Internship Program
Psychogeriatrics

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Internship Program

Psychogeriatrics

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01

Introduction

The field of Psychogeriatrics has experienced exponential growth in recent decades due to the increasing population of older adults and the growing awareness of the importance of mental health in this demographic group. Psychological and neurological disorders in old age (such as Dementia, Depression and Sleep Disorders) present unique challenges that require a specialized understanding and a comprehensive approach to treatment. In view of this, TECH presents an innovative university program consisting of the practical stay of graduates in a prestigious clinical environment, where they can learn about the latest advances in this field and develop new competencies to experience a significant leap in quality in their professional practice.

Through this Internship Program, you will develop advanced competencies in the application of effective psychosocial interventions and address mental disorders such as Dementia effectively"

The World Health Organization predicts that, over the next few years, the population of people over the age of 60 will double, reaching 2 billion. This demographic aging leads to an increase in age-related neuropsychiatric disorders, which constitutes a major challenge for health care systems on a global scale. In this context, Psychogeriatrics emerges as a crucial discipline to address the mental health needs of the elderly. Given this, it is essential that professionals delve into the latest scientific and practical research in this field, in order to have the most effective tools to optimize the quality of life of older adults.

To support them in this task, TECH has created an exclusive program consisting of a 120-hour stay in a clinical center of reference in the field of Psychogeriatrics. During a period of 3 weeks, the graduates will be part of a team of specialists of the highest level, with whom they will work actively in the management of the different patients who come to their respective consultations during that period. Thanks to this, students will be able to get up to date on the latest techniques in health status assessment and strengthen their skills to provide excellent services.

Throughout the Internship Program, graduates will have the support of an assistant tutor, who will ensure that all the requirements for which this Internship Program has been designed are met. Thanks to this, the graduates will work with total guarantee and security in the handling of the most innovative clinical technology, as well as in the use of the therapeutic and diagnostic techniques that have had the best results to date.

02

Why Study an Internship Program?

Psicogeriatrics is a field that is increasingly in demand by companies due to factors such as the aging of the population and a greater awareness of the mental health problems affecting the elderly population. Given the rapid advancement of research in this discipline, it is important that specialists update both their knowledge and skills on a regular basis. For this reason, TECH has designed a disruptive academic product in the current educational landscape, which will allow graduates to enter a real clinical reference environment where they will put into practice the most innovative techniques of therapeutic treatment.

> *TECH gives you the opportunity to update your knowledge in a real scenario, where you will have at your disposal the latest technological advances in the field of Cognitive Assessment"*

1. Updating from the latest technology available

Technological advances have revolutionized the field of Psychogeriatrics, improving both assessment and intervention in psychological and neurological disorders in older adults. An example of this is Remote Assessment, which allows through mobile applications to measure cognition, mood and behavior of patients in their home environment. In this sense, through this TECH Internship Program, students will enter a state-of-the-art clinical institution, equipped with the latest technology to perform their work effectively.

2. Gaining in-depth knowledge from the experience of top specialists

Throughout their internship, graduates will be supported by a team of professionals in Psychogeriatrics. In this way, these specialists will help them to learn about the latest trends in this field and will contribute to the development of their clinical skills. In addition, students will be guided by a designated tutor, who will ensure that the objectives for which this Internship Program was created are met.

3. Entering first-class clinical environments

TECH carefully selects all available centers for Internship Programs. In this way, it ensures that graduates have access to a prestigious clinical environment in the field of Psychogeriatrics. Therefore, students will be able to experience firsthand the pace and demands of a demanding and rigorous work environment, always applying the latest scientific advances in their clinical practice.

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

In academia, there are many educational programs that do not fit well with the daily demands of the specialist and require long hours of classes, often difficult to reconcile with personal and professional life. Far from this, TECH presents an innovative and completely practical learning approach that allows graduates to master state-of-the-art procedures in Psychogeriatrics and, most importantly, apply them in their professional practice in just 3 weeks.

5. Expanding the boundaries of knowledge

TECH offers the opportunity to carry out this Internship Program not only in recognized national centers, but also at an international level. This allows graduates to broaden their horizons and collaborate with outstanding professionals working in top-level institutions in different parts of the world. It is an exclusive opportunity that only TECH, the largest digital university institution in the world can offer.

