

Internship Program

Time-Limited Psychotherapy



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Time-Limited Psychotherapy

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01

Introduction

Nowadays, Time-Limited Psychotherapy has become a very relevant option for the treatment of mental, emotional and behavioral disorders due to its proven effectiveness. Its focus on specific goals and problem solving makes it valuable for both patients and therapists seeking practical and effective solutions. That is why TECH has developed this practical teaching program in Time-Limited Psychotherapy, a unique opportunity for Psychology professionals seeking to improve their skills in the treatment of mental, emotional and behavioral disorders. For 3 weeks, participants will have the opportunity to work in a reference clinical center alongside specialized tutors, applying the most innovative diagnostic and therapeutic procedures in the field. This practical experience guarantees a high quality training and updating in the most recent techniques and methods of Psychotherapy.

“

Incorporate into your daily practice the most relevant advances in the area of Time-Limited Psychotherapy thanks to a distinctive, unique and effective practice experience”





Today, Time-Limited Psychotherapy is one of the most widely used therapies in the treatment of various mental, emotional and behavioral disorders. This therapy is characterized by its brief, goal-oriented, problem-solving approach, which makes it very effective in obtaining positive results for patients. Moreover, its popularity has increased due to its application in different contexts, such as healthcare, education, work and everyday life.

TECH, as a leading digital university in the world, offers the opportunity to study this 3-week Practical Training in a reference clinical center. Students will have the opportunity to work with recognized specialists in the field and apply the most innovative diagnostic and therapeutic procedures in a state-of-the-art clinical setting. In addition, expert tutors will be available to guide and accompany the student throughout the process, resolving any doubts and offering comprehensive training in this area.

Undoubtedly, a unique opportunity for students to develop and hone the skills necessary for the provision of high quality psychological care in areas that require specialized qualifications. By working in a real clinical environment, students will be able to apply the theoretical knowledge acquired and develop a valuable and enriching professional experience. The opportunity to work with expert tutors and real patients in a leading clinical center is an unparalleled advantage for any professional who wants to excel in their practice and offer their patients quality care.

02

Why Study an Internship Program?

Postgraduate education must go beyond mere academic updating, especially in the medical field, where it is essential for the specialist to have up-to-date knowledge based on the latest scientific evidence. To achieve this, it is necessary to provide tools to put the theoretical content into practice. With this objective in mind, TECH has created an innovative academic program that allows the specialist to integrate into a real clinical environment for 3 weeks and apply the latest procedures and techniques in the field of Time-Limited Psychotherapy. During this time, you will work in a team with multidisciplinary professionals and experience the latest scientific advances in the field, which will allow you to apply them to your daily clinical practice. This unique academic opportunity not only revolutionizes traditional pedagogical systems, but also focuses on the specialist, offering him or her learning adapted to his or her needs and with real utility.



Take advantage of the exclusive opportunity to enter real clinical environments and maximum demand to deepen, hand in hand with the best specialists, in the latest advances in Time Limited Psychotherapy"

1. Updating from the Latest Technology Available

Time-Limited Psychotherapy has been revolutionized in recent years thanks to advances such as virtual technology, the use of digital tools and real-time data analysis. For this reason, and with the aim of bringing the specialist closer to this technology, TECH presents this Practical Training with which the professional will enter a cutting-edge clinical environment, accessing state-of-the-art technology in the field of psychotherapy.

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

The large team of professionals that will accompany the midwife throughout the practical period is a first-class guarantee and an unprecedented guarantee of updating. With a specifically designated tutor, students will be able to see real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in Time-Limited Psychotherapy into their daily practice.

3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the field of Time-Limited Psychotherapy. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



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

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, which allows you to get to know the latest procedures in the field of the Limited Time Psychotherapy and, best of all, to put it into professional practice in just 3 weeks.

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of doing this Internship Program, not only in national, but also in 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 in different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.



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

03

Objectives

The goal of this program is to acquire an up-to-date in the most recent diagnostic and therapeutic procedures in a practical way, through a hospital stay designed with clinical and academic rigor. This will be achieved thanks to the guidance of renowned professionals in a hospital center with high standards of scientific quality and technological innovation.



General Objectives

- ♦ Master the latest techniques, modern scientific postulates and application of cutting-edge technologies in the field of Time Limited Psychotherapy, in order to provide high quality and effective treatments to patients
- ♦ Incorporate the most effective methods, approaches and clinical analyses in Time-Limited Psychotherapy into daily work, with the support of a team of prestigious experts in the field, in order to improve clinical practice and obtain better therapeutic results
- ♦ Know the specific approach and common cases that occur in the clinical setting of Time-Limited Psychotherapy, in order to be able to apply them appropriately in daily practice and provide comprehensive and specialized care to patients





