

# Hybrid Professional Master's Degree

## Third Generation Therapies



## Hybrid Professional Master's Degree Third Generation Therapies

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h

Website: [www.techtute.com/in/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-third-generation-therapies](http://www.techtute.com/in/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-third-generation-therapies)

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# 01

# Introduction

Psychologists' consultations have seen how in recent years, and especially after the pandemic caused by COVID-19, cases of suicide attempts, depression or stress disorders have increased. Therefore, from this field, Third Generation Therapies are consolidated as a current option to face mental health problems, through the Mindfulness method, dialectical-behavioral therapy or acceptance therapy.

It is therefore necessary for professionals to incorporate the latest advances in this field into their daily practice. For this reason, TECH has created this degree, which combines a 100% online theoretical framework with an internship in a prestigious clinical center in this field. In this way, you will be able to obtain a complete update from the best specialists in this field.





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*Thanks to this Hybrid Professional Master's Degree you will obtain a complete and up-to-date vision of Third Generation Therapies"*

In recent years, Third Generation Therapies had a remarkable growth, but after the health crisis caused by the coronavirus, this branch of Psychology has been consolidated in addressing anxiety disorders, stress or depression. The multiple techniques and procedures used in this specialty have been effective for many patients.

A scenario that is therefore favorable for psychology professionals who wish to be aware of the latest advances in cognitive-analytic psychotherapy, cognitive-behavioral psychology or therapies based on mentalization. In this line, TECH has created this Hybrid Professional Master's Degree in Third Generation Therapies, which offers the psychologist an advanced syllabus 100% online, complemented with an excellent internship in a prestigious clinical center.

In this way, the professional will be introduced, firstly, through quality multimedia content in Mindfulness techniques, dialectical-behavioral therapy or positive psychology. All this, through didactic tools to which you will have access, 24 hours a day, from any electronic device with an Internet connection. In addition, thanks to the Relearning method, you will advance through the program in a much more agile way, reducing the long hours of study and memorization.

Once the theoretical phase is completed, psychologists will enter a practical phase, where they will be for 3 weeks in a leading clinical center and a reference in the field of Third Generation Therapies. A first class environment, where you will be able to integrate into your daily practice the most advanced and recent techniques and procedures in this area. A period where you will not be alone, since you will be tutored by a professional specialized in this field of Psychology.

An excellent opportunity offered by TECH, through a university program, compatible with the most demanding responsibilities and that adapts to the real needs of Psychology professionals to update their knowledge.

This **Hybrid Professional Master's Degree in Third Generation Therapies** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ More than 100 cases Practice presented by advanced psychology and therapy professionals
- ♦ The graphic, schematic and practical contents with which they are conceived gather essential information on those disciplines that are essential for professional practice
- ♦ Patient Assessment through Third Generation Therapies
- ♦ Comprehensive systematized action plans for the main pathologies
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in critical patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Practical clinical guides on approaching different pathologies
- ♦ 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 an internship in one of the best Companies



*You will achieve from a theoretical-practical perspective to be up to date with the latest advances in the approach to the patient with anxiety, through the Third Generation Therapies"*

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*With this Master's degree you will be able to delve dynamically into cognitive-behavioral psychotherapy in order to treat patients' traumas"*

In this Professional Master's Degree proposal, of a professionalizing nature and blended learning modality, the program is intended to update nursing professionals who develop their functions in high performance centers, clinical or hospital centers, and who require a high level of qualification. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education program to learn in real situations. This program's design is based on Problem Based Learning, by means of which the student must try to solve different professional practice situations that will be presented throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*This Hybrid Professional Master's Degree will provide you with real clinical cases, which will lead you to integrate these methodologies in your practice.*

*The Relearning system used by TECH will allow you to Abandon the long hours of study that are more frequent in other teaching methods.*



# 02

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

In the field of Psychology it is as essential to know the fundamentals of the theories that support the treatments as it is to know how to approach the different disorders from a practical perspective. For this reason, TECH has created this Master's Degree, which perfectly combines an advanced syllabus, which focuses on areas such as cognitive-behavioral psychology, therapies based on mentalization or the use of ICT in this field, with an internship in a prestigious clinical center. In this way, the psychologist will get a broad and up-to-date view, from the hand of real experts in this field. A unique opportunity that only this educational institution offers.



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*TECH is the only university that offers you the possibility of entering a first class clinical environment, where you will be able to treat real patients with the latest techniques used in Third Generation Therapies"*

### 1. Updating from the Latest Technology Available

New technologies have allowed the area of psychology to advance in the treatments and approach to patients who, due to phobias or geographical distance, cannot go to the physician's office. For this reason, and with the aim of bringing this technology closer to the professional, TECH incorporates the most relevant information on the use of ICT in Third Generation Therapies in this Hybrid Professional Master's Degree.

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

During this academic course, psychology professionals will have at their disposal a teaching staff specialized in Third Generation Therapies. A team that will guide them through the theoretical phase. In addition, during the internship phase, professionals will not be alone, as they will be accompanied by a psychologist expert in this field, who will tutor them at all times. A unique educational option, where the graduate will achieve a complete update, from the hand of the best experts.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the Fields of Third Generation Therapies. In this way, the professional will be able to see what daily life is like in a leading practice in this field and under the highest scientific rigor.





## Why Study this Hybrid Professional | 11 tech Master's Degree?

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

This educational institution adapts to the real needs of professionals. Therefore, it offers a theoretical framework that can be accessed at any time of the day, without classes with fixed schedules, and an intensive internship in a renowned clinical center. In this way, the psychology professional will be able to effectively integrate all the concepts, techniques and methods covered in this Hybrid Professional Master's Degree.

### 5. Expanding the Boundaries of Knowledge

Psychology professionals who immerse themselves in this program will be able to obtain a much broader view of Third Generation Therapies. This will be possible not only thanks to the expert faculty, who teach this degree, but also to the professionals who will guide them during the internship of 3 weeks of duration. All this will give you an exceptional opportunity to bring the most effective methods and procedures in this area to your practice or any other leading clinical center.

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*You will have a total practical immersion in the center of your choice"*

# 03

## Objectives

The design of this Hybrid Professional Master's Degree program will allow students to acquire the necessary skills to update their knowledge in the profession after studying in depth the key aspects of Third Generation Therapies. For this, TECH provides the most effective teaching tools, with which to make an enjoyable and dynamic theoretical incursion. In addition, thanks to the internship, you will be able to see, in situ, how is the daily work of the best professionals in this field and successfully perform the approach to patients through different techniques.



