

Internship Program
Cognitive-Behavioral
Psychotherapy



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Psychotherapy

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01

Introduction

Cognitive-Behavioral Psychotherapy is one of the psychological fields that most benefit from practical experience, as it is one of the most widespread therapies. That is why this academic center offers the opportunity to all psychology professionals to carry out a period of practical activity that will help them not only to perfect the skills and abilities required by the profession, but also to implement to their resume the distinction of having been part of a reference company in the sector for 120 hours.



TECH gives you the opportunity to enhance your technical and procedural skills through an Internship Program in Cognitive-Behavioral Psychotherapy, where you will be guided by real experts"





Based on this, the Internship Program in Cognitive-Behavioral Psychotherapy, a program whose main objective is to bring the psychology professional closer to the reality that is lived daily in a center of this area. In this way, they will be able to know, first hand, how psychotherapy professionals work, learn from their experience and develop the aptitude of a perfectly qualified worker to enter the labor market.

This is a unique experience to grow with specialists in the area and to give your resume a distinctive feature that will help you stand out in the recruitment process. It should be noted that during the practical period the student will be accompanied at all times by a tutor who will ensure that they can get the most out of this training.

Additionally, they will be able to actively participate in the approach to patients, learn the details of cognitive-behavioral diseases, get up to date with the treatments and protocols for handling these cases and deepen their face-to-face treatment. All this will help you develop as a professional prepared to work independently in any company.



Having access to an internship in a reference center in the psychotherapy sector will provide you with the professional mark to stand out in the selection processes"

02

Why Study an Internship Program?

In recent years, Cognitive-Behavioral Psychotherapy has integrated changes in its techniques and methodologies in treatment programs. Therefore, as it is a discipline that seeks to improve its evaluation, diagnosis and approach procedures, the professional needs to be constantly updating his knowledge. And that is precisely what this program created by TECH offers, which provides a direct and practical vision of this specialty. Therefore, in a practical stay of 3 weeks, the professional will be accompanied by a real expert in the field, which will show real cases, where to apply the latest and most effective methods.



TECH offers you a unique experience, in a first class clinical environment where you will be able to update yourself with the best professionals in Cognitive-Behavioral Psychotherapy"

1. Updating from the latest technique and method available

Assessment methods, diagnostic techniques and action planning aimed at efficiently addressing different pathologies have evolved thanks, to a large extent, to scientific studies and evidence. Therefore, in this Internship Program, TECH has designed a program that will lead the professional to integrate these advances in their daily practice, accessing under the tutelage of a specialist to the most advanced procedures in Psychotherapy.

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

The professional who enters this Internship Program will be nourished during this period by the experience of the psychologists who make up the prestigious clinical center, where they will work with real clinical cases. An experience that will allow you to update your knowledge through a stay in an excellent environment and always with the accompaniment of the best specialists in this field.

3. Entering First-Class Clinical Environments

TECH carries out a rigorous selection of the centers that are part of the Internship Program. In this way, this institution wants to guarantee the professional's quality access to clinical environments that provide the most recent advances in Cognitive-Behavioral Psychotherapy. In this way, you will be able to work in a real scenario, during 3 weeks, applying the most innovative techniques to treat both the most frequent and exceptional disorders.



4. Putting the acquired knowledge into daily practice from the very first moment

This proposal moves away from the pure theoretical concept, from the long hours of study and approaches the needs of psychologists in their daily work. For this reason, the specialist will find in this program an intensive stay, which will allow them to obtain an experience of 120 hours of professional practice, which will lead the professional to apply all the methods and processes in their daily practice.

5. Expanding the Boundaries of Knowledge

This Internship Program allows the specialist to obtain the most recent and innovative information in the field of Cognitive-Behavioral Psychotherapy through a program that will allow them not only to integrate these advances in their daily practice, but also to implement them in any other prestigious clinical center where they wish to develop their professional career. A unique opportunity that only TECH offers you.



