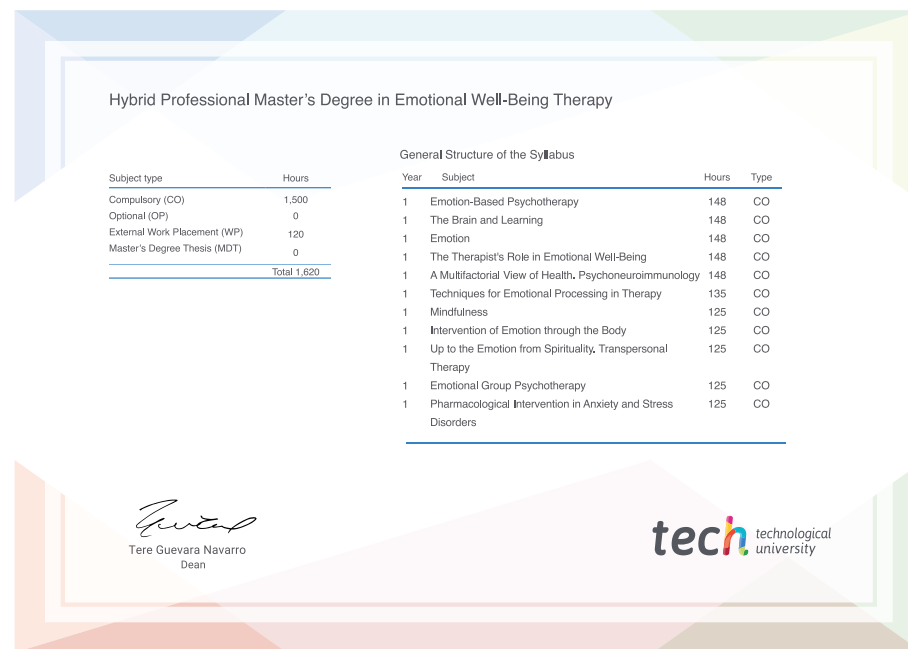
Title: **Hybrid Professional Master's Degree in Emotional Well-Being Therapy**

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.



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



## Hybrid Professional Master's Degree

### Emotional Well-Being Therapy

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

# Hybrid Professional Master's Degree Emotional Well-Being Therapy

