

# Internship Program

## Emotional Well-Being Therapy



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Internship Program  
Emotional Well-Being Therapy

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# 01

## Introduction

Emotional Well-Being Therapy is a crucial tool for treating common emotional problems today, such as stress and anxiety. The internship program in this field is essential for acquiring cutting-edge skills and knowledge to provide comprehensive mental health care. Therefore, TECH's Internship Program in Emotional Well-Being Therapy is an excellent learning option. Lasting three weeks at a recognized clinical center, students work alongside experts to develop practical skills and gain an in-depth understanding of Emotional Well-Being Therapy. As a result, the professional can enhance their career in the field and be at the forefront of advances, experiencing the difference it will make in their daily practice.



*Improve your practical skills and theoretical knowledge in Emotional Well-Being Therapy with TECH's 3-week Internship Program"*







Nowadays, stress and anxiety are common problems in society, and Emotional Well-Being Therapy is an important tool to manage these problems. This therapy focuses on the emotional well-being of patients and seeks to help them identify and manage their emotions to improve their quality of life.

Emotional Well-Being Therapy has come a long way in recent years, thanks to research and the development of new techniques. These techniques include cognitive-behavioral therapy, acceptance and commitment therapy, emotion-focused therapy and interpersonal therapy. These approaches are effective in treating a variety of emotional problems, such as depression, anxiety and stress.

If you are interested in specializing in this field, TECH's Internship Program in Emotional Well-Being Therapy is an excellent option. This program will allow you to gain practical skills and cutting-edge knowledge in a recognized clinical center. For three weeks, you will work alongside experts in the field, allowing you to develop key skills for comprehensive mental health care.

TECH's Internship Program in Emotional Well-Being Therapy is a unique opportunity for those who are looking to enhance their career in the field and wish to be at the forefront of advances in Emotional Well-Being Therapy. The program will allow you to work in a real clinical setting for 3 weeks, applying what you have learned in a practical context.

# 02

## Why Study an Internship Program?

Nowadays, mental health and emotional well-being are fundamental to a full and satisfying life. Emotional Well-Being Therapy has become a crucial discipline to address the emotional challenges of everyday life. TECH offers an Internship Program in this field, which is complemented by a stay in a recognized clinical center alongside expert tutors for 3 weeks. This program offers a unique opportunity to acquire practical skills in Emotional Well-Being Therapy and apply them in a real clinical setting. In addition, expert tutors provide valuable feedback and guidance, enabling students to improve their skills and develop their career in this field. For such reasons, studying TECH's Internship Program in Emotional Well-Being Therapy is essential for those who wish to contribute positively to people's mental and emotional health.



*Expand your career opportunities by taking this TECH Internship Program and become an expert in Emotional Well-Being Therapy on-site"*

### 1. Updating from the Latest Technology Available

Emotional Well-Being Therapy has also come a long way in recent years thanks to the incorporation of new technologies and techniques. That is why TECH offers an Internship Program in Emotional Well-Being Therapy that will allow specialists to enter a cutting-edge clinical environment and access state-of-the-art technology in this field.

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

The team of professionals that will accompany the specialist throughout the internship in Emotional Well-Being Therapy represents an unprecedented guarantee of updating. With a specifically designated tutor, the student will be able to see real patients in a state-of-the-art environment and acquire practical skills that will allow them to improve their daily practice in Emotional Well-Being Therapy.

### 3. Entering top-notch professional environments

TECH carefully selects the clinical centers where the Internship Programs in Emotional Well-Being Therapy will be carried out. In this way, the specialists will be able to work in a prestigious clinical environment and experience the day-to-day of a demanding and rigorous area of work, always applying the latest theses and scientific postulates in their work methodology.

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

Unlike many academic programs that are poorly adapted to the daily work of the specialist, TECH's Internship Program in Emotional Well-Being Therapy is 100% practical and allows you to become familiar with the latest techniques and procedures in this field, taking you to the professional practice in only 3 weeks.

#### **5. Expanding the Boundaries of Knowledge**

TECH offers the opportunity to carry out the Internship Program in Emotional Well-Being Therapy in national and international centers, which allows specialists to expand their frontiers and catch up with the best professionals in different continents. A unique opportunity that only TECH, the world's largest online university, can offer.



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

# 03

## Objectives

The main objective of TECH's Internship Program in Emotional Well-Being Therapy is to bring specialists up to date in the latest diagnostic and therapeutic procedures through an exclusively practical experience. The hospital stay is designed with clinical and academic rigor, by renowned professionals in a hospital center of the highest scientific and technological quality, so that specialists can acquire practical skills that allow them to improve their daily practice in the field of Emotional Well-Being Therapy.



