

# Internship Program

## Clinical and Health Psychology



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university

Internship Program  
Clinical and Health Psychology

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# 01

## Introduction

In recent years, public and private institutions have focused on the mental health care of individuals. The increase in suicide attempts or people suffering from depressive or anxiety disorders has also made the figure of the psychology professional gain great relevance. In this scenario, it is essential to have updated specialists in the search for the improvement of the techniques and treatments used. This is the reason for the creation of this program, which brings the psychologist closer to a real professional scenario in a leading clinical center in the field of Clinical and Health Psychology.

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*This program incorporates the most appropriate intervention strategies and methods to promote health”*





The high demands in the workplace or the general socioeconomic situation have led to a significant increase in the number of people suffering from some type of disorder worldwide. These repercussions have a negative impact not only on the person who suffers from it, but also on their environment. This has led to the development of health promotion policies, while improving both therapeutic and pharmacological treatments.

Undoubtedly, in view of this reality, the work of the psychology professional is key, but it also requires an update of their knowledge in the processes of evaluation and management of patients suffering from disorders such as personality disorders, violent behavior or depression.

Therefore, it is essential to carry out an Internship Program, which leads the professional to continue attending patients with the utmost professionalism, following the latest advances shown in a reference clinical center. Therefore, during a 3-week stay, the psychologist will be tutored by excellent experts in the field of Clinical and Health Psychology, who will show them the most effective programs, action plans and treatments used in this health field.



*This Internship Program will bring you up to date on the main treatments applied in Clinical and Health Psychology"*

# 02

## Why Study an Internship Program?

In the field of psychology, it is necessary for professionals to be aware of the most effective procedures and techniques to address different disorders. However, this is achieved not only through an in-depth theoretical study, but also through daily practice in consultation. That is why TECH has designed this program to meet the updating needs of professionals through an internship program. Therefore, during 3 intensive weeks, the graduate will be in a prestigious clinical center accompanied by a professional specialized in Clinical and Health Psychology. In this way, this institution provides the most innovative methods in this field, through a 100% practical on-site stay surrounded by the best in this area.



*With this program, TECH offers you a unique practical experience, surrounded by the best specialists in Clinical and Health Psychology"*

### **1. Updating to the latest available technology**

The area of Clinical and Health Psychology has advanced in strategies for the management and care of patients with different disorders. This has led to an important advance in the techniques used, both in assessment, diagnosis and treatment. That is why this Internship Program was created to bring the professional closer to the latest advances in this field, through a unique experience, in a 100% real clinical environment and with cases of real patients. In this way, you will enter an avant-garde center with excellent experts in this specialty.

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

The professional who enters this program will do so through a 3-week stay. An intensive period, where they will be accompanied by a team of professionals who will guide and show them the working methods used in a center of the highest level in the field of Clinical and Health Psychology. All this will allow you to incorporate the most effective procedures and approaches in Clinical and Health Psychology into your daily practice.

### **3. Entering First-Class Clinical Environments**

TECH maintains its philosophy of offering professionals quality programs that meet their real needs for updating. This is why this academic institution carries out a rigorous selection of all the centers that are part of the Internship Program. In this way, the professional will have the guarantee of access to a clinical space of reference, integrated by real experts in this specialty of psychology.

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

This program moves away from a purely theoretical framework, to immerse the professional in an eminently practical environment from the very beginning. Additionally, the professional will be intensively tutored by an expert in Clinical and Health Psychology, who will transfer the most innovative and effective methods and strategies used by a reference clinical center for 3 weeks and 8 consecutive hours. A practice, which provides the update that psychologists request.

#### 5. Expanding the Boundaries of Knowledge

This program goes a step further in the current academic panorama and differentiates itself by offering the professional an internship in a high level clinical center, where they will share experience with the best in the area of Clinical and Health Psychology. This will increase the degree of knowledge of the graduates who take part in this Internship Program, being able to integrate the techniques applied in their daily clinical practice or, if they wish, to carry them out in any other renowned center, of which they wish to be a part.



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

# 03

## Objectives

This Internship Program has been designed to offer a direct and face-to-face approach to the different assessment and treatment methodologies used in patients suffering from frequent disorders such as anxiety or depression. In this way, the professional will be able to witness in situ, in a leading clinical center, the procedures carried out in order to integrate them into their daily practice.