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*This program will allow you to become familiar with the most common techniques and practices of Mindfulness-Based Therapy"*



### General Objective

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- The general objective of the Hybrid Professional Master's Degree in Third Generation Therapies is to achieve an effective update of professionals through a global perspective. In this way, at the end of the 12 months of this program, the graduate will understand the paradigm shift that this type of therapy has meant, the keys to each of the techniques and methods used, as well as the future of the different modalities, taking into account the different disorders and pathologies it addresses



*With this program you will master the new technologies used to approach patients with social phobia"*





## Specific Objectives

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### Module 1. Historical Evolution of Psychology

- ♦ Understand the beginnings of psychology and its transformation into a scientific psychology
- ♦ Learn about each of the most famous theories within Psychology
- ♦ Synthesize notions of the historical chronology of psychology

### Module 2. Therapist Skills

- ♦ Develop the different skills all therapists must master
- ♦ Differentiate between the different types of skills
- ♦ Learn how and when to use these different skills

### Module 3. Evolution of Cognitive-Behavioral Psychology

- ♦ Become familiar with the origins and development of Cognitive - Behavioral Psychology
- ♦ Gain a general understanding of the starting point of Third Generation Therapies
- ♦ Grasp the beginnings and theoretical foundations of Cognitive - Behavioral Psychology

### Module 4. Mindfulness

- ♦ Learn about the emergence of Mindfulness-Based Therapies
- ♦ Become familiar with the most common techniques and practices of Mindfulness-Based Therapy
- ♦ Understand the benefits associated with the therapy

### Module 5. Acceptance and Commitment Therapy (ACT)

- ♦ Acquire basic and key knowledge about ACT
- ♦ Learn about the emergence of ACT
- ♦ Grasp the theoretical foundations of ACT

### Module 6. Cognitive-Analytic Psychotherapy and EMDR

- ♦ Understand and assimilate the bases of cognitive - analytic therapy and EMDR
- ♦ Learn about current and new lines of research
- ♦ Grasp the concept of Trauma and how to treat it from this conceptualization

### Module 7. Mentalization-Based Therapies

- ♦ Know and contextualize the origin of Mentalization-Based Therapies
- ♦ Elucidate the basic principles and frequent errors in this type of therapies
- ♦ Study the advantages and disadvantages of Mentalization-Based Psychotherapy techniques

### Module 8. Dialectical - Behavioral Therapy (DBT)

- ♦ Know and learn about the basics of Dialectical - Behavioral Therapy
- ♦ Master the most common techniques within the therapy
- ♦ Contextualize the origin and emergence of therapy

### Module 9. Positive Psychology and Emotion-Focused Therapy (EFT)

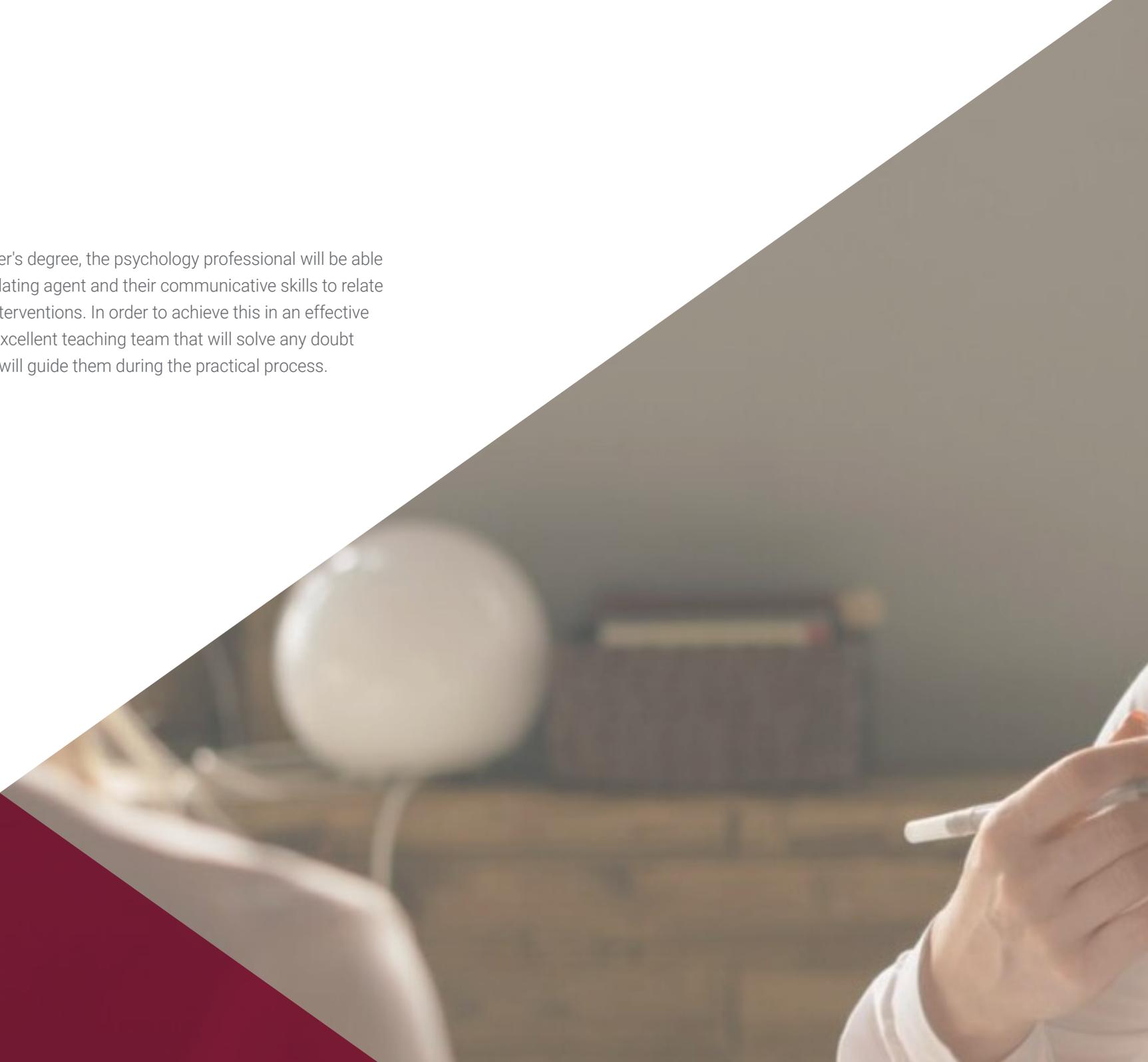
- ♦ Understand the emergence and bases of Positive Psychology
- ♦ Learn the different types of emotions and techniques for emotional control
- ♦ Understand the present and future of Positive Psychology

### Module 10. Information Communication Technologies (ICTs) and Therapeutic Use

- ♦ Know how psychological treatments have evolved in recent times
- ♦ Know what ICTs are and their usefulness in clinical psychology
- ♦ Become familiar with the current and future treatments linked to new technologies

# 04 Skills

Throughout the course of this Master's degree, the psychology professional will be able to enhance their abilities as a modulating agent and their communicative skills to relate to the patient in clinical and crisis interventions. In order to achieve this in an effective way, they have at their disposal an excellent teaching team that will solve any doubt and a specialized professional who will guide them during the practical process.





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*Through this educational option you will enhance your skills to carry out Counselling techniques in healthcare environments"*



## General Skills

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- Develop therapist skills in Clinical Intervention and Emotion Management
- Use Mindfulness in daily practice
- Distinguish the different types of Third Generation Therapies to implement the most appropriate one in each case
- Complement common therapeutic practice in Psychology with the use of ICTs



*Expand your skills to be able to interact with the patient through positive psychology"*





