

# Internship Program Emergency Psychology



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Internship Program  
Emergency Psychology

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# 01

## Introduction

Emergency Psychology is a discipline that deals with the prevention of mental problems that may be caused by trauma. Therefore, the early psychological care provided by these psychologists contributes to minimize the possibilities of suffering from Anxiety and Depression disorders in people who are in this situation, ensuring in this way their quality of life. Therefore, professionals with broad and updated skills in this area are in great demand by health institutions to preserve the mental well-being of individuals. Consequently, TECH has created this program, which will offer you an internship program of 3 weeks in a prestigious medical center for you to acquire cutting-edge assessment and intervention techniques in these contexts.

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*Master the cutting-edge techniques of psychological intervention with people who have lost family members in an accident or natural disaster through this Internship Program"*





Traumatic events can have a significant negative impact on people's Mental Health, leading to problems such as Post Traumatic Stress Disorder, Depression or Anxiety. In this line, the psychological care provided by professionals trained in Emergency Psychology is essential to help individuals recover emotionally after a delicate situation, such as a war, a natural disaster or an accident. Given the relevance of this figure to ensure the mental wellbeing of human beings, it is important to have the most updated and qualified experts in the field.

For this reason, TECH has opted to design this program, which will provide the student with the most advanced skills in the field of Emergency Psychology, in order to respond effectively to this professional demand. Throughout 120 hours, you will be integrated into an excellent work team within a high-level hospital center. Within this prestigious clinical environment, you will master the techniques to control stress in a high-risk context or manage intervention strategies with people who have been victims of a delicate situation. Likewise, he will be prepared to provide state-of-the-art care to individuals who have experienced the loss of a close family member.

During this internship, the student will be accompanied at all times by a specially selected tutor. This professional will be responsible for ensuring optimal learning, satisfactorily resolving any doubts that may arise during the clinical experience.

# 02

## Why Study an Internship Program?

In many professional areas, practical experience is a decisive factor in achieving outstanding success. In the field of emergency psychology, it is not enough to have theoretical knowledge of the latest advances, but it is essential to know how to apply them in the work context. To address this need, TECH has designed this program, which gives students the opportunity to participate in a state-of-the-art clinical setting for 3 weeks. In this program, under the supervision of experts in the field, students will be able to acquire practical skills that will allow them to advance their career in the field of Mental Health.



*This academic institution gives you the opportunity to enjoy an internship program of 3 weeks in a first level hospital center"*

### 1. Updating from the latest technology available

In recent years, the field of Emergency Psychology has undergone an important evolution from assessment methods and intervention techniques with patients in critical situations. For this reason, TECH has created this Internship Program, with the goal of facilitating the acquisition of these cutting-edge skills.

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

Through this program, students will have the opportunity to work in collaboration with a team of leading experts in the field of Emergency Psychology, who will provide them with an updated set of skills in this area. Additionally, each student will have a mentor who will offer personalized guidance.

### 3. Entering Top-notch Professional Environments

TECH applies a rigorous selection process to choose the centers where the Internship Program will take place, in order to ensure that students can update their knowledge in a first class clinical environment. In this way, they will have the opportunity to work with highly demanding teams of high professional quality.



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

Nowadays, it is common to find educational programs that do not meet the daily needs of professionals, offering theoretical contents with no application in the real environment. For this reason, TECH has designed a program with an innovative pedagogical approach, focused on the completion of internships, allowing students to strengthen their skills in a high-level clinical environment.

#### 5. Expanding the Boundaries of Knowledge

TECH offers its students the possibility of completing the Internship Program in renowned hospital centers, so that they can learn from experts from extensive experience in Emergency Psychology. This opportunity is exclusive to this educational institution and represents a unique experience for the students.



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

# 03

## Objectives

The premise of the Internship Program in Emergency Psychology designed by TECH is to provide students with the most advanced and cutting-edge skills in the field. During the hospital stay, students will handle psychological first aid techniques, deepen in the prevention and management of stress in extreme situations or master the strategies of group therapy. The acquisition of these skills will be preserved by following these general and specific objectives.



### General Objectives

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- ♦ Master specific psychological support techniques that enhance performance in the different critical situations that may be encountered in an intervention
- ♦ Manage specific intervention protocols for different situations, being able to adapt them to the variable and changing situation of the emergency
- ♦ Develop skills for handling equipment in emergency situations







## Specific Objectives

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- ♦ Learn about the origins of Emergency Psychology
- ♦ Study the differences between emergencies, disasters and urgent care situations, and the most common types
- ♦ Be aware of the importance of the psychologist in emergencies, and distinguish the different roles involved when an emergency event occurs
- ♦ Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- ♦ Study the types of basic emotions and their role when the organism is in a stressful situation
- ♦ Know how the stress response progresses in the individual
- ♦ Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation
- ♦ Learn about therapeutic techniques to provide targeted psychological support
- ♦ Be aware of the importance of emotional support in situations of loss and bereavement
- ♦ Know the differences between normal grief and pathological grief
- ♦ Study the role of first aid in crises and emergencies
- ♦ Know when a psychological crisis occurs and the consequences for the individual
- ♦ Study and distinguish first aid protocol stages in Emergency Psychology

