

Master's Degree

Emotional Well-Being Therapy

Accreditation/Membership

European Association
of Applied Psychology

Psychologia - accessibilitas, praxis, adhibitio



tech global
university





Master's Degree

Emotional Well-Being Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitude.com/us/psychology/master-degree/master-emotional-well-being-therapy

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01

Introduction to the Program

Mental health has gained unprecedented importance on the global health agenda. In fact, the rising incidence of disorders such as Depression and Anxiety has highlighted the need for more empathetic and effective therapeutic approaches. According to recent data from the World Health Organization, more than 280 million people worldwide live with depression, a figure that demands swift professional responses. For this reason, TECH has designed this postgraduate program that will delve into the roots of Emotional Well-Being from a contemporary and scientific perspective. All of this is provided through a 100% online methodology, with no fixed schedules and supported by a prestigious, high-level teaching staff.



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*An exhaustive and 100% online program,
exclusive to TECH and with an international
perspective backed by our affiliation with the
European Association of Applied Psychology”*

The emotional challenges faced by today's population require new therapeutic responses that are more integrative, dynamic, and focused on subjective well-being. Disorders such as Stress, Anxiety, and difficulties in managing emotions have become normalized in broad sectors of society, affecting both professional performance and the quality of personal relationships. In fact, this area has evolved significantly thanks to advancements in neuroscience and positive psychology, compelling specialists to stay updated with new methodologies.

To address this need, TECH has developed this Emotional Well-Being Therapy program, which will introduce professionals to the latest therapeutic trends with a contemporary, applied approach. Through a comprehensive and fully updated syllabus, emotional regulation techniques, trauma intervention, and management of dysfunctional patterns will be explored through models such as Focusing and Compassion-Focused Therapy.

Additionally, this academic experience will feature a 100% online and flexible methodology, allowing graduates to access learning resources without time limitations. Moreover, the combination of academic depth, along with the Relearning method and cutting-edge tools, makes this opportunity a decisive investment in stronger, more empathetic emotional health, prepared to face today's challenges. As an exclusive and additional benefit of TECH, graduates will receive 10 Masterclasses taught by an internationally recognized guest director with an outstanding career.

Therefore, thanks to the membership in the **European Association of Applied Psychology (EAAP)**, students will have access to specialized resources, continuous training, and an annual seminar at no additional cost. Additionally, they will have the opportunity to collaborate with professionals and related organizations, integrate into an international network, and benefit from different membership levels that recognize both professional commitment and outstanding contributions in applied psychology.

This **Master's Degree in Emotional Well-Being Therapy** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emotional Well-Being Therapy
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in Emotional Well-Being Therapy
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an internet connection



A renowned International Guest Director will deliver 10 disruptive Masterclasses to explore the latest advancements in Emotional Well-Being Therapy"

“

You will foster therapeutic processes that promote self-awareness, intrinsic motivation, and the building of healthy interpersonal relationships”

The teaching staff includes professionals from the field of Emotional Well-Being Therapy, who bring their practical experience to this program, as well as recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

Take full advantage of the benefits of the Relearning methodology, which will allow you to organize your learning pace, adapting to your personal or professional life.

You will apply modern clinical tools for the assessment of self-esteem, self-efficacy, and personal satisfaction.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it relies on an enormous faculty of more than 6,000 professors of the highest international renown.



“

*Study at the world's largest online university
and guarantee your professional success.
The future starts at TECH”*

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

Forbes
The best online university in the world

The most complete
syllabus

The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

TOP
international faculty


The most effective methodology

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

World's No.1
The World's largest online university

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

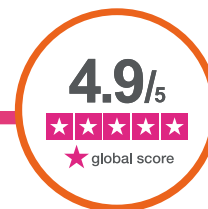
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



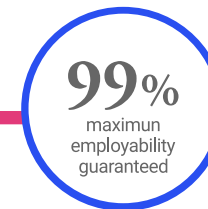
Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03

Syllabus

The syllabus has been designed by renowned specialists in Emotional Well-Being Therapy. In this way, professionals will dive into the theoretical and practical principles of emotion-based psychotherapy. Through this comprehensive academic journey, graduates will develop skills to intervene more precisely in the emotional states of their patients, combining knowledge of neuroscience, learning, the body, and spirituality. Finally, they will explore innovative emotional processing techniques, mindfulness practices, transpersonal therapy, and group resources.