### General Objectives

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- ♦ Master the most appropriate techniques and methods to care for patients with chronic disorders
- ♦ Incorporate into practice the most effective strategies in the approach to patients with frequent and less common psychological disorders
- ♦ Use and promote the most innovative health promotion programs favoring the physical and mental well-being of the patient





## Specific Objectives

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- ♦ Identify the profile of the patient
- ♦ Update the knowledge of the treatments for patients with depressive disorders
- ♦ Analyze the evaluation and treatment of physiological disorders
- ♦ Apply techniques for pain decentralization
- ♦ Contextualize the origin of Health Psychology
- ♦ Analyze the application of this model in specific disorders and diseases
- ♦ Delve into the first studies on psychotic psychopathology
- ♦ Update the basis of strategies and intervention to promote health
- ♦ Identify the different factors that can change the promotion of health
- ♦ Delve into the changes that have occurred in the diagnostic categorization of Disorders on the Autism Spectrum



*This program is designed for professionals in constant updating of their knowledge, who seek to expand their skills in an excellent professional setting"*

# 04

## Educational Plan

The psychology professional who enters this Internship Program will carry out a 3-week program in Clinical and Health Psychology in a specialized clinical center. In this way, from Monday to Friday and in 8 consecutive hour days he will be with professionals with extensive knowledge in this field.

A process that will take you to witness in a real scenario, the different procedures performed by these specialists, the latest and most effective techniques around the patient's evaluation, as well as the selection of the most appropriate treatment according to the disorder suffered by the person.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide health care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

TECH offers an excellent opportunity to develop and put into practice the most advanced knowledge in the field of Clinical and Health Psychology. A practical phase, where in addition to a tutor from the clinical center, this academic institution will supervise the development of the same and the satisfactory achievement of the goals set.

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 psychology praxis (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the training, and their implementation 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:



*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"*



Module	Practical Activity
<b>Clinical Evaluation and Therapeutic Treatment</b>	Make diagnoses of various patients who are possible candidates to be treated with different therapeutic treatments
	Evaluate, diagnose and treat patients with personality disorders
	Offer support in taking a clinical history of a patient with psychotic disorders
	Apply the Mindfulness method in clinical psychology
<b>Cognitive-Behavioral Model applied in the intervention of Health Psychology</b>	Make evaluations and diagnoses of a patient with anxiety from the Cognitive-Behavioral model
	Collaborate in the evaluation and diagnosis of a patient with depression
	Apply techniques for the decentralization of pain
	Employ the most effective procedures of the Cognitive-Behavioral model
<b>Health promotion</b>	Develop an action plan to promote the physical and mental health of patients
	Observe different clinical cases and detect through their individual characteristics the type of problem to be treated
	Outline effective strategies for the well-being of patients with depressive disorders
	Evaluate current health programs
<b>Psychological care to people with Autism Spectrum Disorder</b>	Making an accurate diagnosis in ASD patients
	Determine a treatment for a patient with ASD
	Perform clinical follow-up of a patient profiled for discharge
	Manage the various therapeutic treatments in patients with ASD

