

# Internship Program

## Family Therapy and Stress



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Internship Program  
Family Therapy and Stress

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# 01

## Introduction

Nowadays, Family Therapy and stress Address are areas of great importance in mental health field. Stress is one of the main causes of consultation nowadays, and family problems are an important factor in its appearance. TECH's Family and Stress Therapy program offers quality education in these two areas, with a duration of only 3 weeks. During this period, the student will have the opportunity to carry out internships in recognized clinical centers, accompanied by tutors who are experts in the field. An enriching experience that will allow students to improve their clinical practice and provide quality service to their patients.



*Learn latest techniques and tools in Family Therapy and stress Address with TECH's Internship Program"*





Family Therapy has experienced significant advances in recent years, especially in Artificial Intelligence application for assessment of stress and anxiety. Furthermore, stress Address has evolved in techniques application such as meditation, yoga and cognitive-behavioral therapy. These advances allow specialist in Family and Stress Therapy to improve their clinical practice and offer a quality service to their patients.

Therefore, Family Therapy and stress Address are two fundamental areas in mental health field today. This focuses on family dynamics treatment that affect mental health of its members. Furthermore, stress is one of the main causes of consultation nowadays, and family problems are an important factor in its appearance.

Therefore, TECH's Internship Program in Family and Stress Therapy offers quality teaching in these two areas, with a duration of only 3 weeks. During this period, the student will have the opportunity to carry out internships in recognized clinical centers, accompanied by tutors who are experts in the field. In addition, the latest techniques and tools in Family Therapy and stress Address will be presented, so that students can improve their clinical practice and provide a quality service to their patients.

Undoubtedly, a unique opportunity to put into practice their knowledge alongside the most experienced professionals of Psychology and with real patients that will determine specialized background that therapist needs to get updated with the most effective techniques and with use of most efficient tools.

# 02

## Why Study an Internship Program?

Family therapy and stress Address are two clinical areas of vital importance in the current context. The COVID-19 pandemic has increased levels of stress and anxiety in population, especially in the family environment. Therefore, it is essential that health professionals are updated on latest techniques and tools in Family Therapy and stress Address. This TECH Family Therapy and Stress Internship Program offers a quality education, with opportunity to practice in recognized clinical centers, accompanied by expert tutors for 3 weeks. A unique experience that will allow the specialist to improve their clinical practice and offer a quality service to their patients.



*Discover latest trends in Family Therapy and Stress Address and apply them in your clinical practice"*

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

The advancement of technology in Family Therapy and Stress has allowed application of tools such as Artificial Intelligence for stress and anxiety assessment. Therefore, TECH offers an Internship Program for specialists who wish to learn more about this cutting-edge technology in order to improve their clinical practice. During the program, latest techniques and tools in the area of Family Therapy and Stress will be presented.

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

TECH has the best specialists in Family Therapy and Stress, who will accompany the professional during practical period in a state-of-the-art clinical environment. In addition, the specialist will have a specific tutor to see real patients and apply the most effective procedures and approaches in their daily practice.

### **3. Entering into top professional environments**

The centers selected by TECH for the Family Therapy and Stress Internship Program guarantee prestigious clinical environments. This will allow the specialist to check in a practical way and apply latest scientific theses and postulates in their work methodology.



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

TECH has a 100% practical learning model in Family Therapy and Stress. During the program, the specialist will be able to apply state-of-the-art procedures in Family Therapy of Stress field in a short period of time. In addition, the program offers a perfect combination of theory and practice, so that the professional can incorporate the most updated knowledge into their daily practice.

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

TECH offers the possibility to perform the Internship Program in Stress Family Therapy not only in national but also in international centers. This gives specialist the opportunity to interact with the best professionals in the field in different parts of the world, in order to keep updated with the latest trends in Family Therapy and Stress.



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

# 03 Objectives

TECH's Internship Program in Family Therapy and Stress offers a unique opportunity to be updated in the latest diagnostic and therapeutic procedures in a clinical environment of the highest scientific and technological quality, under guidance of recognized professionals in Family Therapy and Stress. This program will enable participants to improve their clinical practice and skills in stress Address and family dynamics immediately, becoming a valuable resource for mental and emotional health care of families.