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

03
Objectives

Through this academic pathway, professionals in Psychogeriatrics will have a solid knowledge of the biopsychosocial aspects of aging and mental health in the elderly. In this way, specialists will have a comprehensive understanding of the main mental disorders that affect these users (such as Dementia, Depression or Anxiety). Likewise, graduates will perform comprehensive evaluations of the clinical status of their patients to assess their cognitive, emotional and functional condition. In tune with this, experts will design and implement individualized treatment plans to address the specific needs of this population.

General Objectives

- Provide the student with knowledge of the infinite complexity of old age
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Master the assessment, differential diagnosis and intervention in old age.
- Provide the skills to support individuals in old age from the here and now
- Describe and teach the knowledge required to face illnesses related to ageing and their relationship with the life lived

Specific Objectives

- Manage the specific characteristics of old age and their consequences on human behavior
- Assess and diagnose, taking into account the social and affective surrounding in which the elderly person finds themselves
- Train in listening and managing silence with elderly patients
- Perform and adapt intervention protocols within an interdisciplinary framework
- Develop psychosocial intervention protocols, taking into account the role of the patient in their family
- Gain knowledge of the mutations and new types of illness at this age
- Elaborate life histories as the objective of treatment in old age and not as tool as is done in other age groups
- Understand and master the therapeutic situation in order to become a referent for a elderly person
- Provide skills to understand and relate to the loss of patients, and from there to accompany them in the transition
- Understand and identify the differential aspects of mental disorders at this age
- Know the clinical and prognostic features of the various disorders of old age
- Master and manage the interferences of aging in the mental disorders to be treated
- Learn intervention tools that use the patient's senses as a setting
- Learn the appropriate dynamics for intervention in the elderly
- Update concepts about the aging brain
- Reposition the therapy towards a regressive and not so much progressive direction in the patient's mental timeline
- Describe and design protocols with patients who take multiple drugs for different chronic disorders
- Have the ability to include occupational therapy and psychomotor skills in all intervention protocols
- Provide resources mediation and negotiation skills on benign aspects that are overvalued in the elderly

You will incorporate into your praxis cutting-edge strategies to address various behavioral problems linked to mental disorders in elderly users, such as agitation or aggression"

04
Educational Plan

The Internship Program consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of practical training with an assistant specialist. This immersive experience will provide graduates with the opportunity to work in a prestigious institution, surrounded by a team of professionals with extensive experience in this field. In this way, students will help elderly patients to optimize their general wellbeing and quality of life.

In this learning proposal, of a completely practical nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of psycho-geriatric care in areas and conditions that require a high level of qualification, and which are oriented towards specific training for the exercise of the activity, in an environment of safety for patients and high professional performance.

Undoubtedly, this is an excellent opportunity for graduates to update their skills in a state-of-the-art environment, equipped with all the necessary resources to address the emotional problems of elderly users. This is a new way of understanding and integrating health processes, and makes a reference center the ideal teaching scenario for this innovative experience in the improvement of professional skills.

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 training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for of the Psychogeriatric praxis (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and its implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

> *You will enter a prestigious institution, equipped with the most sophisticated technological tools to assess the health of elderly patients"*

