

Postgraduate Certificate

Acceptance and Commitment Therapy in Couple Interventions





Postgraduate Certificate Acceptance and Commitment Therapy in Couple Interventions

- » Modality: online
- » Duration: 5 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-certificate/acceptance-commitment-therapy-couple-interventions

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01

Introduction

Third-Generation Therapies are currently widely applied in the population that in their daily life sees how, mainly external factors such as family problems, economic or work considerably affect their mental health. Some elements, however, that are part of life and therefore the patient must know how to cope, adapting or accepting the reality that surrounds him according to his principles. This teaching, given entirely in 100% online mode, provides the psychology professional with an advanced and detailed program of the latest advances and studies that address the most recent therapies.





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*An online program that will bring
you the latest in ACT therapy for
patients with depression, psychotic
symptoms or addictions ”*

Language is key to communication with other people, but also with oneself. The words, the message that human beings apply to themselves condition their perception of their surroundings and who they are. Therefore, depending on how this language is oriented, a process of transformation will occur, but it could also reverse this effect and create suffering. This Postgraduate Certificate in Acceptance and Commitment Therapy in Couple Interventions is aimed at professionals who wish to renew their knowledge in this area.

A high academic level teaching, whose multimedia content will favor the updating of knowledge around one of the therapies that has acquired greater relevance within the so-called Third Generation. In this way, students will learn about the most used techniques and the most effective treatments currently used to deal with stress. Likewise, the professional will be able to keep abreast of the latest applications of this therapy for the management of patients with chronic diseases and those suffering from personality disorders.

The practical case simulations and exercises provided during the six weeks of this program will provide the students with the main keys and the necessary tools to obtain a current and applicable knowledge in their practices. All this supported by the most recent studies and research lines that address the future of ACT in its application in different types of disorders.

An excellent opportunity for the professional who wishes to maintain a renewed knowledge in this field while combining quality teaching with their work responsibilities. They only need a device with an Internet connection to access the entire syllabus, distribute the teaching load according to their needs and start whenever and wherever they want to update their knowledge in Acceptance and Commitment Therapies (ACT).

This **Postgraduate Certificate in Acceptance and Commitment Therapy in Couple Interventions** contains the most complete and updated educational program on the market. Its most outstanding features are:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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
- ♦ The practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*TECH Technological University
provides you with a quality university
education that you can access at any
time, without fixed schedules ”*

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It delves into recent techniques and keys used in ACT with patients who have undergone traumatic processes ”

Delve deeper into the progression of ACT and its current application with this 100% online program.

Access with this Postgraduate Certificate the most current techniques used to work with the patient's attention in the present.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



02 Objectives

Throughout the six weeks of this university program, the psychology professional will have the opportunity to deepen and acquire the most updated knowledge on acceptance and commitment therapies. Based on the most recent scientific studies, they will have access to the most used language techniques, the different types of treatments and the expected advances in this type of therapies for patients with personality disorders. The practical examples provided in this teaching will be very useful for students who wish to implement them in their consultations.



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The simulation of practical cases brings you the most updated and recently used knowledge in ACT therapy ”



General Objectives

- ♦ Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- ♦ Know the different types of Third Generation Therapies
- ♦ Delve into the past, present and future of this area in psychology
- ♦ Study the evolution of the different types of therapies
- ♦ Learn about the main developments and treatments related to Third Generation Therapies





Specific Objectives

- Acquire basic and key knowledge about ACT
- Learn about the emergence of ACT
- Grasp the theoretical foundations of ACT

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The Relearning system of this university program will provide you with a more agile and simple renewal of knowledge ”

03

Structure and Content

The syllabus of this Postgraduate Certificate has been designed to provide a high-level education to the psychology professional who seeks to broaden their vision in the field of Third-Generation Therapies and more specifically in ACT. With a theoretical-practical approach, the students will go through this therapy starting from its birth and evolution, to delve throughout this teaching in the techniques, treatments and different applications in patients with different disorders. The video summaries and videos in detail of each point will complete this teaching in which TECH Technological University uses the *Relearning* system to facilitate the students the consolidation of knowledge.