## Specific Skills

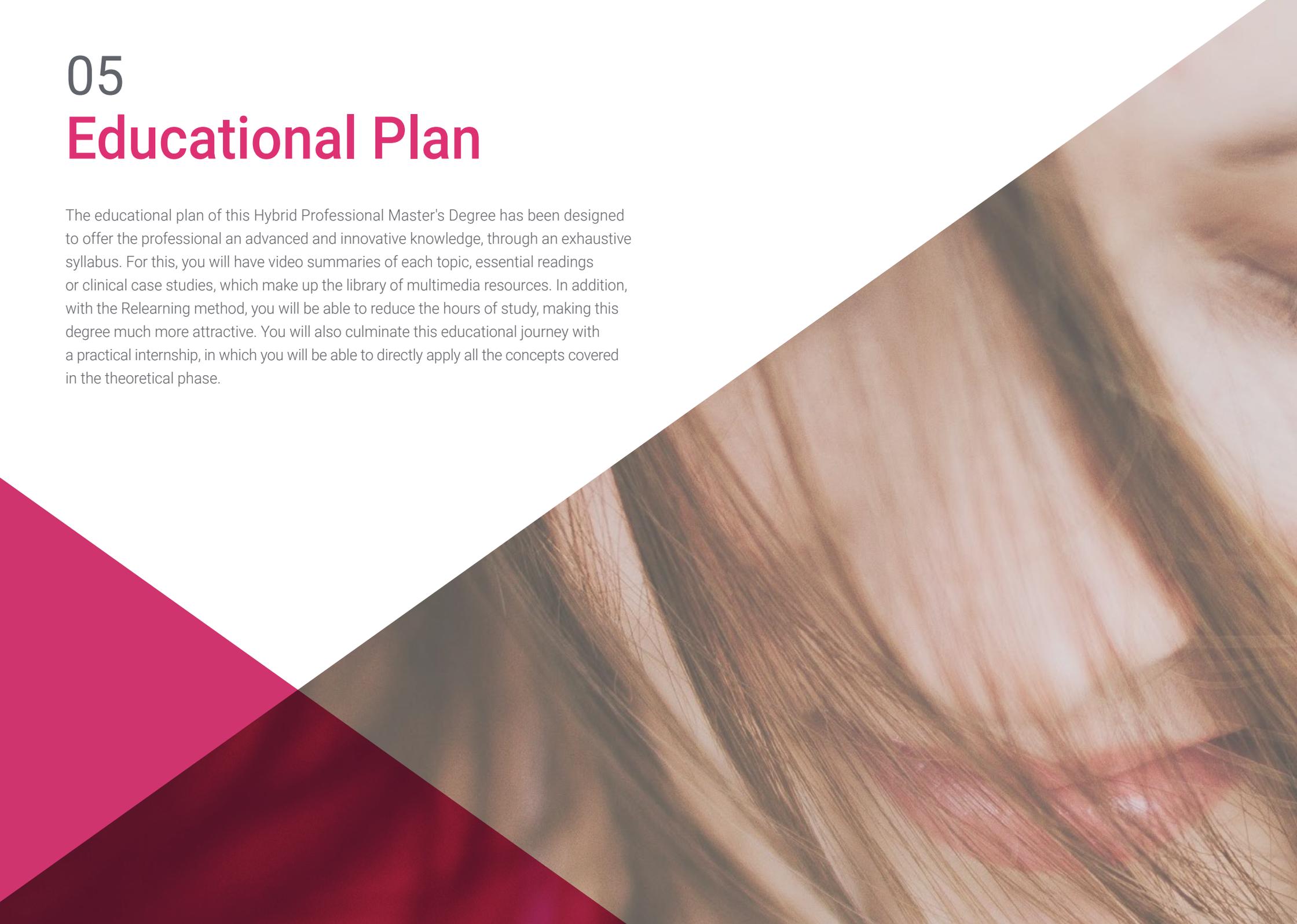
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- ♦ Use Mentalization-based techniques in Psychotherapy
- ♦ Become familiar with the main authors and current trends in Cognitive, Humanistic and Gestalt Psychology
- ♦ Use Counseling in health care settings
- ♦ Define action techniques and coping styles according to Casuistics
- ♦ Use Mindfulness in infants and patients with Chronic Diseases
- ♦ Treat stress with Acceptance and Commitment Therapy
- ♦ Assess patient mentalization capacity
- ♦ Distinguish between group and individual therapy and know when to use each one
- ♦ Manage intervention from Positive Psychology
- ♦ Treat Amaxophobia and Aerophobia using ICTs

# 05

## Educational Plan

The educational plan of this Hybrid Professional Master's Degree has been designed to offer the professional an advanced and innovative knowledge, through an exhaustive syllabus. For this, you will have video summaries of each topic, essential readings or clinical case studies, which make up the library of multimedia resources. In addition, with the Relearning method, you will be able to reduce the hours of study, making this degree much more attractive. You will also culminate this educational journey with a practical internship, in which you will be able to directly apply all the concepts covered in the theoretical phase.



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*An educational plan adapted to professionals who wish to combine a quality university degree with their daily work activities”*

## Module 1. Historical Evolution of Psychology

- 1.1. Psychology Roots
  - 1.1.1. Psychology Origins and Beginnings
  - 1.1.2. Philosophy as Base
  - 1.1.3. A New Discipline
- 1.2. Psychoanalysis
  - 1.2.1. The Historical Development of Psychology
  - 1.2.2. Freudian Theory
  - 1.2.3. Clinical Applications
- 1.3. The Birth of Scientific Psychology
  - 1.3.1. Birth of Science
  - 1.3.2. The German School
  - 1.3.3. Other Schools
  - 1.3.4. The Institutionalization Process
- 1.4. Western Schools
  - 1.4.1. The French School
  - 1.4.2. The British School
  - 1.4.3. The American School
  - 1.4.4. The Russian School
- 1.5. Psychology Testing
  - 1.5.1. Mental Tests
  - 1.5.2. Binet's Metric Scales
  - 1.5.3. Army Alpha and Army Beta
  - 1.5.4. The Beginnings of Psychometrics
- 1.6. Behaviorism
  - 1.6.1. The Beginnings of Behaviorism
  - 1.6.2. Watson's Contribution
  - 1.6.3. The Development of the Proposal
- 1.7. Gestalt Psychology
  - 1.7.1. Gestalt Theory
  - 1.7.2. First Schools
  - 1.7.3. Advances in Gestalt Therapy

- 1.8. Conditioning
  - 1.8.1. The Beginnings of Conditioning
  - 1.8.2. Classical conditioning
  - 1.8.3. Operant Conditioning
- 1.9. Cognitive Psychology:
  - 1.9.1. The Emergence of Cognitive Psychology
  - 1.9.2. Most Relevant Authors and Theories
  - 1.9.3. Tendencies and Evolution
- 1.10. Humanistic Psychology
  - 1.10.1. The Emergence of Humanistic Psychology
  - 1.10.2. Principles in Humanistic Therapy
  - 1.10.3. Most Relevant Authors and Tendencies

## Module 2. Therapist Skills

- 2.1. Therapist Factors in Clinical Intervention
  - 2.1.1. Therapists as Modulating Agents
  - 2.1.2. What Are the Factors to Consider?
- 2.2. Therapist Emotional Control
  - 2.2.1. Basic Emotions
  - 2.2.2. Why Should Emotions be Controlled?
  - 2.2.3. Emotional Intelligence
  - 2.2.4. How Are Emotions Controlled?
- 2.3. Counseling in Health Care Settings
  - 2.3.1. What is Counseling?
  - 2.3.2. How Is It Used in Health Care Settings?
- 2.4. Basic Communication Skills
  - 2.4.1. Introduction to and the Importance of Communication Skills
  - 2.4.2. Basic Communication Techniques
- 2.5. Applied Communication Skills
  - 2.5.1. Communication Skills Applied to Clinical Intervention
  - 2.5.2. Communication Skills Applied to Crisis Intervention