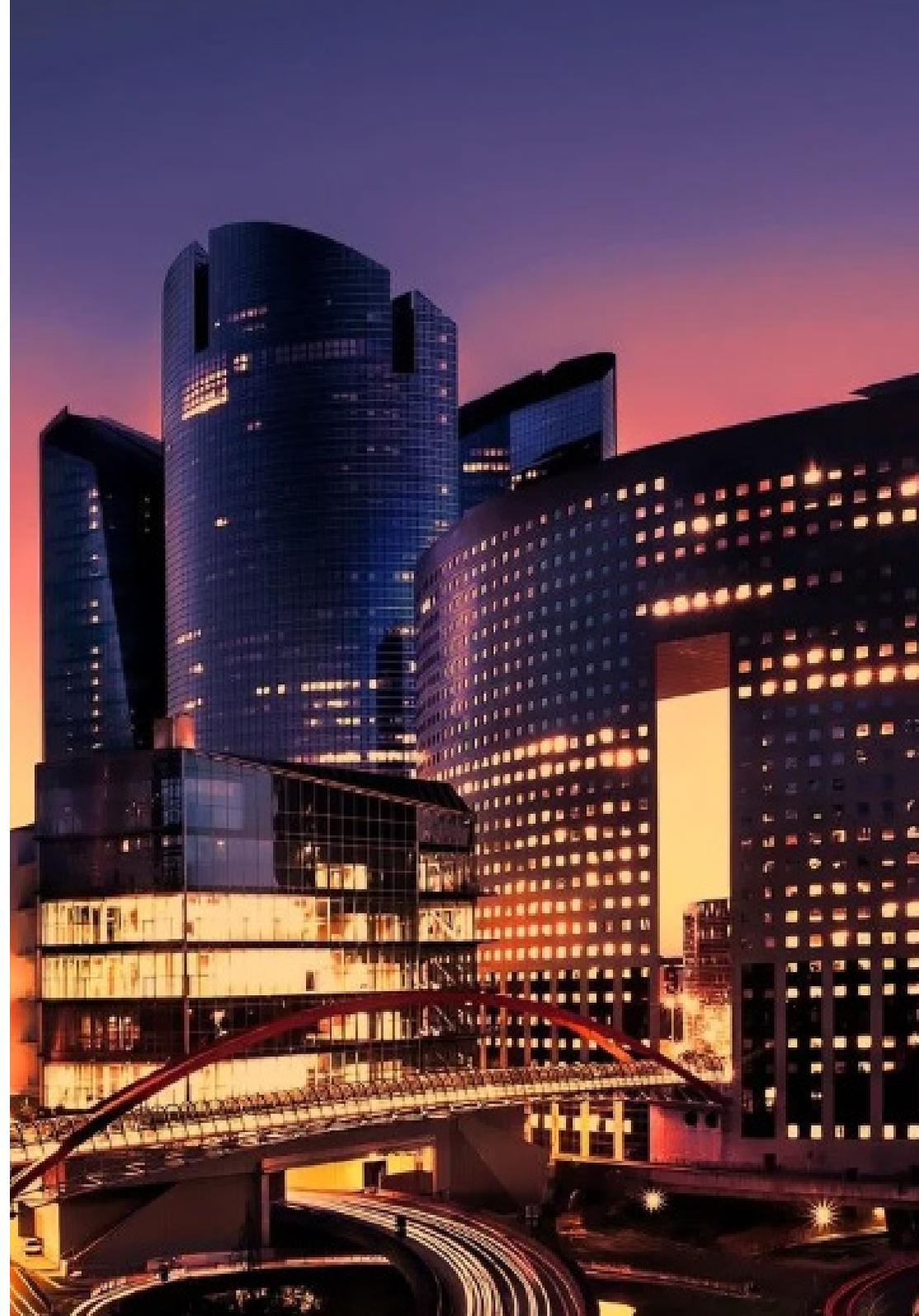
# 05

## Where Can I Do the Internship Program?

Given the increase in the number of people with mental health problems, it is necessary that psychology professionals are increasingly prepared and specialized. That is why TECH has selected a prestigious entity committed to the welfare of people's mental health. In this scenario, the specialist who immerses in this training will develop, where they will be together with excellent experts in Clinical and Health Psychology.

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*If you are looking for a quality internship program, TECH has rigorously selected the clinical center where you will be for 3 intensive weeks”*





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



Psychology

### Hospital HM Modelo

Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital Maternidad HM Belén

Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Psychology

### Hospital HM Rosaleda

Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

Country: Spain  
City: La Coruña

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

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

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Psychology

### Hospital HM San Francisco

Country: Spain  
City: 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: Spain  
City: 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 Montepíncipe

Country: Spain  
City: Madrid

Address: Av. de Montepíncipe, 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: Spain  
City: 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



Psychology

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Psychology

### Centro de Psicología Altea

Country

Spain

City

Cádiz

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

Psychologists in Algeciras

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**Related internship programs:**

- Clinical and Health Psychology
- General Health Psychology



### Hospital Ángeles Santa Mónica

Country	City
Mexico	Mexico City

Address: Temístocles 210, Polanco, Polanco IV Secc, Miguel Hidalgo, 11560 Ciudad de México, CDMX, México

Full-service hospital with a multitude of medical of medical specialties

**Related internship programs:**  
- Clinical and Health Psychology





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*Take advantage of this opportunity to surround yourself with expert professionals and learn from their work methodology”.*

# 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 the 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:** the student who passes the Internship Program will receive a certificate accrediting the stay in the center in question.

**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 private qualification will allow you to obtain a **Internship Program diploma in Clinical and Health Psychology** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Clinical and Health Psychology**

Duration: **3 weeks**

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

Accreditation: **4 ECTS**





Internship Program  
Clinical and Health Psychology

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