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With these complete modules, you will establish strong therapeutic bonds that promote emotional expression, self-compassion, and personal transformation”

Module 1. The Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

Module 2. The Brain and Learning

- 2.1. The Three Brains
 - 2.1.1. The Reptilian Brain
 - 2.1.2. The Mammal Brain
 - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
 - 2.2.1. Basic Intelligence
 - 2.2.2. Pattern Intelligence
 - 2.2.3. Parameter Intelligence
- 2.3. The Intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Stress Response or Flight Attack
- 2.7. What Is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires, Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and Their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept

Module 3. Emotion

- 3.1. What is an Emotion?
 - 3.1.1. Definition
 - 3.1.2. Difference Between Emotion, Feeling and State of Mind
 - 3.1.3. Function, Are there Positive and Negative Emotions?
- 3.2. Different Classifications of Emotions
- 3.3. Fear
 - 3.3.1. Function
 - 3.3.2. Platform for Action
 - 3.3.3. Neurological Structures
 - 3.3.4. Associated Biochemistry
- 3.4. Rabies
 - 3.4.1. Function
 - 3.4.2. Platform for Action
 - 3.4.3. Neurological Structures
 - 3.4.4. Associated Biochemistry
- 3.5. Blame
 - 3.5.1. Function
 - 3.5.2. Platform for Action
 - 3.5.3. Neurological Structures
 - 3.5.4. Associated Biochemistry
- 3.6. Disgust
 - 3.6.1. Function
 - 3.6.2. Platform for Action
 - 3.6.3. Neurological Structures
 - 3.6.4. Associated Biochemistry
- 3.7. Sadness
- 3.8. Surprise
 - 3.8.1. Function
 - 3.8.2. Platform for Action
 - 3.8.3. Neurological Structures
 - 3.8.4. Associated Biochemistry

- 3.9. Curiosity
 - 3.9.1. Function
 - 3.9.2. Platform for Action
 - 3.9.3. Neurological Structures
 - 3.9.4. Associated Biochemistry
- 3.10. Security
 - 3.10.1. Function
 - 3.10.2. Platform for Action
 - 3.10.3. Neurological Structures
 - 3.10.4. Associated Biochemistry
- 3.11. Admiration
 - 3.11.1. Function
 - 3.11.2. Platform for Action
 - 3.11.3. Neurological Structures
 - 3.11.4. Associated Biochemistry
- 3.12. Joy
 - 3.12.1. Function
 - 3.12.2. Platform for Action
 - 3.12.3. Neurological Structures
 - 3.12.4. Associated Biochemistry
- 3.13. Influence of Emotion in Cognitive Processes
- 3.14. Brain and Emotion in the Child
- 3.15. Brain and Emotion in the Adolescent

Module 4. The Therapist's Role in Emotional Well-Being

- 4.1. Intrapersonal Intelligence (Gardner)
- 4.2. Self-Knowledge
- 4.3. Self Management
- 4.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 4.5. The Therapist-Patient Bond
 - 4.5.1. Therapist as Escort and Referrer
 - 4.5.2. U Techniques
- 4.6. Approach to Neuro Linguistic Programming (NLP)
- 4.7. Motivational Interview

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- 5.1. What is Psychoneuroimmunology
 - 5.1.1. Definition
 - 5.1.2. Origins
- 5.2. Communication Routes
- 5.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (I) The Nervous System
- 5.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (II) Endocrine System
- 5.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (III) the Immune System
- 5.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (IV) Interaction Between Systems
- 5.7. Emotion, Personality and Illness
- 5.8. The Process of Getting Sick. Bio-Psycho-Social Model of Health
- 5.9. Healthy Living

Module 6. Techniques for Emotional Processing in Therapy

- 6.1. Emotional Memories
 - 6.1.1. Creation of Memories
 - 6.1.2. Classification and Types of Memory
 - 6.1.3. Difference Between Memories and Recollections
- 6.2. Traumatic Memory
- 6.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 6.4. *Brainspotting*
- 6.5. Emotional Liberation Technique. EFT
- 6.6. Writing-Based Techniques. Written Ventilation
- 6.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices
- 6.8. Clinical Hypnosis
- 6.9. Hypnotic Induction Techniques
- 6.10. Techniques for Children