- 2.6. Communication, Ethics and Decision-Making
    - 2.6.1. Communicating Bad News
    - 2.6.2. Ethical Factors
    - 2.6.3. Introduction to Decision-Making
  - 2.7. Grief Accompaniment Techniques
    - 2.7.1. Introduction to the Concept of Grief
    - 2.7.2. Intervention Methods
    - 2.7.3. Accompaniment Techniques
  - 2.8. Handling Difficult Discussions and Conversations
    - 2.8.1. Introduction to Emotional Control
    - 2.8.2. Guidelines for Action
    - 2.8.3. Handling Difficult situations
  - 2.9. Managing Patient Emotions and Self-Control Techniques
    - 2.9.1. How Can We Manage Patient Emotions?
    - 2.9.2. Basis for Intervention
    - 2.9.3. Self-Control Techniques
  - 2.10. Termination Techniques and Family Accompaniment
    - 2.10.1. Introduction to Therapy Termination Techniques
    - 2.10.2. Family Accompaniment
    - 2.10.3. Monitoring
- Module 3. Evolution of Cognitive-Behavioral Psychology**
- 3.1. Emergence and Advancement of New Psychological Treatments
    - 3.1.1. The Beginnings and Contextual Framework to the Change
    - 3.1.2. The Beginnings of New Treatments
    - 3.1.3. Paradigm Shift
  - 3.2. Emergence of the First and Second Waves
    - 3.2.1. The Beginnings of Change
    - 3.2.2. Introduction to the Process of Change
    - 3.2.3. The First and Second Waves
  - 3.3. Cognitive Behavioral Techniques as Foundation
    - 3.3.1. The Importance of Cognitive-- Behavioral Psychology
    - 3.3.2. Introduction to Cognitive-- Behavioral Techniques
  - 3.4. Applied Operant Conditioning
    - 3.4.1. Authors and Foundations for Operant Knowledge
    - 3.4.2. Operant Knowledge First Steps
    - 3.4.3. Applied Operant Conditioning
  - 3.5. Coping Styles and Techniques
    - 3.5.1. Coping Styles: Definition and Introduction
    - 3.5.2. Main Theories
    - 3.5.3. Measuring Tools
    - 3.5.4. Intervention Techniques
  - 3.6. Relaxation Techniques
    - 3.6.1. Relaxation Techniques: Introduction and Biological Foundation
    - 3.6.2. Predominant Techniques
    - 3.6.3. Application in Clinical Psychology
  - 3.7. Rational Psychotherapies
    - 3.7.1. Basis for Rational Psychotherapy
    - 3.7.2. Relevant Authors
    - 3.7.3. Clinical Use
  - 3.8. Problem-Solving Techniques
    - 3.8.1. Emergence of Problem-Solving Strategies
    - 3.8.2. Most Commonly Used Techniques
    - 3.8.3. Learning and Using Problem-Solving Techniques
  - 3.9. Social Skills Training
    - 3.9.1. The Importance of Social Skills
    - 3.9.2. Soft and Hard Skills
    - 3.9.3. Training and Work in Social Skills
  - 3.10. Emergence of Third Generation Therapies
    - 3.10.1. First Steps
    - 3.10.2. What Are Third Generation Therapies?
    - 3.10.3. Progress and Current Situation

## Module 4. Mindfulness

- 4.1. Introduction and History of Mindfulness
  - 4.1.1. Buddhist Beginnings
  - 4.1.2. Conceptualization and History of Mindfulness
- 4.2. The Psychology and Psychobiology of Mindfulness
  - 4.2.1. Psychological Foundations for Mindfulness
  - 4.2.2. Psychobiology Foundations for Mindfulness
- 4.3. Relaxation Techniques
  - 4.3.1. Basis for Relaxation Techniques
  - 4.3.2. The Clinical Relevance of Relaxation Techniques
  - 4.3.3. Most Common Techniques
- 4.4. Mindfulness and Practice
  - 4.4.1. Introduction to Practices Based on Mindfulness
  - 4.4.2. Theories and Techniques
- 4.5. Mindfulness in Clinical Psychology
  - 4.5.1. When and How to Use Mindfulness?
  - 4.5.2. Mindfulness Applied to Clinical Psychology
  - 4.5.3. Most Relevant Works
- 4.6. Chronic Diseases and Mindfulness
  - 4.6.1. Definition of Chronic Disease
  - 4.6.2. Chronic Patient Characteristics
  - 4.6.3. An Approach from Mindfulness
- 4.7. Mindfulness Applied to Children
  - 4.7.1. Introduction to Child Psychopathology
  - 4.7.2. Most Common Conditions
  - 4.7.3. Practice from Mindfulness
- 4.8. Benefits and Considerations in Mindfulness
  - 4.8.1. Main Benefits in Using Mindfulness
  - 4.8.2. In Which Patients Should It Be Used?
- 4.9. Coping Styles and Techniques
  - 4.9.1. What Are Coping Styles?
  - 4.9.2. Measuring Tools
  - 4.9.3. Techniques for an Improved Approach

- 4.10. The Present and Future of Mindfulness
  - 4.10.1. Mindfulness Today
  - 4.10.2. Lines of Research and Use
  - 4.10.3. Future Lines of Work

## Module 5. Acceptance and Commitment Therapy (ACT)

- 5.1. History and Introduction to ACT
  - 5.1.1. The History of ACT
  - 5.1.2. The Emergence of ACT
  - 5.1.3. Most Renown Authors
- 5.2. Language as Foundation
  - 5.2.1. The Importance of Language in ACT
  - 5.2.2. Language as a Basic Factor
- 5.3. Context as a Modulating Factor
  - 5.3.1. Contextual Basis
  - 5.3.2. Context as a Modulating Factor
- 5.4. Values and Ethics in ACT
  - 5.4.1. The Concept of Values and Ethics
  - 5.4.2. The Importance of Values and Ethics in ACT
- 5.5. Common ACT Techniques
  - 5.5.1. Introduction to Therapeutic Techniques in ACT
  - 5.5.2. Most Commonly Used Techniques in ACT
- 5.6. Treating Stress in ACT
  - 5.6.1. Introduction and Conceptualization of Stress
  - 5.6.2. Theories on Stress
  - 5.6.3. Treating Stress in ACT
- 5.7. Chronic Diseases in ACT
  - 5.7.1. Introduction to Chronic Disease
  - 5.7.2. Treating Chronic Disease in ACT
- 5.8. Personality Disorders in ACT
  - 5.8.1. Conceptualization and Introduction to Personality Disorders
  - 5.8.2. Personality Disorders from the Perspective of ACT
  - 5.8.3. Intervention and Treatment in ACT

- 5.9. Other Disorders in ACT
  - 5.9.1. Other Disorders
  - 5.9.2. Treatment and Perspectives in ACT
- 5.10. The Present and Future of ACT
  - 5.10.1. Current ACT Foundations
  - 5.10.2. Lines of Research y Future Works

## Module 6. Module 6. Cognitive-Analytic Psychotherapy and EMDR

- 6.1. Introduction to CAT
  - 6.1.1. Introduction and History of CAT
  - 6.1.2. The Emergence of CAT
  - 6.1.3. Most Relevant Authors
- 6.2. Evaluation Principles in CAT
  - 6.2.1. Patient Evaluation Basis in CAT
  - 6.2.2. Interview
  - 6.2.3. Assessment Tools
- 6.3. Reformulation
  - 6.3.1. What Is Reformulation?
  - 6.3.2. Practical Application of Reformulation
- 6.4. Intervention in CAT
  - 6.4.1. Intervention Basis in CAT
  - 6.4.2. Techniques Applied to Clinical Psychology
- 6.5. The Therapeutic Relationship in CAT
  - 6.5.1. Importance of the Therapeutic Relationship
  - 6.5.2. What Is Rapport?
  - 6.5.3. Techniques to Improve Therapeutic Relationships
- 6.6. Introduction to the Concept of Trauma
  - 6.6.1. Concept of Trauma
  - 6.6.2. Historical Basis
  - 6.6.3. Relevance in Psychology
- 6.7. The Neurobiology of Trauma
  - 6.7.1. The Somatic Impact of Trauma
  - 6.7.2. The Neurobiological Foundations of Trauma