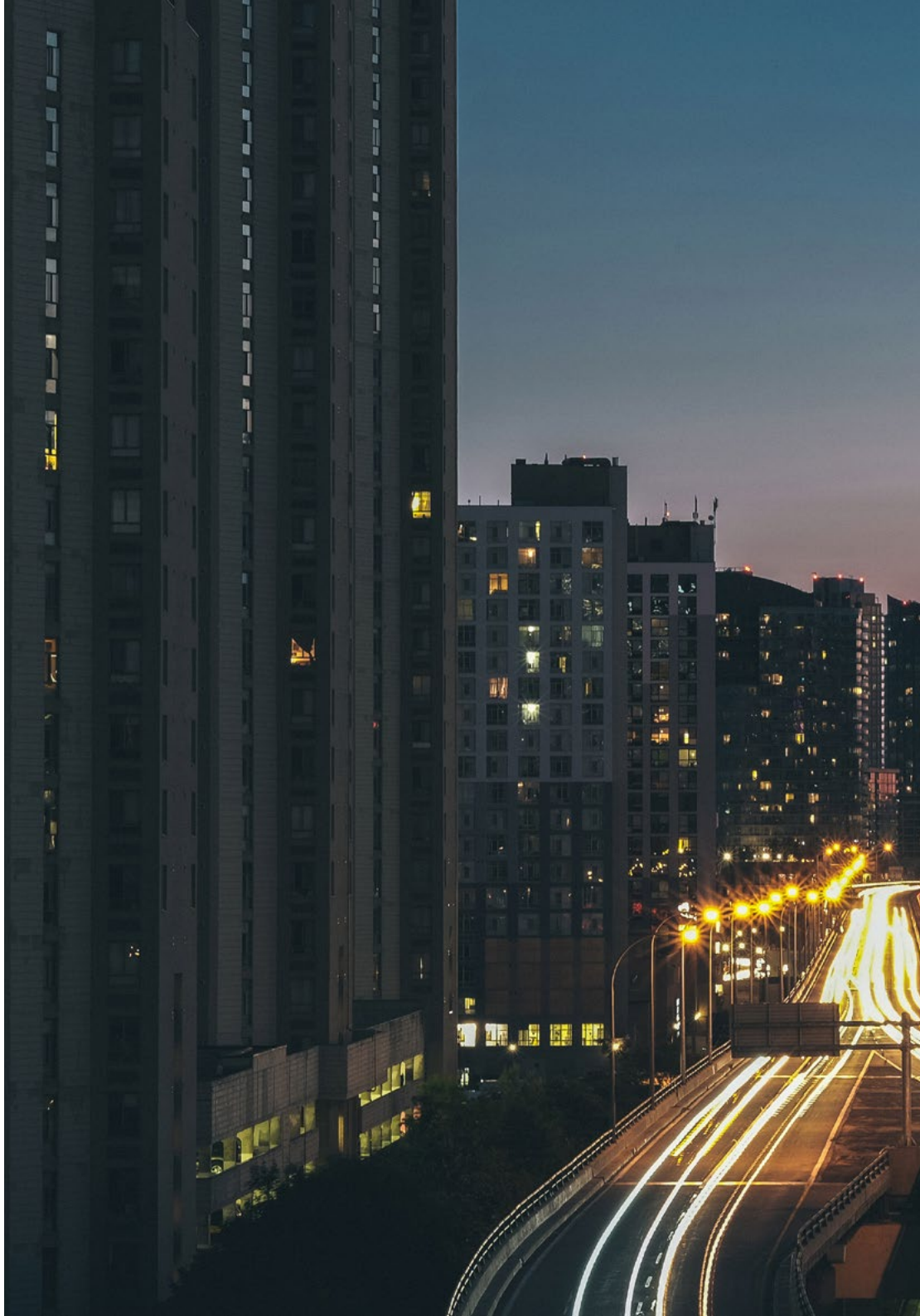
Module	Practical Activity
Assessment of Health Status in the Elderly	Carry out tests and questionnaires to analyze the cognitive function, memory and attention of the patients and attention of patients in order to detect possible neurocognitive disorders
	Explore mood, anxiety, depression and other emotional aspects that may affect the mental well-being of the elderly population
	Conduct interviews with the family members or caregivers of the users to delve into their social support network, quality of interpersonal relationships and degree of satisfaction with the social environment
	Identify risk factors for both health and safety (such as falls, malnutrition, medication problems, etc.)
Neuropsychological and Physiological Alterations	Develop and implement cognitive training programs that include memory, attention, reasoning, and problem-solving exercises
	Provide information to both the elderly and their families about the physiological and neurological changes associated with aging, promoting effective coping strategies
	Encourage the adoption of healthy habits, including a balanced diet, regular exercise, and cognitively stimulating activities.
	Assess and manage chronic medical conditions common in the elderly (hypertension, diabetes, etc.)
Pharmacological Treatment	Conduct a thorough review of all medications the elder is currently taking to detect possible age-inappropriate substances
	Adjust dosage or simplify drug regimens with the aim of optimizing treatment and minimizing the risk of treatment and minimize the risk of side effects
	Regularly monitor patients' response to medications, including clinical efficacy and tolerability
	Collaborate with other health care professionals (such as physicians, nurses or pharmacists) to ensure comprehensive as well as coordinated care
Stress Management Techniques	Delve into the triggers that are contributing to stressful episodes
	Provide psychological support by means of Cognitive-Behavioral Therapy procedures or Mindfulness
	Foster resilience in older people, helping them to develop coping strategies and autonomy
	Assess the long-term physical, psychological and social repercussions of Stress to verify the well-being of users

05

Where Can I Do the Internship Program?