Module 7. Mindfulness

- 7.1. Meditation
- 7.2. What is Mindfulness
 - 7.2.1. Full Attention
 - 7.2.2. Benefits and Scientific Evidence
 - 7.2.3. Formal and Informal Practice
- 7.3. The 7 Attitudes in Mindfulness
- 7.4. Directing Attention
- 7.5. Fields of Application
- 7.6. Mindfulness for Children
- 7.7. Mindfulness and ADHD
- 7.8. Stress, Anxiety and Mindfulness
- 7.9. Mindfulness and Impulse Disorder Related Disorders
- 7.10. Mindfulness and Eating Disorders
- 7.11. Mindfulness in Psychotherapy: Cognitive Therapy Based on Mindfulness
- 7.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 7.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

Module 8. Intervention of Emotion through the Body

- 8.1. Body Therapies
 - 8.1.1. What Are Body Therapies?
 - 8.1.2. Evolution Over Time
- 8.2. Character-Analytic Vegetotherapy
 - 8.2.1. Origins. W. Reich
 - 8.2.2. What is Character-Analytic Vegetotherapy?
 - 8.2.3. Vegetotherapy Today
- 8.3. Lowen Bioenergetic Analysis
 - 8.3.1. What is Bioenergetics?
 - 8.3.2. Historical journey
 - 8.3.3. Bioenergetic Types
 - 8.3.4. Psychotherapeutic Techniques
 - 8.3.5. The Bioenergetic Therapist

- 8.4. *Focusing*
 - 8.4.1. Historical Approach: Eugene Gendlin
 - 8.4.2. Protocol
 - 8.4.3. Applications in Psychotherapy
- 8.5. Yoga
 - 8.5.1. Brief Historical Review. Origins
 - 8.5.2. The 9 Branches of the Yoga Tree
 - 8.5.3. Yoga Doctrines
 - 8.5.4. Benefits
- 8.6. Biodynamic Craniosacral Therapy
- 8.7. Risotheapy
 - 8.7.1. Brief Historical Review
 - 8.7.2. Therapy or Psychotherapeutic Technique?
 - 8.7.3. Techniques and Exercises
- 8.8. Art Therapy
 - 8.8.1. What is Art Therapy?
 - 8.8.2. A Bit of History
 - 8.8.3. What Can Be Worked On? Objectives
 - 8.8.4. Materials and Techniques
 - 8.8.5. Art Therapy for Children
- 8.9. DMT: Dance Movement Therapy
 - 8.9.1. What Is It? Definition
 - 8.9.2. A Bit of History
 - 8.9.3. Movement and Emotion
 - 8.9.4. Who Can Benefit from DMT
 - 8.9.5. Techniques
 - 8.9.6. A DMT Session

Module 9. From Emotion to Spirituality. Transpersonal Therapy

- 9.1. The Integration of East and West
- 9.2. Origins and Founders
- 9.3. A New Perspective: The Transpersonal Therapist
- 9.4. Transpersonal Psychotherapy
- 9.5. Tools and Techniques: The Shadow
- 9.6. Tools and Techniques: The Inner Child
- 9.7. Tools and Techniques: Family Constellations
- 9.8. Tools and Techniques: The Witness
- 9.9. Support Orders
- 9.10. Transpersonal Therapy and Self-Esteem

Module 10. Emotional Group Psychotherapy

- 10.1. Emotion-Based Group Psychotherapy
- 10.2. Psychodrama
- 10.3. *Debriefing*
- 10.4. Family Therapy
- 10.5. Integrative Couple Therapy

Module 11. Pharmacological Intervention in Anxiety and Stress Disorders

- 11.1. Anxiety or Panic Disorder
- 11.2. Agoraphobia
- 11.3. Social Phobia
- 11.4. Specific Phobias
- 11.5. Generalized Anxiety Disorder
- 11.6. Obsessive-Compulsive Disorder and Related Disorders
- 11.7. Separation Anxiety Disorder
- 11.8. Adjustment Disorder
- 11.9. Dissociative Disorders
- 11.10. Somatic Symptom Disorders
- 11.11. Trauma and Stressor-Related Disorders



04

Teaching Objectives

This university program has been designed to help psychologists update their knowledge in the field of Emotional Well-Being. Throughout the program, they will develop competencies to understand the role of emotions in mental processes, identify dysfunctional patterns, and apply effective therapeutic interventions. They will also enhance skills in emotional regulation, body-centered support, mindfulness, and group therapy. Additionally, they will integrate psychopharmacological resources and transpersonal tools, enriching their clinical approach. In this way, graduates will be able to design strategies tailored to the needs of each patient, promoting solid emotional health.