- 6.8. Trauma Assessment
  - 6.8.1. Assessment Principles and Objectives
  - 6.8.2. Evaluation Methods
- 6.9. Trauma Intervention
  - 6.9.1. Intervention Basis in Trauma
  - 6.9.2. Self-help Groups
  - 6.9.3. EMDR
- 6.10. Intervention Difficulties
  - 6.10.1. Predominant Problems in Working with Trauma
  - 6.10.2. Intervention Difficulties in EMDR

## Module 7. Mentalization-Based Therapies

- 7.1. Introduction and History
  - 7.1.1. The Origin of Mentalization-Based Therapies
  - 7.1.2. Most Relevant Authors and Theories
- 7.2. Normality and Pathology
  - 7.2.1. The Concept of Normality
  - 7.2.2. What Is Pathological?
  - 7.2.3. Normality vs. Pathology
- 7.3. The Biopsychosocial Model
  - 7.3.1. The Need for an Integrating Model
  - 7.3.2. Basis and Foundations for the Model
  - 7.3.3. Most Relevant Authors and Theories
- 7.4. Others Explanatory Models in Health
  - 7.4.1. Most Relevant Models
  - 7.4.2. Most Relevant Authors and Works
- 7.5. Healthy Personality Development vs. Pathology
  - 7.5.1. Personality Development
  - 7.5.2. Developmental Phases
  - 7.5.3. Pathological Personalities
- 7.6. Treatment Structure
  - 7.6.1. Patient Profile
  - 7.6.2. When to Use Psychotherapy or Psychiatric Drugs?

- 7.7. Patient Capacity Determination
  - 7.7.1. Patient Suggestions
  - 7.7.2. Mentalization Capacity Determination
- 7.8. Basic Principles and Common Mistakes
  - 7.8.1. Basic Treatment Principles in Mentalization-Based Therapies
  - 7.8.2. Therapist Rookie Mistakes
  - 7.8.3. How Do We Prevent Them?
- 7.9. Mentalization-Based Psychotherapy Techniques
  - 7.9.1. Most Commonly Used Techniques in Clinical Psychology
  - 7.9.2. Advantages and Disadvantages
- 7.10. Current Situation and Future
  - 7.10.1. Current Mentalization-Based Therapies
  - 7.10.2. Future Works and Lines of Research

## Module 8. Dialectical - Behavioral Therapy (DBT)

- 8.1. The Introduction and History of DBT
  - 8.1.1. The Introduction and Beginnings of DBT
  - 8.1.2. The Emergence of DBT
  - 8.1.3. Most Representative Authors
- 8.2. Therapeutic Stages, Strategies and Objectives
  - 8.2.1. Stages and Strategies
  - 8.2.2. Formulating Therapeutic Objectives
- 8.3. DBT in Personality Disorders
  - 8.3.1. Interpreting Personality Disorders in DBT
  - 8.3.2. Personality Disorder Intervention and Treatment
  - 8.3.3. DBT and Borderline Personality Disorder
- 8.4. Group Therapy vs Individual Therapy
  - 8.4.1. Introduction to Group Therapy
  - 8.4.2. Advantages and Disadvantages
  - 8.4.3. What to Use It?
- 8.5. Beginnings and Considerations of Group Therapy
  - 8.5.1. The Origins of Group Therapy
  - 8.5.2. Group DBT
  - 8.5.3. Considerations to Consider

- 8.6. Group Therapy: Capacity Modules
  - 8.6.1. Capacity Work in DBT
  - 8.6.2. How to Put It into Practice?
- 8.7. DBT in Families
  - 8.7.1. The Concept of Family
  - 8.7.2. Attachment as a Foundation
  - 8.7.3. Using DBT in Families
- 8.8. DBT Applied to Other Disorders
  - 8.8.1. Other Disorders Worth Mentioning
  - 8.8.2. Working from a Dialectical Behavioral Perspective
- 8.9. Interdisciplinary Treatment
  - 8.9.1. Forming Interdisciplinary Teams
  - 8.9.2. The Figure of the Psychologist
  - 8.9.3. Advantages and Disadvantages
- 8.10. The Current Situation and Future of DBT
  - 8.10.1. Current Lines of Research
  - 8.10.2. The Future of DBT

## Module 9. Positive Psychology and Emotion-Focused Therapy (EFT)

- 9.1. Introduction and Emergence of Positive Psychology
  - 9.1.1. The Medical History of Positive Psychology
  - 9.1.2. The Emergence of Positive Psychology
- 9.2. The Concept of Well-Being
  - 9.2.1. Introduction to the Concept of Well-Being
  - 9.2.2. Definitions of the Concept of Well-Being
  - 9.2.3. Explanatory Models
- 9.3. Health Psychology and Positive Psychology
  - 9.3.1. Health Psychology Foundations
  - 9.3.2. The Concept of Health
  - 9.3.3. Relation between Positive Psychology and Health Psychology
- 9.4. Positive Functioning Assessment
  - 9.4.1. Introduction to the Concept of Positive Functioning
  - 9.4.2. Evaluation Methods

- 9.5. Use in Clinical Psychology
  - 9.5.1. The Basis for Clinical Intervention
  - 9.5.2. Positive Psychology Intervention
- 9.6. Advances and Future of Positive Psychology
  - 9.6.1. The Impact of Positive Psychology
  - 9.6.2. Future Lines of Research and Works
- 9.7. The Emergence of EFT
  - 9.7.1. Origins and History of EFT
  - 9.7.2. The Emergence of EFT
- 9.8. Introduction to EFT Work
  - 9.8.1. EFT and Clinical Practice
  - 9.8.2. EFT Techniques
- 9.9. Gestalt Therapy
  - 9.9.1. The Benefits of Using Gestalt in Clinical Practice
  - 9.9.2. The Importance of the Emergence of Gestalt Schools
  - 9.9.3. Influence Today
- 9.10. Most Common Work Techniques
  - 9.10.1. Most Common EFT Techniques
  - 9.10.2. Clinical Techniques in Positive Psychology
  - 9.10.3. Techniques of Interest in Gestalt Methodologies

## Module 10. Information Communication Technologies (ICTs) and Therapeutic Use

- 10.1. What are ICTs?
  - 10.1.1. Concept of ICTs
  - 10.1.2. ICTs Classification
- 10.2. First Steps in Therapy
  - 10.2.1. First Authors to Focus on ICTs and New Technologies
  - 10.2.2. First Clinical Uses
- 10.3. Phobias and Types
  - 10.3.1. Concept and Definition of Phobia
  - 10.3.2. Types of Existing Phobia