Specific Objectives

- Know the model of Time-Limited Psychotherapy. and its Practical Application
- To understand the historical origin of Time-Limited Psychotherapy and its evolution over time. over time
- Identify the different intervention scenarios and their Particularities
- To study the dynamics in the micro, meso and macro contexts in the application of time-limited psychotherapy. of Time-Limited Psychotherapy
- To delve in the bases of interaction and the importance of the therapeutic bond in the process
- Understand how to Change the patient's beliefs for verifiable facts
- Learn to Admire unconditionally, without judgment, without criticism, just contemplating
- Getting the patient to be able to imagine his or her desires
- Make listening the bridge to build therapeutic relationships
- Know how to be always present in the therapeutic session
- Contain with safety and craft in the role of
- Identify the role of the therapist as the main engine of the therapy
- Implement the mentor therapist, indispensable to achieve the right bonding in Time-Limited Psychotherapy
- Describe the territory of the family therapist and of the mentor therapist
- Teach how to live together in an intervention where multidisciplinary work is totally normal
- Know how to disconnect the patient from his thoughts and place him in his bodily sensations
- Identify the illness and the disorder as a way of expressing a poorly adapted form of survival
- Know how to settle in the emotional sphere of the patient without having a contamination that affects the therapist's balance
- Know the whole process with induced head movements
- Contexts in the development of self-concept
- Allow the disease to be a messenger that tells us where the pain and harm is
- Prevent the patient from connecting only with the symptom



This refresher program will generate a sense of confidence when practising Psychological, which will help you grow both personally and professionally”

04

Educational Plan

Planning the teaching of TECH's 3-week Practical Time-Limited Psychotherapy training at reputable clinical centers is crucial to ensure that students receive quality teaching and meaningful clinical experience. The planning process should include careful selection of reputable clinical centers, identification of specific learning objectives, and determination of the clinical skills to be taught. In addition, clear assessment and feedback criteria will be established to measure students' progress and provide them with useful information for their development. Planning includes coordination and appropriate support of clinical and teaching staff to ensure effective teaching and an enriching experience for students.

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

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 Psychotherapy 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
Application in Time-Limited Psychotherapy	Conducting individual psychotherapy sessions with a patient under the supervision of an experienced psychotherapist
	Design and planning of a PTL treatment plan for a specific clinical case
	Development of skills to establish clear and achievable therapeutic objectives within the framework of PTL
	Learning techniques to manage resistance and non-adherence to treatment in patients receiving PTL
	Participation in clinical supervision sessions with an expert psychotherapist to discuss PTL cases
Use of advanced tools and techniques in Psychotherapy Time-Limited Psychotherapy	Training in advanced cognitive-behavioral techniques to treat specific disorders within the framework of PTL
	Application of mindfulness and meditation techniques in PTL sessions
	Development of skills to establish clear and achievable therapeutic objectives within the framework of PTL
	Learning problem solving and decision making techniques within the PTL framework
	Use techniques to manage resistance and non-adherence to treatment in patients receiving PTL
Scientific and neurobiological bases of PTL	Discussion and analysis of recent scientific studies on the efficacy of PTL in treating different disorders
	Training in neuroimaging techniques to better understand the neurobiological mechanisms involved in PTL
	Critical analysis of the main theories underpinning PTL
	Learning neuropsychological assessment techniques to be applied to patients receiving PTL
	Training in psychophysiology techniques to assess emotional state of patients receiving PTL
Patient assessment for the application of Time Limited Psychotherapy	Training in clinical interviewing to obtain relevant information for the treatment of patients receiving PTL
	Learning psychological assessment techniques to identify the main symptoms and disorders present in patients receiving PTL
	Development of skills to establish a good rapport with patients receiving PTL
	Use of personality assessment techniques to better understand the behavioral and thought patterns of patients receiving PTL
	Participation in clinical case discussion sessions to learn how to evaluate and diagnose patients receiving PTL

05

Where Can I Do the Internship Program?

TECH aims to provide quality education accessible to a wide audience and has taken steps to broaden its academic horizons and allow training to be delivered at various centers across the country. This is an exceptional opportunity for professionals to further advance their careers alongside leading specialists in a variety of renowned clinics.

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Take advantage of the opportunity to receive your hands-on training at a renowned clinical center, where you will be able to apply everything you have learned from leading experts in the industry"





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



Psychology

Hospital HM Modelo

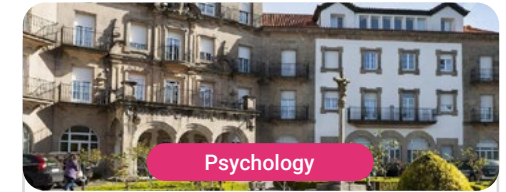
Country	City
Spain	La Coruña

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 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 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

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

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 Montepíncipe

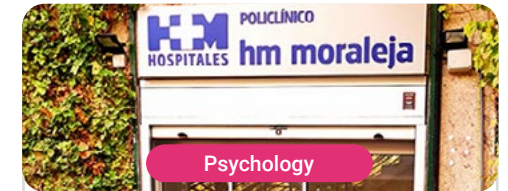
Country: Spain
City: Madrid

Address: Av. de Montepíncipe, 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

Policlínico HM Moraleja

Country: Spain
City: 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

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: Spain
City: 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: Spain
City: 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

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

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 Sanchinarro

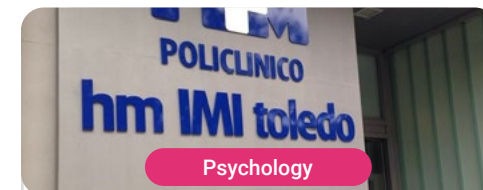
Country	City
Spain	Madrid

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 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 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 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 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 student 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's Degree in Time-Limited Psychotherapy** 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 Time-Limited Psychotherapy**

Duration: **3 weeks**

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

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



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