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Learn about the latest advances to control anxiety and stress through this Postgraduate Certificate ”

Module 1. Acceptance and Commitment Therapy (ACT)

- 1.1. History and Introduction to ACT
 - 1.1.1. The History of ACT
 - 1.1.2. The Emergence of ACT
 - 1.1.3. Most Renown Authors
- 1.2. Language as Foundation
 - 1.2.1. The Importance of Language in ACT
 - 1.2.2. Language as a Basic Factor
- 1.3. Context as a Modulating Factor
 - 1.3.1. Contextual Basis
 - 1.3.2. Context as a Modulating Factor
- 1.4. Values and Ethics in ACT
 - 1.4.1. The Concept of Values and Ethics
 - 1.4.2. The Importance of Values and Ethics in ACT
- 1.5. Common ACT Techniques
 - 1.5.1. Introduction to Therapeutic Techniques in ACT
 - 1.5.2. Most Commonly Used Techniques in ACT
- 1.6. Treating Stress in ACT
 - 1.6.1. Introduction and Conceptualization of Stress
 - 1.6.2. Theories on Stress
 - 1.6.3. Treating Stress in ACT
- 1.7. Chronic Diseases in ACT
 - 1.7.1. Introduction to Chronic Disease
 - 1.7.2. Treating Chronic Disease in ACT
- 1.8. Personality Disorders in ACT
 - 1.8.1. Conceptualization and Introduction to Personality Disorders
 - 1.8.2. Personality Disorders from the Perspective of ACT
 - 1.8.3. Intervention and Treatment in ACT
- 1.9. Other Disorders in ACT
 - 1.9.1. Other Disorders
 - 1.9.2. Treatment and Perspectives in ACT
- 1.10. The Present and Future of ACT
 - 1.10.1. Current ACT Foundations
 - 1.10.2. Lines of Research y Future Works



*Delve into the applications
of ACT in people suffering
from personality disorders
thanks to this to this
Postgraduate Certificate "*



04

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



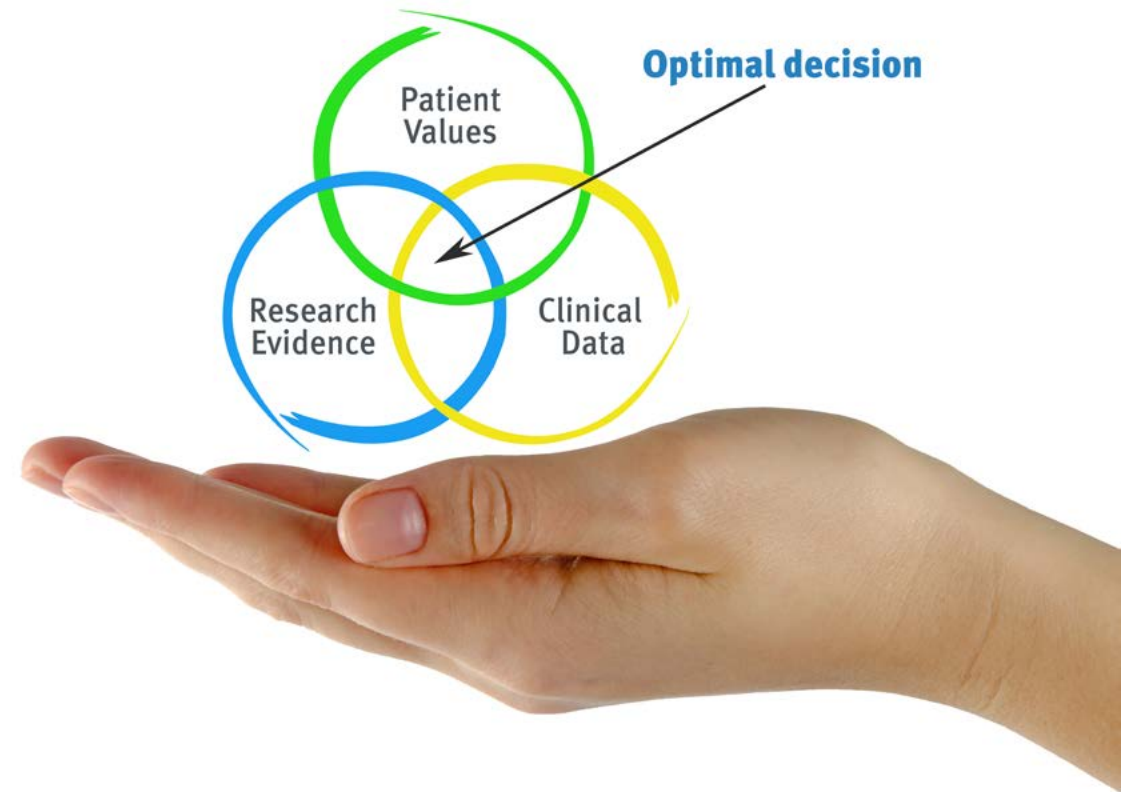
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