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

03

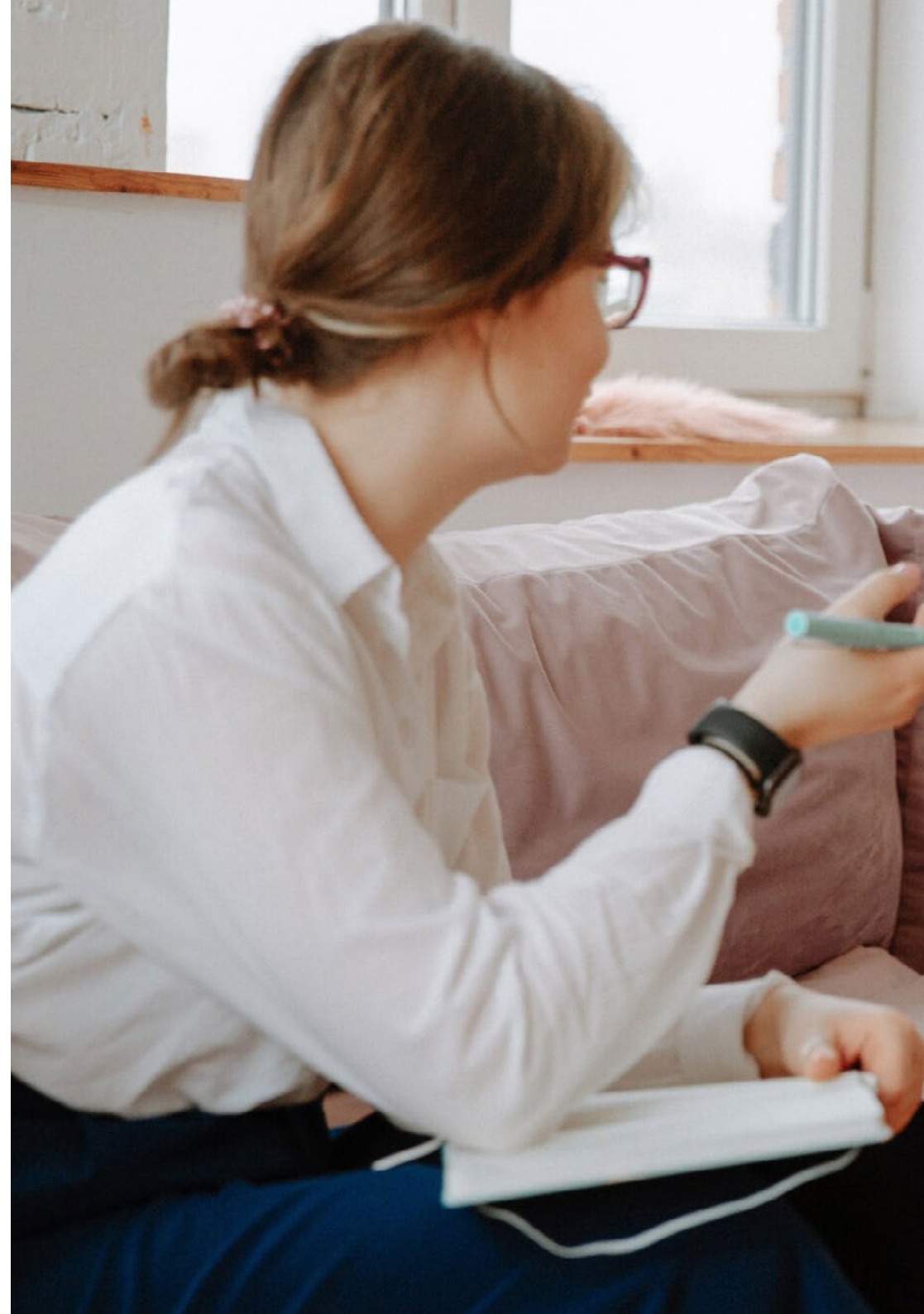
Objectives

The main objective of this Internship Program is to provide the graduate with the technical knowledge that will positively influence their professional work from the cognitive-behavioral approach. The stay in a reference center will help them to perfect their skills in the design of the psychological evaluation and to manage the intervention tools to form an effective and efficient therapeutic process. Additionally, the accompaniment by professionals in the field will allow you to get up to date on the management of the most appropriate protocols to contain the patient's emotional state.



General Objectives

- ♦ Master the most recent and advanced techniques in the diagnosis of patients with common or infrequent disorders
- ♦ Manage the most innovative treatment plans and programs in the area of Cognitive-Behavioral Psychotherapy
- ♦ Update the procedures used for patient evaluation





Specific Objectives

- ♦ Synthesize notions of the historical chronology of psychology
- ♦ Differentiate between the strategies of cognitive-behavioral psychology and others
- ♦ Design strategies that allow intervention from the cognitive-behavioral model
- ♦ Update intervention techniques with the cognitive behavioral model
- ♦ Learn the basics of therapies based on the cognitive-behavioral model
- ♦ Differentiate the existing groups of psychotropic drugs for the treatment of psychiatric and behavioral disorders
- ♦ Determine the mechanisms of action in each of the pharmacological treatments
- ♦ Assess the side effects of different groups of drugs
- ♦ Apply behavior modification techniques
- ♦ Identify ICTs and their usefulness in clinical psychology
- ♦ Update knowledge on current and future treatments linked to new technologies

04

Educational Plan

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

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

TECH offers an excellent opportunity to update knowledge through an innovative program in the academic panorama, which adapts to the real demands of professionals, who seek to enhance their skills from practice. This is a new way of understanding and integrating health processes, turning a clinical center into an ideal scenario to access an innovative experience focused on improving the competencies of professionals.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of skill (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal skills for the praxis of Psychotherapy (learning to be and learning to relate).