“

Thanks to this postgraduate degree developed by experts in the field, you will acquire key skills to promote emotional resilience, developing interventions centered on emotion”



General Objectives

- ♦ Develop competencies to apply emotion-centered psychotherapy techniques in clinical and therapeutic contexts
- ♦ Integrate knowledge of emotional neuroscience to understand the relationship between the brain and emotions
- ♦ Acquire skills to implement therapeutic approaches based on mindfulness and other emotional management techniques
- ♦ Delve into the study of psychoneuroimmunology to understand how emotions affect physical health
- ♦ Develop strategies to assess and treat common emotional disorders such as anxiety and depression
- ♦ Acquire tools to facilitate the development of comprehensive emotional well-being in patients
- ♦ Apply principles of positive psychology in promoting emotional health
- ♦ Design and implement therapeutic programs centered on the emotional well-being of individuals and groups
- ♦ Foster self-awareness and emotional self-management in the therapeutic process
- ♦ Develop the ability to use integrative approaches in emotional intervention from a multidisciplinary perspective





Specific Objectives

Module 1. The Emotion-Based Psychotherapy

- ♦ Manage time-limited psychotherapy as a reference model
- ♦ Dive into rehabilitation processes through psychotherapy

Module 2. The Brain and Learning

- ♦ Master the basics of human brain functioning and its development
- ♦ Identify the role of the brain in the Emotional Well-Being process

Module 3. Emotion

- ♦ Discover the history of emotion throughout the development of psychology and its different models
- ♦ Understand scientific research related to emotions
- ♦ Delve into how emotional schemas are formed
- ♦ Understand how emotion affects different cognitive processes

Module 4. The Therapist's Role in Emotional Well-Being

- ♦ Understand the importance of early attachments in the development of self-concept
- ♦ Master the 10 basic emotions, their biochemistry, and action platform
- ♦ Manage the concepts of empathy and sympathy, and control techniques for proper patient engagement
- ♦ Develop effective communication with the patient

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- ♦ Master the concept of psychoneuroimmunology as a biopsychosocial model of health
- ♦ Identify the role of psychoneuroimmunology and its proper application for Emotional Well-Being

Module 6. Techniques for Emotional Processing in Therapy

- ♦ Understand what intrapersonal psychology is, and the importance of the therapist's self-awareness and self-management
- ♦ Master different effective techniques for working with traumatic memories

Module 7. Mindfulness

- ♦ Understand the concept of mindfulness and its application in various therapeutic models
- ♦ Master the mindfulness technique and apply it to various therapeutic needs

Module 8. Intervention of Emotion through the Body

- ♦ Analyze the role of the body in the emotional rehabilitation process
- ♦ Express emotions through the body to strengthen individual Well-Being

Module 9. From Emotion to Spirituality. Transpersonal Therapy

- ♦ Understand what Transpersonal Therapy is and its applications
- ♦ Learn about other therapies that work with more than one patient

Module 10. Emotional Group Psychotherapy

- ♦ Conduct group rehabilitation processes for the emotional strengthening of the patient
- ♦ Identify new group emotional strengthening techniques to develop in patients and social groups

Module 11. Pharmacological Intervention in Anxiety and Stress Disorders

- ♦ Identify the main medications used as alternatives in therapeutic processes
- ♦ Strengthen the role of therapy in emotional rehabilitation processes and complement it with pharmacological medications to address deficiencies linked to the effects of trauma