With the firm objective of providing a high quality university program that is accessible to anyone, TECH has made a great effort to expand its academic programs so that this Internship Program can be offered both nationally and internationally. This exceptional opportunity allows professionals to advance their careers alongside leading specialists in the health sector in different renowned centers.

Complete your Internship Program in a leading clinical institution, where you will develop competencies in the application of the most effective and innovative psychosocial interventions for the elderly population"



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

Centro de Día BM

Country: Spain
City: Malaga

Address: Calle de Alozaina, 46, Cruz de Humilladero, 29006 Málaga

Homey and warm atmosphere but at the same time cheerful and calm

Related internship programs:
Psychogeriatrics

Residencia Gure Etxea

Country: Spain
City: Barcelona

Address: C/ de Bailèn, 28, L'Eixample, 08010 Barcelona

Assisted residence in the heart of Barcelona's Eixample district

Related internship programs:
Psychogeriatrics

La Teva Residència

Country: Spain
City: Barcelona

Address: Carrer de Campoamor, 48, Horta-Guinardó, 08031 Barcelona

Assisted living and day care center for the elderly, specialized in comprehensive care and personalized care in a family environment

Related internship programs:
Psychogeriatrics

Residencia 3 Edad La Divina Misericordia

Country: Spain
City: Malaga

Address: Av. de Carlos Haya, 146, Bailén-Miraflores, 29010 Málaga

High level of health care with proprietary physician and team of nurses

Related internship programs:
Psychogeriatrics

Lepant Residencial

Country
Spain

City
Barcelona

Address: Calle de Lepant, 401, Horta-Guinardó, 08025 Barcelona

Residence oriented to the elderly and offering a high quality of life in all its services.

Related internship programs:
Psychogeriatrics

AFA Alicante

Country
Spain

City
Alicante

Address: Av. Esportista Miriam Blasco, 13, 03016 Alacant, Alicante

AFA Alicante has formed a multidisciplinary team with one goal: to meet the needs of people with Alzheimer's disease.

Related internship programs:
Psychogeriatrics

Residencia Els Cirerers

Country
Spain

City
Girona.

Address: Calle Pujada del Castell, Km 3,5, 17482 Mediñá, Girona

Els Cirerers is a residence for the elderly offering high quality and stimulating care services.

Related internship programs:
Psychogeriatrics

Residencia Geriátrica Las Rosas

Country
Spain

City
Madrid

Address: Calle Butrón, 14 28022, Madrid

Las Rosas guarantees individualized care in a safe and comfortable environment.

Related internship programs:
Psychogeriatrics

Psychology

El Mirador de Font d'en Fargues Residencia y Centro de día

Country: Spain
City: Barcelona

Address: Carrer de Gallecs, 16, Horta-Guinardó, 08032 Barcelona

An entity that provides close and personalized treatment to all its residents.

Related internship programs:
Psychogeriatrics

Psychology

Residencia Virgen de las Angustias

Country: Spain
City: Seville

Address: C/ San Fernando, 8 Alcalá del Río 41200 (Sevilla)

Assistance in residential facilities for people with intellectual disabilities, mental illness and drug dependence

Related internship programs:
Psychogeriatrics

Psychology

Doral Residencias

Country: Spain
City: Pontevedra

Address: Avda. de Rebullón 200

It is a residence that provides social and health and health services to elderly and disabled people.

Related internship programs:
Psychogeriatrics

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the students 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 Psychogeriatrics** contains the most complete and up-to-date program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding **Internship Program** diploma issued by **TECH Technological University** via tracked delivery*.

In addition to the diploma, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

Title: **Internship Program in Psychogeriatrics**

Duration: **3 weeks**

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

tech technological university

Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having successfully passed and accredited the following program

INTERNSHIP PROGRAM

in

Psychogeriatrics

This is a qualification awarded by this University, with a duration of 120 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

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