- 10.4. Social Phobia and Agoraphobia
  - 10.4.1. Introduction and Conceptualization of Social Phobia
  - 10.4.2. Introduction and Conceptualization of Agoraphobia
  - 10.4.3. Assessment and Diagnosis
- 10.5. Treatment Program for Agoraphobia
  - 10.5.1. The Beginnings of Treatment for Agoraphobia
  - 10.5.2. Current Treatment Programs
- 10.6. Virtual Reality as Treatment
  - 10.6.1. What Is VR and How Does It Work?
  - 10.6.2. First Clinical Practices Using VR
  - 10.6.3. Advantages and Disadvantages
- 10.7. VR in Treating Specific Phobias
  - 10.7.1. First Works
  - 10.7.2. Most Relevant Authors
  - 10.7.3. Results
- 10.8. Training in Anxiety Management
  - 10.8.1. Concept of Anxiety
  - 10.8.2. Treating and Improving Anxiety Control
  - 10.8.3. New Technology Uses
- 10.9. Amaxophobia and Aerophobia Treatment
  - 10.9.1. Introduction to Amaxophobia and Aerophobia
  - 10.9.2. Common Patterns and Treatment Difficulties
  - 10.9.3. Benefits to Using New Technologies
  - 10.9.4. Current Treatments
- 10.10. Current Situation and Future of ICTs
  - 10.10.1. New Technologies Today
  - 10.10.2. Problems and Advantages
  - 10.10.3. Lines of Research y Future Works

06

# Clinical Internship

This Hybrid Professional Master's Degree includes a practical period, which will take place in a clinical center of reference. In this way, the professional will have at their disposal the support of an expert in the field of Third Generation Therapies, who will guide them throughout the process, both in the evaluation of the patient and in the application of different treatments.



“

*TECH gives you the opportunity to do an internship in a clinical center, surrounded by the best team of experts in Third Generation Therapies"*

The Internship period of this Third Generation Therapies program consists of a 3-week clinical internship. So, during this period, psychology professionals will be in a prestigious clinical center, from Monday to Friday with 8 consecutive hours of work. An environment where they will be accompanied by an expert from the center, who will guide them to learn the most effective and current methods, techniques and procedures used in this branch of psychology.

A unique experience that will allow you to see real patients with whom to apply the concepts addressed in the syllabus and, in addition, with the mentoring of a professional with extensive knowledge of Third Generation Therapies. In this way, psychologists who immerse themselves in this program will be able to obtain a real vision of the daily, demanding and rigorous work carried out in this specialty and the results obtained.

TECH offers an educational proposal that transforms a clinical center into an ideal teaching space, where professionals can work in real situations and in this way enhance their competencies in the management and application of therapies in patients suffering from different types of pathologies and disorders.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the psychology praxis (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 to the center’s own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Practice of Therapist Skills</b>	Manage the patient's emotions through the application of self-control techniques from the perspective of Third Generation Therapies.
	Use Communicative techniques applied to clinical intervention
	Carrying out the most effective techniques in grief support
	Effectively resolve difficult situations with patients in conflict
<b>Mindfulness Method</b>	Putting the latest Mindfulness techniques into practice in patients with stress
	Perform relaxation techniques
	Techniques for better coping with mental health problems through Mindfulness
	Informing the patient of the benefits of Mindfulness therapy
<b>Use of new technologies in Third Generation Therapies</b>	Treating clinical cases of social phobia through ICTs
	Apply ICT from a therapeutic point of view in patients who are unable to attend an on-site consultation
	Using new technologies to approach the patient with anxiety disorder
	Collaborating in the use of technologies to treat patients with agoraphobia
<b>Application of techniques in other therapies of Third Generation</b>	Apply counseling in health care settings
	Use the problem-solving technique in individual and group therapy
	Perform dialectical behavioral therapy in people with borderline personality disorder
	Carry out cognitive-analytic psychotherapy and desensitization and reprocessing through eye movement
	Use the latest techniques in acceptance and commitment (ACT)
	Collaborate in the pattern of treatment through positive psychology

## 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.

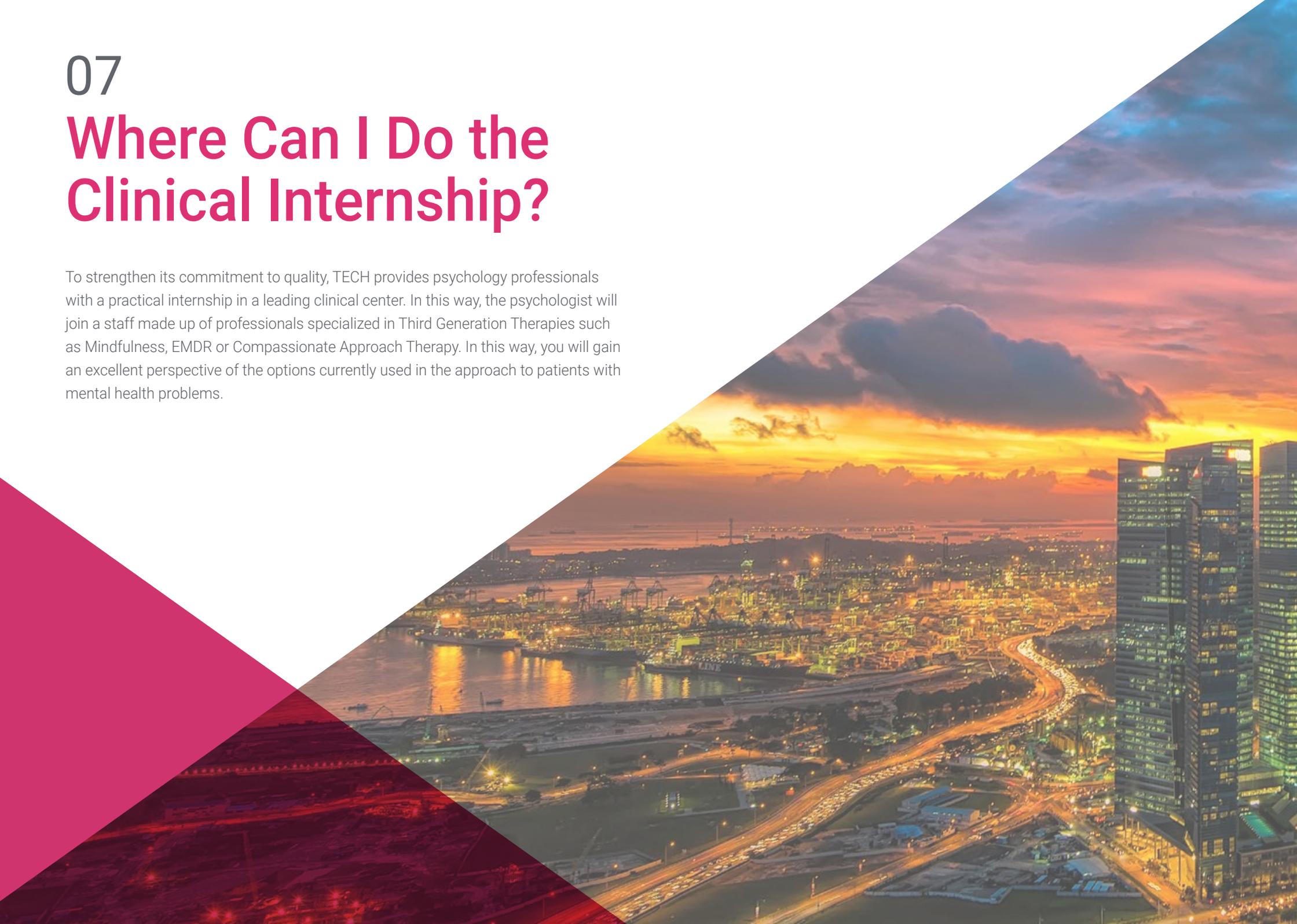
**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

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.

