

Internship Program

General Health Psychology



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General Health Psychology

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01

Introduction

General Health Psychology is essential today to address and solve mental health problems in society. That is why TECH's 3-week Practical Training in General Health Psychology, held in a recognized clinical center with expert tutors, is a unique opportunity to acquire the skills and knowledge necessary to apply theory in practice. During the training, students will experience real-life situations, learn to work in teams and improve their communication skills with patients and healthcare professionals. This degree will enable them to be prepared to face the challenges of the labor market and contribute to the improvement of people's quality of life.

“

Through TECH's Practical Training in General Health Psychology, you will develop unique skills in the field, allowing you to differentiate yourself from other professionals and offer a higher quality service to your patients”





Nowadays, General Health Psychology has become an essential tool to improve people's quality of life and to solve mental health problems that arise in society. The importance of General Health Psychology lies in its ability to detect, prevent and treat psychological, emotional and behavioral disorders that affect people's daily lives. Thanks to advances in research, General Health Psychology has evolved over time to provide comprehensive and personalized care for each patient, adapting treatments to their specific needs.

Therefore, it is necessary for psychology professionals to acquire solid training in this field and to specialize in specific areas in order to provide quality care. Practical training is essential for students to acquire the skills and knowledge necessary to apply theory in practice. The stay in a recognized clinical center, such as the one offered by TECH, together with expert tutors, allows students to experience real situations, learn to work in a team and improve their communication skills with patients and health professionals. In addition, TECH offers an interdisciplinary and updated approach, adapted to the needs of the labor market.

TECH's Practical Training in General Health Psychology is designed to provide students with a comprehensive and rigorous education in the field. The 3-week duration in a recognized clinical center together with expert tutors is a unique opportunity for students to apply their theoretical knowledge in practice and acquire skills and abilities necessary for their future career. In addition, TECH has a highly qualified teaching staff committed to providing students with the best possible training and experience.

That is why studying TECH's Practical Training in General Health Psychology is a unique opportunity to develop skills and acquire essential knowledge in the field of psychology. This degree will enable them to be prepared to face the challenges of the labor market and contribute to the improvement of people's quality of life.

02

Why Study an Internship Program?

Nowadays, training in General Health Psychology is crucial to be able to offer quality care in the field of mental health. Practical training is essential for students to acquire the skills and knowledge necessary to apply theory in practice. The stay in a recognized clinical center together with expert tutors allows students to experience real situations, learn to work in a team, such and improve their communication skills with patients and health professionals. In addition, TECH offers an interdisciplinary and updated approach, adapted to the needs of the labor market. That is why, studying TECH's Practical Training in General Health Psychology is a unique opportunity to develop skills and acquire essential knowledge in the field of psychology.



TECH offers you an apprenticeship adapted to your needs and professional objectives. That's why this program is customizable and adaptable so you can get the most out of your learning experience"

1. Updating from the Latest Technology Available

Keeping up to date with the latest technological advances is a necessity in any field, and General Health Psychology is no different. For this reason, TECH offers a Practical Training that brings the professional closer to the most advanced technology in this area. Through this hands-on experience, the specialist will have access to state-of-the-art technology in a state-of-the-art clinical setting.

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

Practical training in General Health Psychology is a unique opportunity to deepen the knowledge and experience of the best specialists. With an assigned tutor, students will be able to work with real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in their daily practice.

3. Entering First-Class Clinical Environments

TECH carefully selects the centers where the Practical Trainings are carried out, in order to guarantee the specialist access to a prestigious clinical environment. In this Environment, the specialist will be able to see first-hand the day-to-day work of a demanding, rigorous and exhaustive sector, always and applying the latest theses and scientific postulates in its work methodology.



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

TECH's hands-on training in General Health Psychology is 100% practical and allows specialists to get to the forefront of state-of-the-art procedures in their field of work. In addition, this practical training allows professionals to apply what they have learned to their daily practice from the very beginning.

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of doing this Internship Program, not only in prestigious national centers, but also in first level international centers. This way, the specialist will be able to expand their frontiers and catch up with the best professionals, who practice in first class centers and on different continents, therefore expanding their knowledge and experience.



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

03

Objectives

The purpose is to keep abreast of the latest advances in diagnostic and therapeutic procedures, through a unique practical experience in a hospital center of high scientific and technological quality, designed with clinical and academic rigor. The training will be carried out under the supervision of leading experts in the field, which guarantees excellent training.