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

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
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.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

The psychologist will learn through real cases and by solving complex situations in simulated learning environments.

These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



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.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

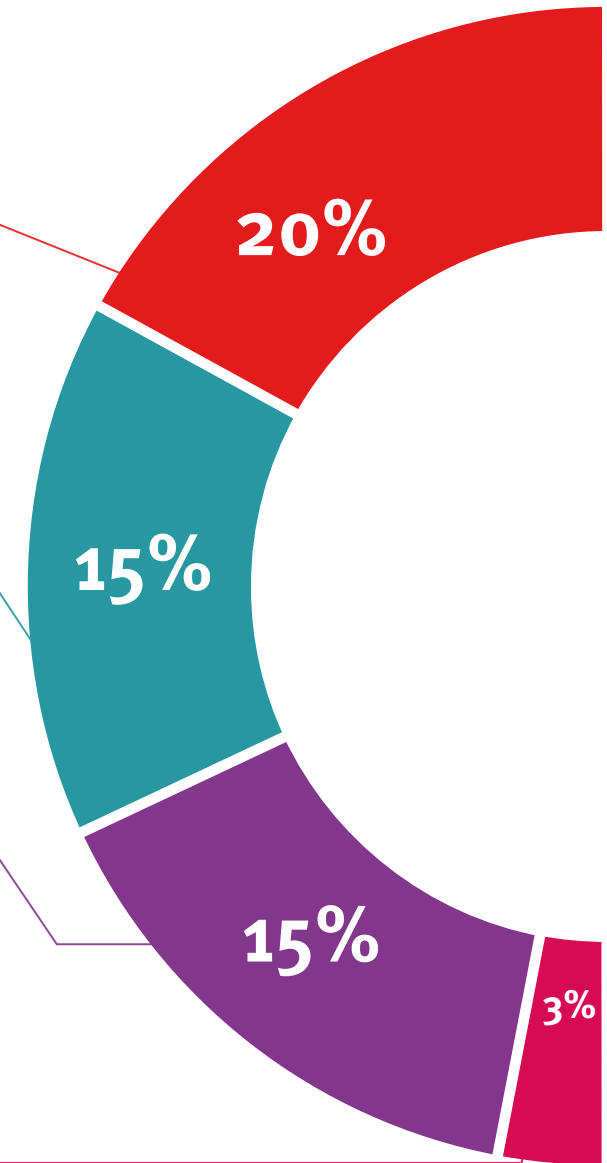
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