- ♦ Know the main action protocols in emergency situations
- ♦ Know the action protocols for specific crisis situations
- ♦ Study the grief process in depth, types of grief and how to intervene for cases of normal and pathological grief
- ♦ Know the intervention processes for specific crisis and emergency situations
- ♦ Know the key considerations to intervene with patients in high-risk situations
- ♦ Study the intervention process for patients in specific crisis situations
- ♦ Study the importance of therapeutic support for patients with problematic life situations
- ♦ Understand the impact of stress and emergency situations on emergency personnel
- ♦ Study the psychological impact of exposure to emergency situations on emergency and urgent care professionals
- ♦ Learn the main stress management and psychological impact prevention techniques for emergency personnel
- ♦ Know and study the main group techniques for intervention with first responders
- ♦ Know and study the main individual techniques for intervention with first responders
- ♦ Differentiate group techniques from individual techniques
- ♦ Know about Peer Support Systems
- ♦ Know the consequences of poor intervention
- ♦ Study the principles of crisis therapy and crisis intervention





- ♦ Differentiate between different coping styles in traumatic situations
- ♦ Be aware of the types of trauma and the effects and consequences of traumatic situations for individuals
- ♦ Study Ellis' Rational Emotive Therapy for the treatment of trauma
- ♦ Study the profile of the psychologist specializing in crisis intervention for urgent care and emergencies
- ♦ Study the different professions that make up a crisis intervention team
- ♦ Know and learn the main guidelines to ensure effective practices in crisis intervention
- ♦ Study the present situation and the future of crisis intervention

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*Through this Internship Program, you will incorporate into your daily practice the best techniques for group intervention in crisis situations”*

# 04 Educational Plan

This Internship Program will be carried out over a period of 3 consecutive weeks, in which the trainees will work in a team in a prestigious clinical center. Throughout the work week from Monday to Friday, 8 hours a day, they will have the opportunity to practice in a demanding and real environment, using advanced tools and techniques of Emergency Psychology.

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.

With this innovative educational approach, students will be equipped to effectively address the latest challenges in the field by acquiring cutting-edge skills that will enable them to achieve success in their psychological interventions with people in at-risk contexts.

Practical teaching will be carried out with the active participation of the student performing the activities and procedures of each skill area (learning to learn and learning to do), with the accompaniment and guidance of the professors and fellow trainees that facilitate teamwork and multidisciplinary integration as transversal skills for psychological praxis (learning to be and learning to relate).





The procedures described below will be the basis for the practical part of the training, and their of the training, and their completion will be subject to the center's own availability and workload the proposed activities being the following:

Module	Practical Activity
Basic Skills and Psychological First Aid	To establish a communicative intervention with people who are at risk
	Providing emotional support in situations of loss and bereavement
Protocols of action in specific situations	Perform a psychological intervention with people intoxicated by alcohol and drugs
	Carry out a psychological intervention with people who are victims of sexual aggression
	Undertake a psychological intervention with the victim of gender violence
Prevention and management of Stress in emergency situations	Carry out strategies to prevent stress in critical situations
	Perform an intervention with people suffering from severe stress in an emergency situation
Group techniques of intervention with first responders	Apply state-of-the-art psychological group techniques in the intervention with first responders
	Perform a stress relief intervention in group therapy



*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"*

# 05

## Where Can I Do the Internship Program?

This academic institution offers its students the possibility of completing this Internship Program in a high quality hospital located in different geographical locations, in order to guarantee their comfort. During a period of 3 weeks, they will be able to significantly improve their skills in Emergency Psychology in a high quality clinical environment.

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*Complete an internship in a first class hospital center and perfect your skills in Emergency Psychology”*





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



Psychology

### Hospital HM Modelo

Country	City
Spain	La Coruña

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

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

#### Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



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 Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

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

#### Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



### Hospital HM Madrid

Country: Spain  
City: Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

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

**Related internship programs:**

- Palliative Care
- Anaesthesiology and Resuscitation



### 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



### 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



### Hospital HM Sanchinarro

Country: Spain  
City: 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

### Hospital HM Puerta del Sur

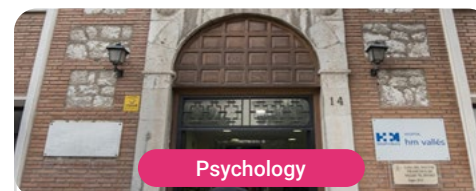
Country City  
Spain Madrid

Address: Av. Carlos V, 70, 28938,  
Móstoles, Madrid

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

**Related internship programs:**

- Palliative Care
- Clinical Ophthalmology



Psychology

### Hospital HM Vallés

Country City  
Spain Madrid

Address: Calle Santiago, 14, 28801, Alcalá  
de Henares, Madrid

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

**Related internship programs:**

- Gynecologic Oncology
- Clinical Ophthalmology

# 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 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 Internship Program, 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 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 Emergency Psychology** contains the most complete and up-to-date program on the professional and academic scene.

After the student has passed the evaluations, they will receive their corresponding TECH Internship Program 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 Emergency Psychology**

Duration: **3 weeks**

Course Modality: **Monday to Friday, 8-hour consecutive shifts**

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



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Internship Program  
Emergency Psychology

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