General Objectives

- ◆ Learn and apply the most advanced techniques and approaches in the field of General Health Psychology to improve the care and treatment of patients at different stages of life
- ◆ Integrate the knowledge acquired in the Practical Training in daily practice, in order to offer more effective and personalized treatments to patients, based on scientific evidence and the most effective clinical approaches
- ◆ To understand the common casuistry and specific approaches presented in the clinical setting of General Health Psychology, in order to improve the care and treatment of patients who come to this type of services





Specific Objectives

- ◆ Acquire skills to perform accurate and comprehensive neuropsychological assessments
- ◆ Develop competencies to design and apply effective psychological interventions in patients of different ages, including childhood and adolescence, adults and the elderly
- ◆ Learn techniques and strategies to improve communication and conflict resolution in couples
- ◆ To delve the knowledge of the most common psychological disorders in each stage of life, in order to design specific therapeutic interventions for each case
- ◆ To know the techniques of cognitive and emotional rehabilitation in patients with neurological disorders or brain injuries
- ◆ Develop skills to work as a team and collaborate effectively with other health professionals in comprehensive patient care
- ◆ To promote research applied to health psychology, from the perspective of prevention and promotion of mental health
- ◆ Know and apply tools and techniques for the prevention and treatment of eating disorders
- ◆ Develop skills for the assessment and treatment of emotional and behavioral disorders in children and adolescents
- ◆ Learning strategies for emotion management and stress control in adults
- ◆ Acquire knowledge for the management and prevention of mental disorders in the elderly
- ◆ Develop skills for the design and implementation of mental health promotion programs in different contexts

04

Educational Plan

The Practical Training consists of a three-week stay in a prestigious center, from Monday to Friday with consecutive 8-hour practical learning days, in the company of an assistant specialist. During this stay, you will have the opportunity to work with real patients, together with a team of leading professionals in the area of General Health Psychology, using the most innovative diagnostic methods and designing state-of-the-art treatments.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare 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.

Undoubtedly, it is an opportunity to acquire knowledge while working in the innovative hospital of the future, with advanced technical resources and alongside the best specialists. This approach represents a new way of integrating healthcare processes and makes the referral center the perfect place to experience and improve professional competencies.

The practical education 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 trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for clinical Psychology practice (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
Scientific and Professional Foundations of General Health Psychology	Conduct online bibliographic searches on major advances in Health Psychology
	Analyze and compare the different theoretical currents in Health Psychology
	Elaborate an intervention proposal in a practical case, based on the scientific foundations of Health Psychology
	Participate in online discussions and debates on relevant topics in health psychology
Neuropsychological Assessment and Rehabilitation	Perform neuropsychological evaluations on patients with different pathologies
	Design and implement neuropsychological rehabilitation programs for patients with brain injuries
	Participate in team meetings to discuss assessment results and propose personalized intervention strategies
	Research on new technologies applied to neuropsychological assessment and rehabilitation
Assessment in General Health Psychology	Perform Clinical Interviews to patients with different pathologies
	Apply standardized psychological tests and analyze the results obtained
	Elaborate psychological reports based on the results of the evaluation
	Participate in team meetings to discuss assessment results and propose personalized intervention strategies
Skills and Techniques of a General Health Psychologist	Design and implement intervention programs based on cognitive-behavioral therapy techniques
	Apply relaxation and mindfulness techniques in patients with anxiety disorders
	Participate in psychotherapy sessions with an experienced psychologist and analyze the application of different techniques
	Develop communication skills when dealing and empathy with the Patients
Health Promotion and Prevention in Health Psychology	Design and implement programs for the prevention of eating disorders in adolescents
	Know the intervention processes for crisis and emergency situations
	Develop communication skills when dealing and empathy with the Patients
	Research on new prevention and health promotion strategies in Health Psychology

05

Where Can I Do the Internship Program?

With the objective of providing quality education accessible to the majority, TECH has decided to extend its academic reach through the delivery of courses in different parts of the country. This initiative provides an unparalleled opportunity for professionals seeking to enhance their careers, as they will have access to training from the industry's leading specialists at a number of renowned clinics.



Get training at a renowned clinical center and put into practice everything you have learned alongside the leading specialists in the field”





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

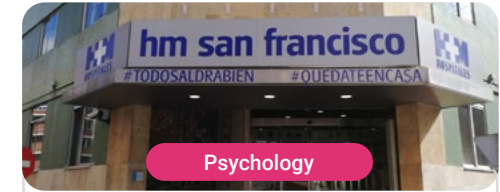
Country: Spain City: La Coruña

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

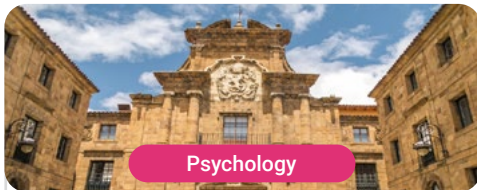
Country: Spain City: León

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 Virgen del Val

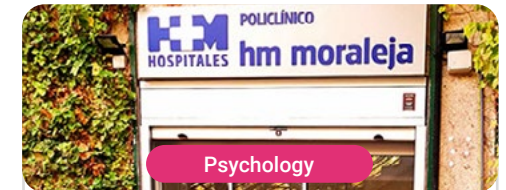
Country	City
Spain	Madrid

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 Care



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 Tract Department



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 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



Psychology

Centro de Psicología Altea

Country City
Spain Cadiz

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



Psychology

Dorsia Getafe

Country City
Spain Madrid

Address: C. Madrid, 107, 28902 Getafe, Madrid

The Dorsia Getafe clinic has the best team of specialists in the field.

Related internship programs:

- General Health Psychology
- Clinical Nutrition

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 General Health Psychology** 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 General Health Psychology**

Duration: **3 weeks**

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

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



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