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

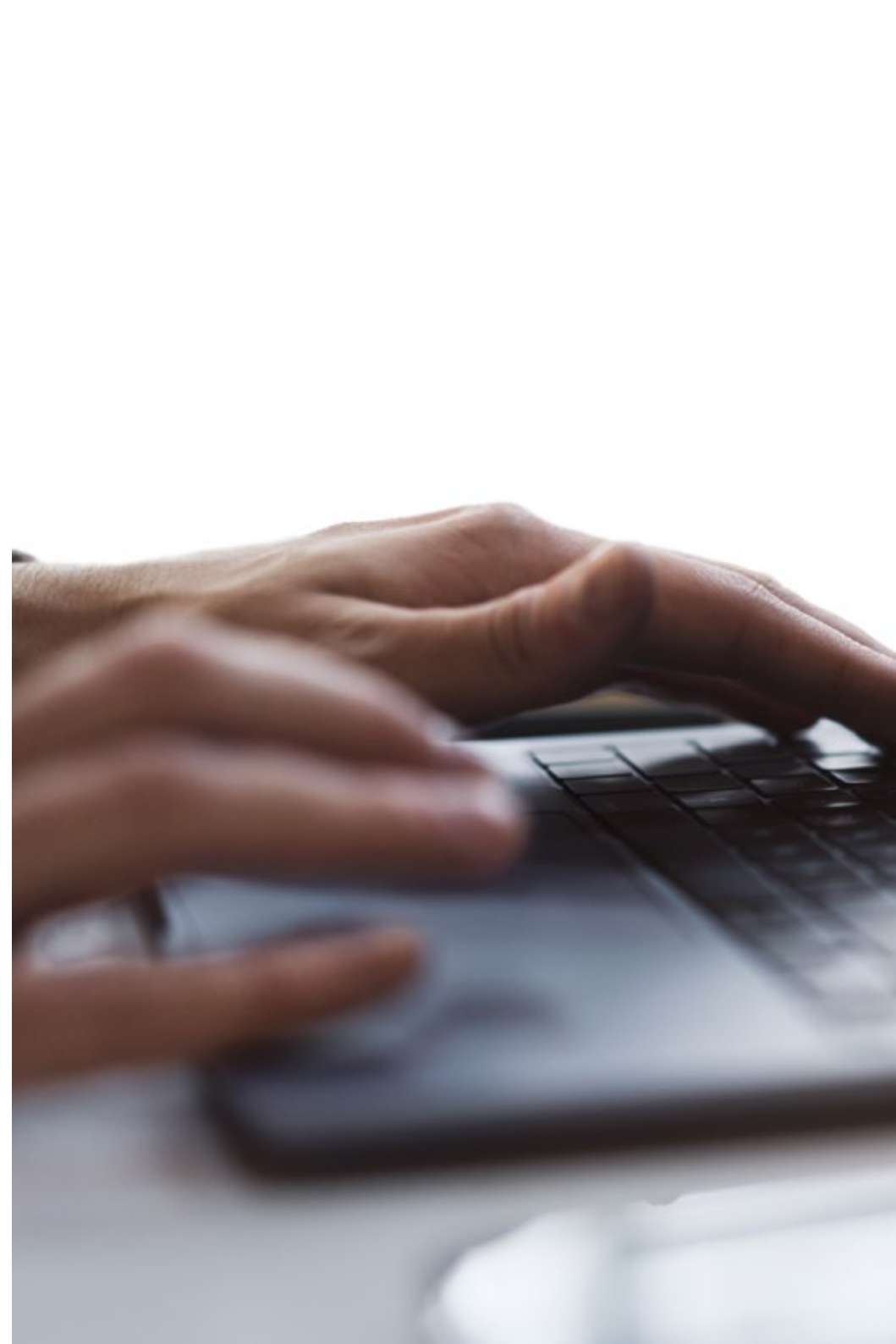
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

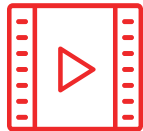
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