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"



The procedures described below will be the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its volume of work, the proposed activities being the following:

Module	Practical Activity
Study and Diagnosis in the Cognitive-Behavioral Psychology Model	Effectively use the main psychological assessment instruments
	Define emotional schemes adapted to the needs of each patient
	Elaborate relapse prevention plans through the techniques used in Cognitive-Behavioral Psychology
	Evaluate and assess the patient's limiting beliefs
Design and Intervention Strategies in Cognitive-Behavioral Psychology	Employ appropriate strategies for handling complicated situations
	Address the most common situations that may interfere with therapy
	Implement habits for the improvement of mental and emotional health in the patient
	Apply coping, deactivation and relaxation techniques as required by the situation
Applied Cognitive-Behavioral Psychology	Applying techniques such as Mindfulness in clinical practice
	Perform evaluations and diagnoses according to the type of disorder presented, in order to identify it and carry out a personalized therapy
	Address problems related to eating behaviors, bereavement and stress intervention
	Apply behavioral enhancement techniques
	Implement techniques to reduce or eliminate behaviors by focusing on those that should be eliminated
Treatment Programs	Create token economy programs with practical application in real settings
	Evaluate treatment programs for various pathologies such as schizophrenia, autism spectrum or social phobia
	Implement appropriate treatments for each pathology following the models of Cognitive-Behavioral Psychology
	Collaborate in the development of distinctive intervention programs to address the most common clinical pathologies
	Develop social skills training programs aimed to pathological disorders

05

Where Can I Do the Internship Program?

TECH's relevance in the academic sector has made it possible to create partnerships with leading companies in different sectors. This allows it to increase its practical offer, so that graduates can choose the center that best suits their needs. It is important to note that in order to carry out these agreements, the entity must meet very strict quality standards, with the aim of ensuring a fully effective internship and based on the line of professionalism that defines TECH.



By accessing this Internship Program in Cognitive-Behavioral Psychotherapy in a prestigious center on the national scene, you will be investing in yourself and in your professional future"





The student will be able to do this program at the following centers:



Psychology

Clínica Adna

Country	City
Spain	Madrid

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

Psychological and Aesthetic Medicine Center

Related internship programs:

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



Psychology

Center Psicología Clínica

Country	City
Spain	Madrid

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

Psychological center specialized in comprehensive mental
health care

Related internship programs:

- Clinical Child and Adolescent Psychology
- Cognitive-Behavioral Psychotherapy



Psychology

Grupo Psicoactiva

Country	City
Spain	Valencia

Address: Calle Borrull, 40, 46008, Valencia

Clinic specialized in psychological care

Related internship programs:

- Cognitive-Behavioral Psychotherapy
- Third Generation Therapies



Psychology

Proceso Terapéutico

Country	City
Spain	Valencia

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

Entity specialized
in psycho-therapeutic care

Related internship programs:

- Cognitive-Behavioral Psychotherapy



Psychology

Hospital HM Modelo

Country	City
Spain	La Coruña

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

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital Maternidad HM Belén

Country	City
Spain	La Coruña

Address: R. Filantropía, 3, 15011 A Coruña

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

Related internship programs:

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Psychology

Hospital HM Rosaleda

Country	City
Spain	La Coruña

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

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

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

Hospital HM La Esperanza

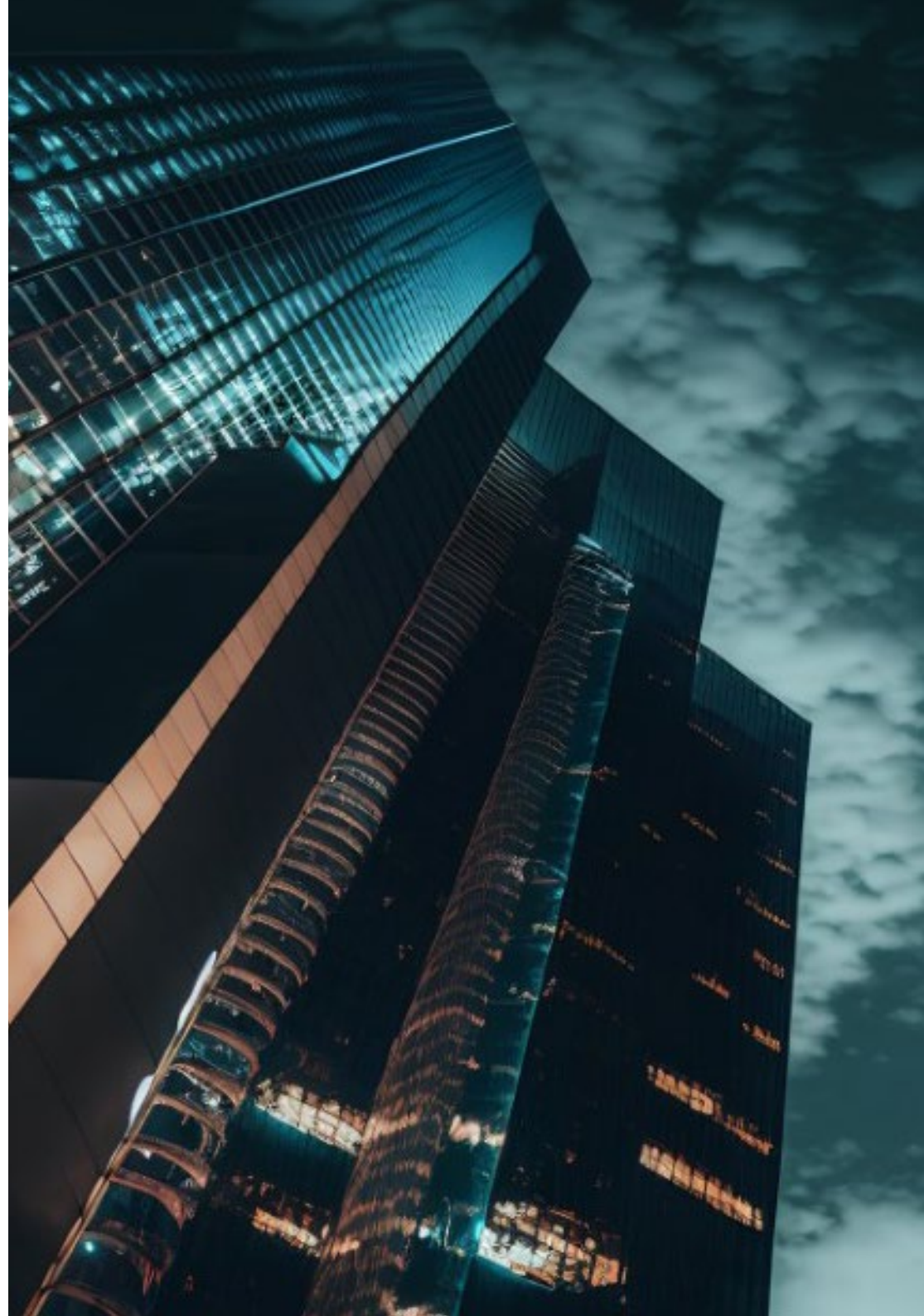
Country	City
Spain	La Coruña

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

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

Related internship programs:

- Oncology Nursing
- Clinical Ophthalmology





Psychology

Hospital HM San Francisco

Country	City
Spain	León

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

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

Related internship programs:

- Update in Anesthesiology and Resuscitation Trauma Nursing



Psychology

Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Psychology

Hospital HM Montepríncipe

Country	City
Spain	Madrid

Address: Avenida de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

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

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Psychology

Hospital HM Torrelodones

Country	City
Spain	Madrid

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

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

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

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

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

Policlínico HM La Paloma

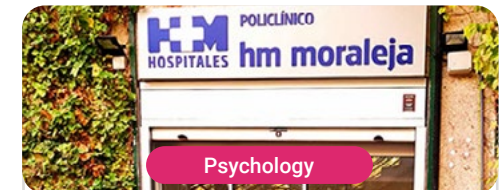
Country	City
Spain	Madrid

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

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

Related internship programs:

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

Policlínico HM Sanchinarro

Country	City
Spain	Madrid

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

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

Related internship programs:

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



Psychology

Policlínico HM Virgen del Val

Country	City
Spain	Madrid

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

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

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

Policlínico HM Rosaleda Lalín

Country	City
Spain	Pontevedra

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

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

Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy





Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Centro de Psicología Altea

Country	City
Spain	Cádiz

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

Psychologists in Algeciras

Related internship programs:

- Clinical and Health Psychology
- General Health Psychology

06

General Conditions

Civil Liability Insurance

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

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

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



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: during the Internship Program the student will be assigned two tutors who will accompany them throughout the process, solving 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 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 professional will be accompanied at all times and will be able to consult any doubts that may arise, both of a practical and academic nature.

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 student does not show up on the start date of the Internship Program, 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 Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. 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 Internship Program 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 Certificate

This Internship Program in Cognitive-Behavioral Psychotherapy contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Cognitive-Behavioral Psychotherapy**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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