## General Objectives

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- To learn and master latest techniques, modern scientific postulates and cutting-edge technologies in the field of Family Therapy and Stress to improve clinical practice
- To incorporate into daily work the most effective methods, approaches and clinical analyses in treatment of stress and family dynamics, endorsed by a team of prestigious experts in the field
- To know specific approach and common casuistries that occur in clinical environment of Family Therapy and Stress to improve understanding and Address of family problems related to stress





## Specific Objectives

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- ♦ To perform a comprehensive psychological assessment of the family system using specialized techniques in Family Therapy and Stress
- ♦ To apply specific techniques and tools for family interviewing and information gathering in psychological evaluation of the family system
- ♦ To identify and manage stress in family, including understanding family dynamics and risk factors
- ♦ To analyze family bonds and systemic organization using theoretical models specialized in Family Therapy and Stress
- ♦ To apply specific modes of intervention in family therapy to improve communication and emotional well-being of the family system
- ♦ To analyze different family models and parental roles to better understand family dynamics and relationships among family members
- ♦ To develop specific skills for intervention in family problems that require specialized care
- ♦ To understand different types of expertise and contexts surrounding psychological expertise, including legal and ethical requirements
- ♦ To apply specific techniques and tools in realization of psychological expertise in family environment
- ♦ To identify and manage stress in the family during psychological expertise process
- ♦ To analyze different theoretical models and approaches in family therapy and stress to improve clinical practice and patient care
- ♦ To develop specific skills in application of Family Therapy and Stress in diverse clinical and community contexts

# 04 Educational Plan

TECH's Family Therapy and Stress Internship Program is designed to offer a 3-week practical experience in a prestigious clinical center, Monday through Friday, with 8 consecutive 8-hour days of hands-on education alongside an adjunct specialist. During the internship, the student will have opportunity to meet with real patients and work with a leading team of professionals in mental health field. The most innovative procedures for diagnosis and treatment of stress and family dynamics will be applied, allowing the student to plan state-of-the-art therapies for each pathology. TECH's Family Therapy and Stress Internship Program is the perfect opportunity to enhance clinical practice and provide quality service to patients.

In this program, which is completely practical in nature, activities are oriented to the development and improvement of competencies necessary for care provision in areas and conditions that require a high level of qualification, and which are oriented to specific education for activity practice, in a safe environment for the patient and high professional performance.

It is undoubtedly an opportunity to learn by working in international reference centers next to professional experts in the field who will show in each case presented, new ways of approach according to latest scientific evidence in terms of Family Therapy and Stress.

The practical teaching will be performed with student's active participation performing the activities and procedures of each area of competence (learning to learn and learning to do), with accompaniment and guidance of teachers and other fellow students that facilitate teamwork and multidisciplinary integration as transversal competencies for 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 will be subject to the center's own availability and 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
Psychodiagnosis and psychological evaluation of family system	Observe family members' behavior during a dinner or meeting
	Conduct individual interviews with each family member
	Elaborate a genogram to identify family patterns
	Conduct Psychological Tests with each family member
Stress Address in Families	Teach relaxation techniques to family members
	Encourage effective communication among family members
	Help the family identify and manage sources of stress
	Building resilience in the family
Types of expertise and contexts surrounding psychological expertise	Conduct a psychological evaluation in the context of a custody trial
	Making a psychological assessment in the context of a gender-based violence trial
	Conduct a mental capacity assessment in the context of a guardianship trial
	Making a psychological assessment in the context of a juvenile criminal responsibility trial
Application of different techniques in the patient with stress	To show importance of applying diaphragmatic breathing techniques
	Encourage practice of mindfulness meditation techniques
	Encourage regular physical activity
	Teach cognitive restructuring techniques
Modes of Intervention in family problems	Observe and record family behavior during the sessions
	Help design specific intervention plans for the family
	Participate in therapy sessions and support the lead therapist.
	Perform specific tasks for the family, such as helping to design an effective communication plan

# 05

## Where Can I Do the Internship Program?

TECH is committed to provide quality education that is accessible to the majority of people. In order to widen academic horizons, the Internship Program can be given in several centers around the country, allowing the professional to continue their development with the best specialists in the sector in reference clinics. This unique opportunity facilitates professional's career growth.

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*Expand your horizons and take the  
TECH Family Therapy and Stress  
Internship Program at prestigious  
international clinical centers"*





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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



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 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 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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Anesthesiology and Resuscitation Update
- Nursing in Traumatology Service



Psychology

### Hospital HM Regla

Country	City
Spain	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	City
Spain	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	City
Spain	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	City
Spain	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 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 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 Address



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:**

- Physiotherapy Diagnosis
- Physiotherapy in Early Child Care



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.

For this purpose, this educational entity is committed to acquire a liability insurance that covers any eventuality that may arise during the stay.

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 **Family Therapy and Stress** contains the most complete and up-to-date program in the professional and academic landscape.

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 state the score obtained in the test.

Title: **Internship Program in Family Therapy and Stress**

Duration: **3 weeks**

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

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



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Internship Program  
Family Therapy and Stress

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## Family Therapy and Stress



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