# 07

## Where Can I Do the Clinical Internship?

To strengthen its commitment to quality, TECH provides psychology professionals with a practical internship in a leading clinical center. In this way, the psychologist will join a staff made up of professionals specialized in Third Generation Therapies such as Mindfulness, EMDR or Compassionate Approach Therapy. In this way, you will gain an excellent perspective of the options currently used in the approach to patients with mental health problems.





“

*Get a modern and current approach to Third Generation Therapies, through a unique hands-on internship in the academic landscape”*



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



### Grupo Psicoactiva

Country	City
Spain	Valencia

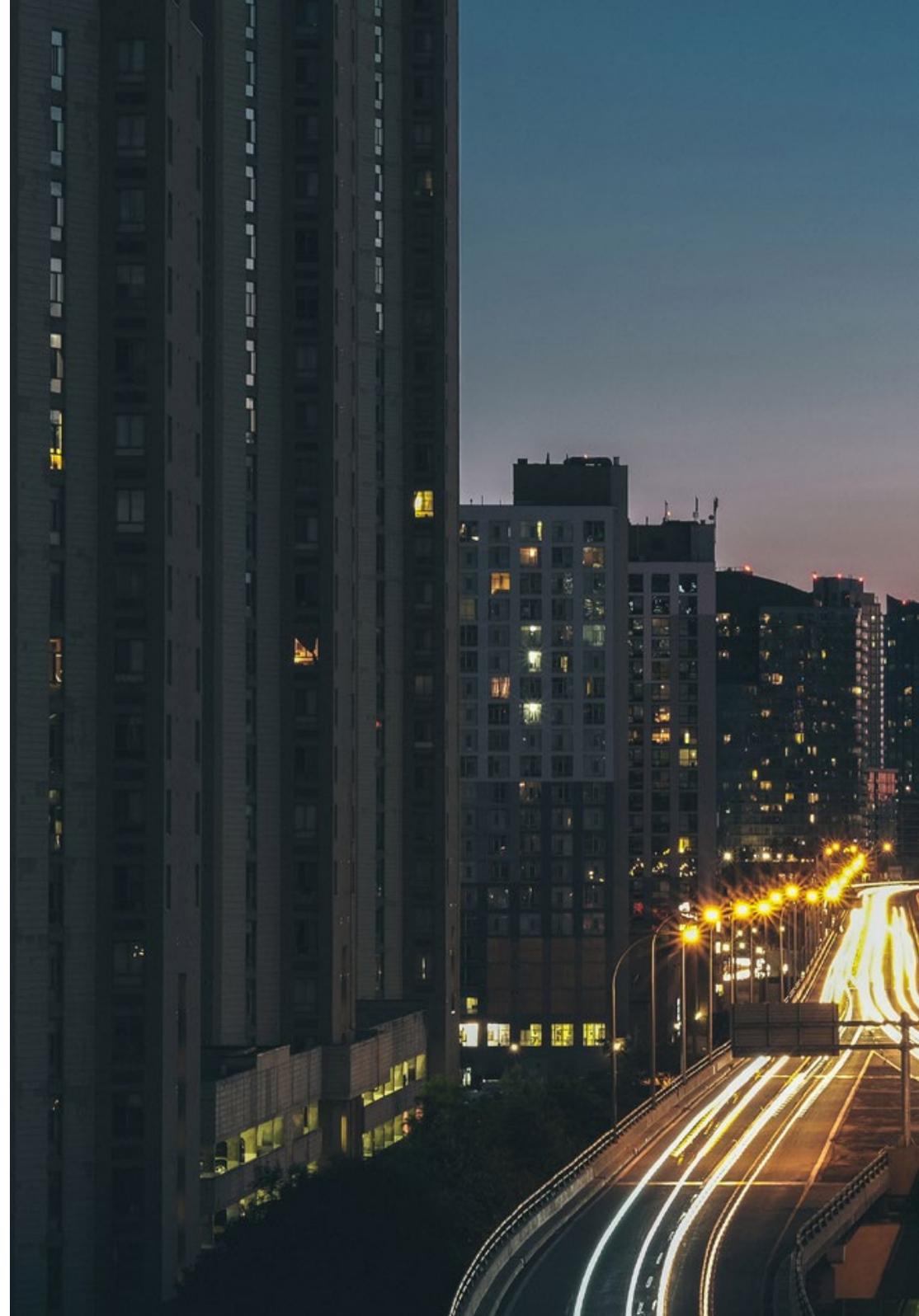
Address: Calle Borrull, 40, 46008, Valencia

Clinic specialized in psychological care

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**Related internship programs:**

- Cognitive-Behavioral Psychotherapy
- Third Generation Therapies





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*Enroll now and advance in your field of work with a comprehensive program that will allow you to put into practice everything you have learned"*

08

# 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.



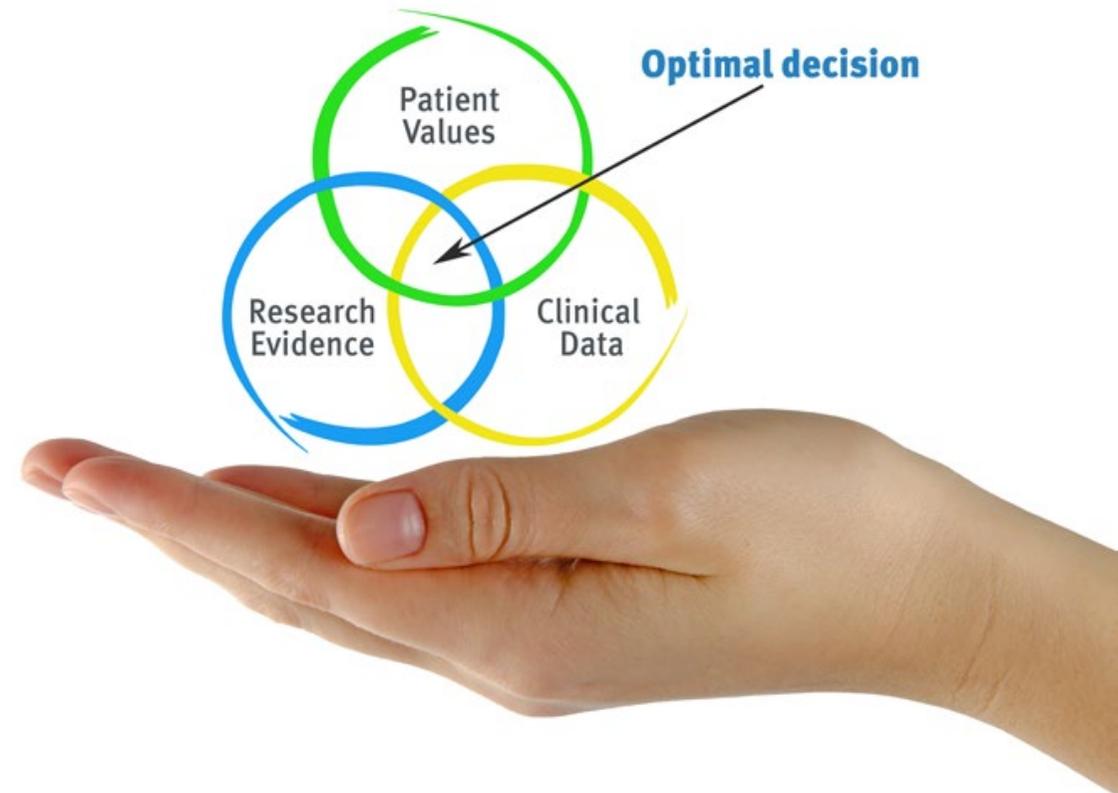
“

*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.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