### General Objectives

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- Master the latest techniques, modern scientific postulates and cutting-edge technologies in the field of Emotional Well-Being Therapy to be able to apply them effectively in the treatment of everyday emotional challenges
- Incorporate into the daily work in Emotional Well-Being Therapy the most effective methods, approaches and clinical analyses endorsed by a team of prestigious experts in this area, with the objective of improving the emotional quality of life of patients
- Know the specific approach and common cases that occur in the clinical setting of Emotional Well-Being Therapy, in order to apply them effectively and improve the mental and emotional health of patients







## Specific Objectives

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- ♦ Know what emotion-based psychotherapy is and its practical application in the treatment of emotional disorders
- ♦ Manage time limited psychotherapy as a reference model for the effective management of resources and time in Emotional Well-Being Therapy
- ♦ Learn about the processes of rehabilitation from psychotherapy and its importance in the recovery of patients
- ♦ Master the basics of human brain functioning and its development in order to understand the relationship between brain activity and emotions
- ♦ Understand the basic learning processes to apply them in Emotional Well-Being Therapy and facilitate the acquisition of emotional skills
- ♦ Identify the role of the brain in the process of emotional well-being and its relationship to the treatment of emotional disorders
- ♦ Discover the trajectory of emotion throughout the history of Psychology and its different models to understand the evolution of the treatment of emotional disorders
- ♦ Know the scientific research related to emotions and its application in the treatment of emotional disorders
- ♦ Identify the main drugs that serve as an alternative in therapeutic processes and their application in the treatment of emotional disorders
- ♦ Dose measures for the use of drugs to prevent the patient from self-medicating and ensure comprehensive care in the treatment of emotional disorders
- ♦ Strengthen the role of therapy in emotional rehabilitation processes and its complementarity with pharmacological drugs to improve treatment effectiveness
- ♦ Understand and apply specific techniques for the treatment of emotional disorders such as anxiety, depression, post-traumatic stress disorder and other related disorders



*You will be able to improve your ability to address emotional challenges and contribute positively to the mental and emotional health of your patients”*

# 04

## Educational Plan

The Internship Program in Emotional Well-Being Therapy is designed to provide you with a unique practical experience in a prestigious clinical center for 3 consecutive weeks, Monday through Friday, 8 hours a day. During this period, you will be able to see real patients with a team of leading professionals in the field of Emotional Well-Being Therapy. You will learn to apply the most innovative and state-of-the-art diagnostic and therapeutic procedures in each emotional pathology, which will allow you to improve your ability to address the emotional challenges of your patients effectively and contribute positively to their mental and emotional health.

In this program, which is completely practical in nature, the activities are aimed at developing and enhancing the skills necessary for the provision of psychological care in areas and conditions that require a high level of qualification, and are aimed at specific preparation for the practice of the activity, in a safe environment for the patient and high professional performance.

The Internship Program offers a unique opportunity to learn by working in an innovative hospital with real patients applying the latest techniques studied in Emotional Well-Being Therapy. This new way of understanding and integrating health processes makes it the ideal teaching scenario to perfect professional competencies in Emotional Well-Being Therapy and to be up to date with the latest trends and advances in the field of mental and emotional health.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow students who facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of Psychology (learning to be and learning to relate).

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



# 05

## Where Can I Do the Internship Program?

With the aim of providing quality education to a greater number of people, TECH has expanded its academic horizons to offer qualification in different centers in Spain. This provides professionals with a unique opportunity to continue developing their career alongside the best specialists in the sector in various reference clinics.



*Take your Internship Program in a prestigious professional center and apply what you have learned with the best professionals in the sector”*







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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



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 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 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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Psychology

### Hospital HM Regla

Country: Spain  
City: León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepríncipe

Country: Spain  
City: Madrid

Address: Av. de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

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

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Psychology

### Hospital HM Torrelodones

Country: Spain  
City: Madrid

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Sanchinarro

Country: Spain  
City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

### Policlínico HM La Paloma

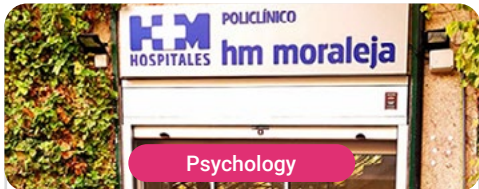
Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

### Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

### Policlínico HM Sanchinarro

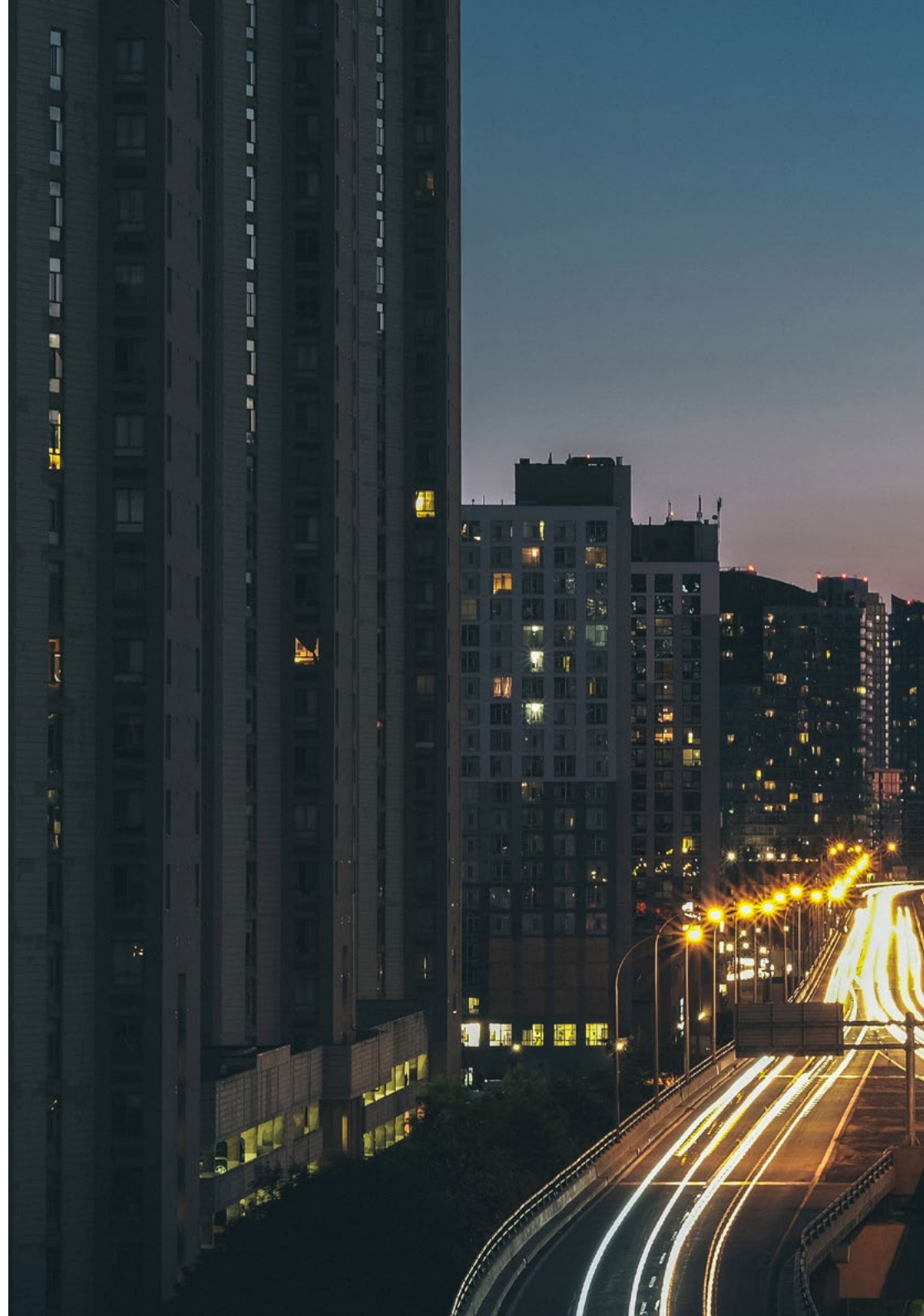
Country	City
Spain	Madrid

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

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

**Related internship programs:**

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







Psychology

### Policlínico HM Virgen del Val

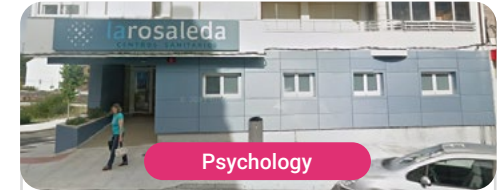
Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Intervention



Psychology

### Policlínico HM Rosaleda Lalín

Country	City
Spain	Pontevedra

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

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

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

# 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, 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 Emotional Well-Being Therapy** 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 certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Emotional Well-Being Therapy**

Duration: **3 weeks**

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

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



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Emotional Well-Being Therapy

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## Emotional Well-Being Therapy



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