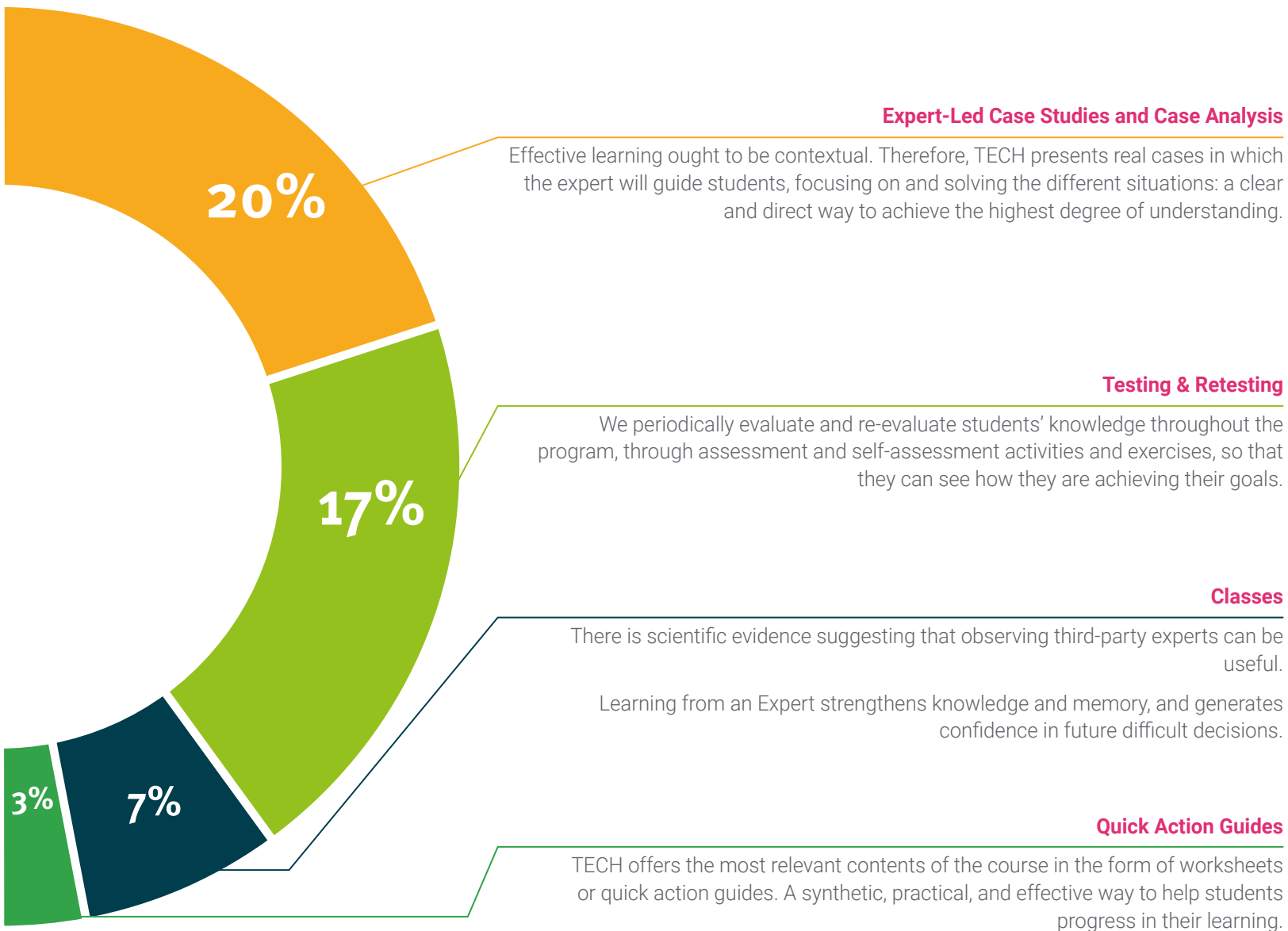
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





05 Certificate

The Postgraduate Certificate in Acceptance and Commitment Therapy in Couple Interventions guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Acceptance and Commitment Therapy in Couple Interventions** contains the most complete and updated program on the market.

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

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate Acceptance and Commitment Therapy in Couple Interventions**

Official No. of Hours: **150 hours**.





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