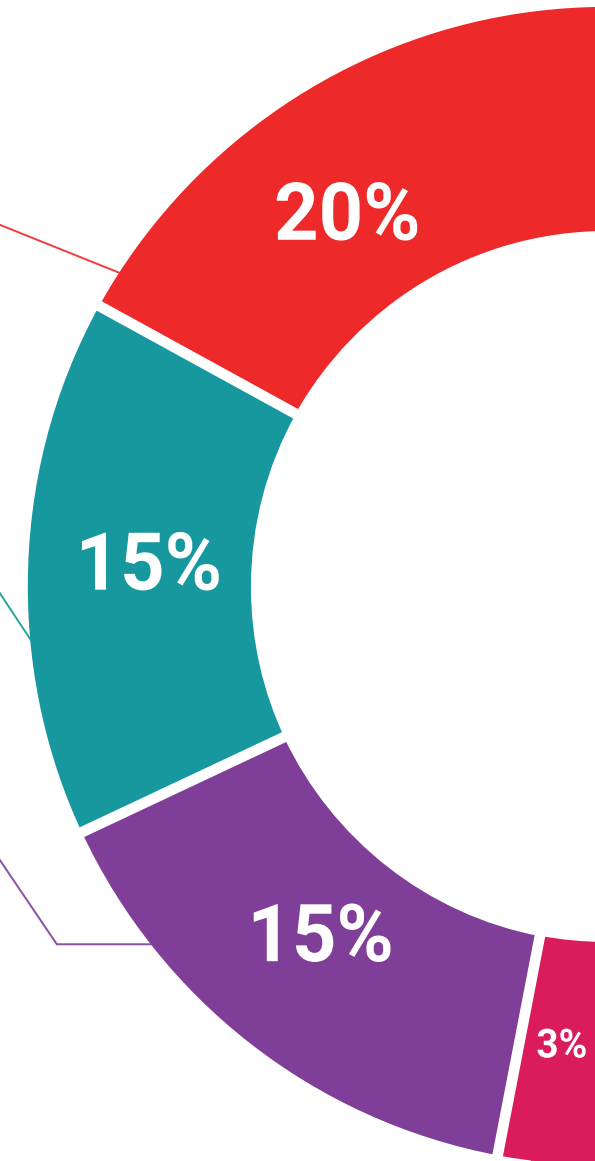
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

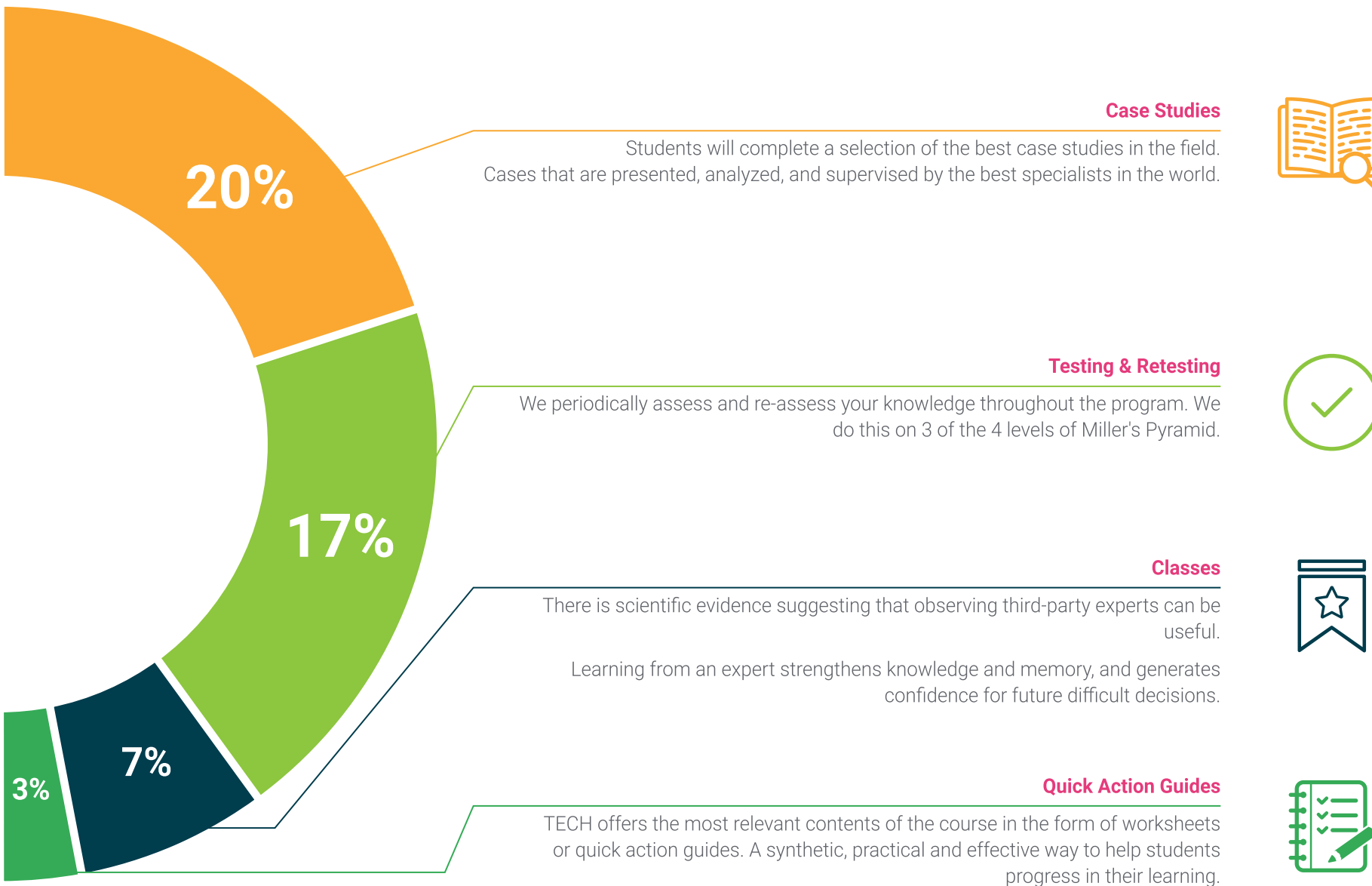
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06