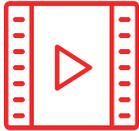
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

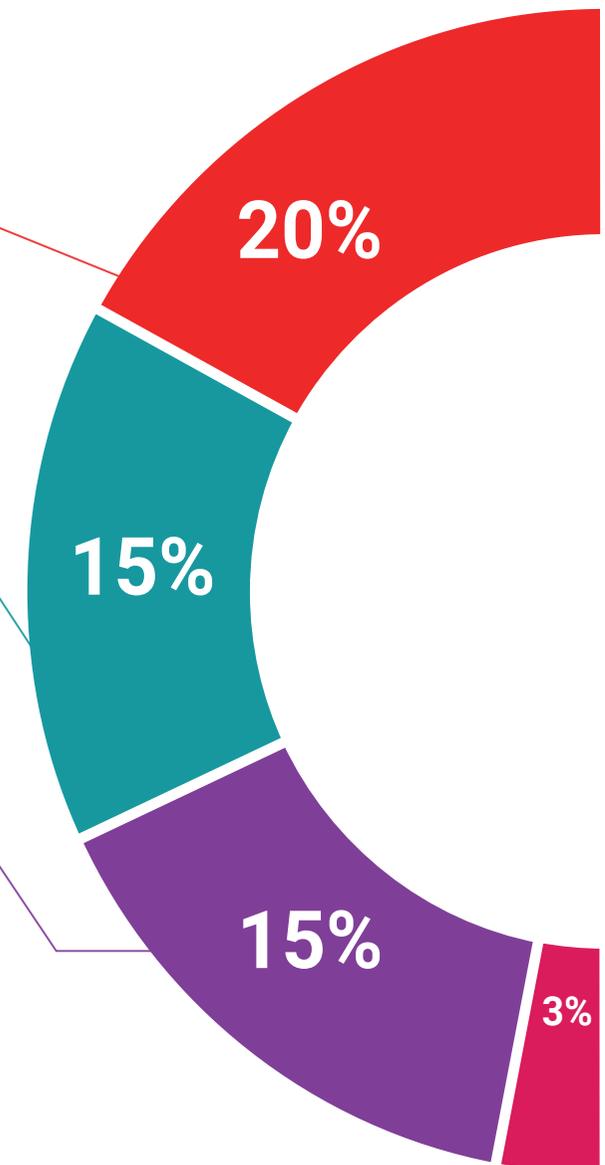
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

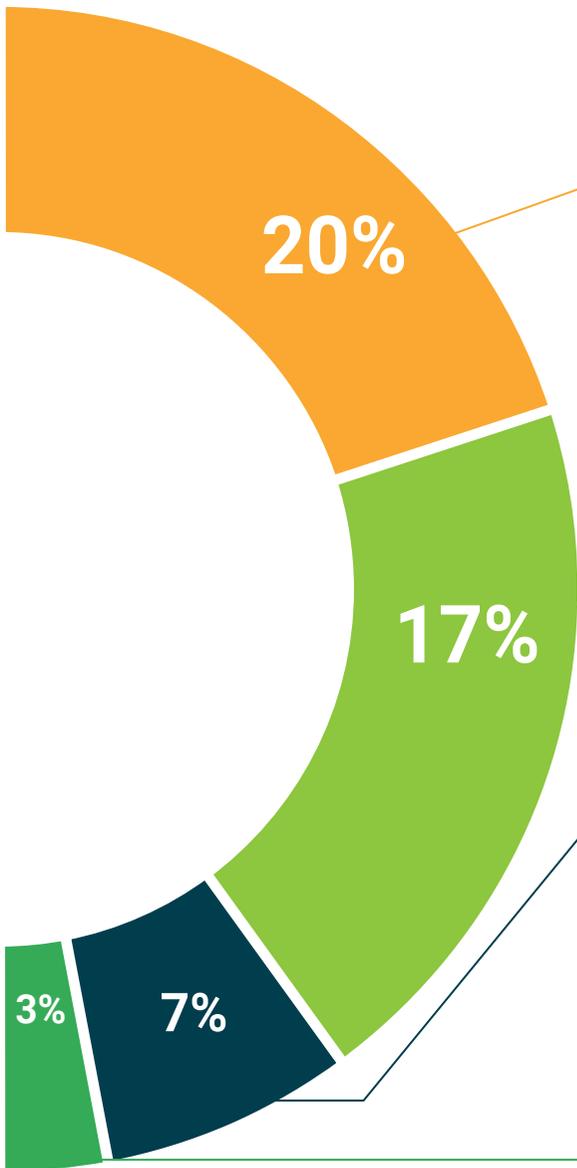
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### 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.



09

# Certificate

The Hybrid Professional Master's Degree in Third Generation Therapies guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid diploma issued by TECH Technological University.



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*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 Third Generation Therapies** 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.

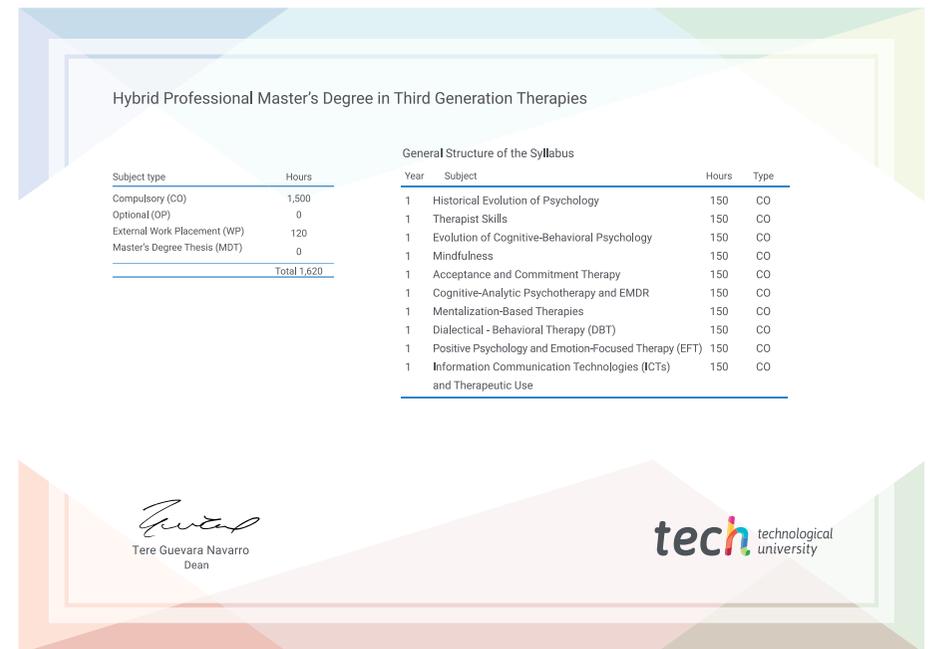
Title: **Hybrid Professional Master's Degree in Third Generation Therapies**

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 innovation  
knowledge present quality  
development online  
virtual classroom languages



## Hybrid Professional Master's Degree Third Generation Therapies

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h

# Hybrid Professional Master's Degree Third Generation Therapies