Teaching Staff

The clinical expertise in emotional management, the ability to integrate innovative therapeutic approaches, and experience in high-demand emotional contexts are qualities that define the teaching team of this program. In this regard, the academic staff consists of psychologists, psychiatrists, and mental health professionals with a distinguished international career. Each one of them has participated in emotional intervention projects, comprehensive health programs, and the development of emotion-based therapies. As a result, they have optimized the quality of life for numerous patients.



“

At TECH, you will be accompanied by experts who share a cutting-edge vision of Psychotherapy and Emotional Well-Being”

International Guest Director

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of Health and Emotional Wellness. Throughout her career, she has been a key figure in the promotion of innovative Psychotherapies, specializing in personal management, coaching and the development of interpersonal projects to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of *Burnout*, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an Executive Coach by the International Coach Federation and has been trained in Individual Crisis Assistance and Group Crisis Intervention at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. She is also a supervisor and member of the advisory board of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the Asklepios Kliniken, where she has implemented integrated care areas throughout the Asklepios Group.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigious prize awarded by the Landesärztekammer Hessen (Hessen State Medical Association), for her outstanding commitment in the field of Psychosomatic Primary Care.. Likewise, her involvement in associations and her contribution to medical literature have consolidated her position as leader in her field, as well as an advocate for the psychological and physical well-being of her patients.



Dr. Christ, Claudia M.

- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- Director and Founder of the Akademie an den Quellen
- Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
- Psychotherapist
- Professional Coach from the International Coaching Federation (ICF)
- Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- Master's Degree in Public Health at the Technical University of Berlin
- Medical Degree from the Free University of Berlin
- Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care
- Member of: German Society of Pain Medicine, German Society of Cardiology, German Society for Psychotherapy based on Depth Psychology, World Association of Positive and Transcultural Psychotherapy Associations, German Society for Positive and Transcultural Psychotherapy



Thanks to TECH, you will be able to learn with the best professionals in the world"

Management



Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and at Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

Teachers

Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time-Limited Psychotherapy
- ♦ Guidance team coordinator for many educational centers
- ♦ Author of several books on Psychology
- ♦ Expert communicator in Psychology in the media
- ♦ Professor in university courses and postgraduate studies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Selective Dissociation Targeting

“

A unique, essential, and decisive educational experience to boost your professional development”

07

Certificate

This Master's Degree in Emotional Well-Being Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Master's Degree issued by TECH Global University.



“

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This private qualification will allow you to obtain a diploma for the **Master's Degree in Emotional Well-Being Therapy** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

TECH is a member of the prestigious **European Association of Applied Psychology (EAAP)**, an organization that brings together the best specialists and experts in psychology from more than 120 countries. This accreditation strengthens the international recognition of the program.

Accreditation/Membership



Title: **Master's Degree in Emotional Well-Being Therapy**

Modality: **online**

Duration: **12 months**.

Accreditation: **60 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



Master's Degree
Emotional Well-Being
Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree

Emotional Well-Being Therapy

Accreditation/Membership

European Association
of Applied Psychology

Psychologia - accessibilitas, praxis, adhibitio



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