

# Postgraduate Certificate

## Depressive Disorders



## Postgraduate Certificate

### Depressive Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/depressive-disorders](http://www.techtitute.com/us/psychology/postgraduate-certificate/depressive-disorders)

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Certificate

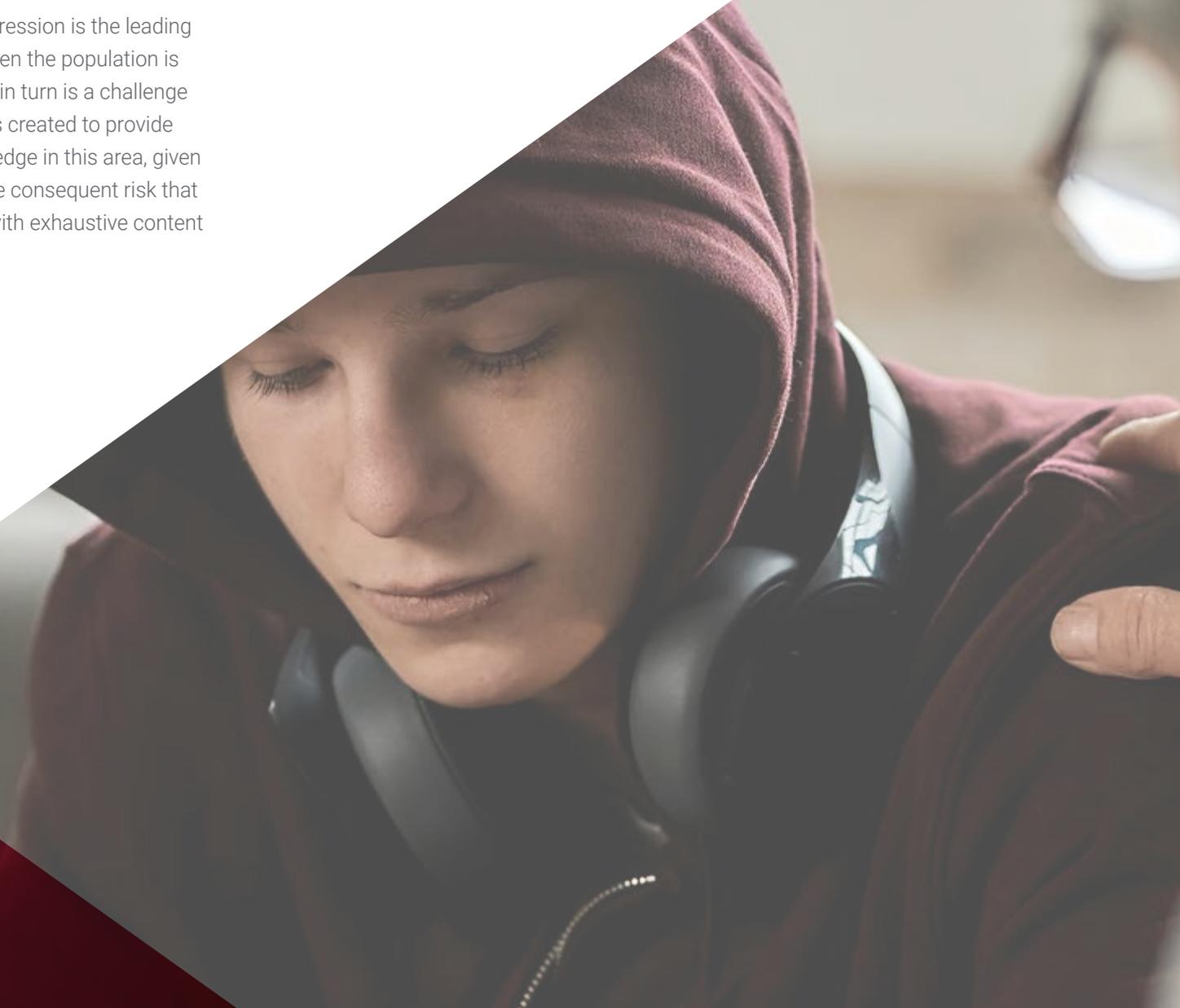
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# 01

# Introduction

When the World Health Organization (WHO) reports that depression is the leading cause of disability in the world, it is probably the moment when the population is aware of the magnitude of this public health problem, which in turn is a challenge for psychology professionals. This 100% online program was created to provide answers to all professionals who wish to update their knowledge in this area, given the increase in the number of people with depression and the consequent risk that this entails. An update that is possible thanks to a syllabus with exhaustive content and a specialized teaching team.



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*Thanks to this Postgraduate Certificate,  
you will be able to renew your knowledge  
in an agile way and with the most recent  
lines of research on depression”*

The economic and social crises, the uncertainty experienced in recent years, the high competitiveness in the labor market are just some of the factors that have influenced the increase of people around the world with anxiety or depression. Alarming figures on the mental health of people, which is for the psychologist professionals an opportunity to practice their profession with the utmost rigor and effectiveness possible to reverse this situation.

This Postgraduate Certificate provides students with a broad syllabus with which they will delve, during the 6 weeks of duration, into depression, its foundations, causal factors, assessment and diagnosis of the patient, as well as recent advances that have occurred in psychological and pharmacological treatments. All this, keeping in mind also the approach of the recent studies that have focused their research on suicide, its prevention and the different methods of action for people more prone to take their own lives. This will be possible thanks to the innovative teaching material that students will find on the virtual platform, which is at the educational forefront.

Undoubtedly, this program is an excellent opportunity offered by TECH to all psychology professionals who wish to delve into and update their knowledge in a comfortable and agile way. It only requires an electronic device (tablet, computer or cell phone) with internet connection to access the complete syllabus, without in-person attendance or fixed schedules. In this more flexible format, students will be able to acquire a renewal of knowledge, wherever and whenever they wish, allowing them to combine quality education without neglecting other professional and/or personal areas of their lives.

This **Postgraduate Certificate in Depressive Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Psychology
- ♦ 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 self-assessment can be used 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



*Thanks to this 6-week program, you will delve into depression, the causal factors and its diagnosis”*

“*An ideal option to combine work responsibilities with an education that will allow you to be aware of the most effective treatments for depression”*

*In this program, you will have at your disposal multimedia teaching resources that will favor the consolidation of knowledge.*

*Access 24 hours a day to a comprehensive and up-to-date syllabus on depression and its clinical approach.*

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.

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 immersive education programmed to learn in real situations.

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



# 02

# Objectives

During the development of this program, the psychology professionals will be able to achieve a complete renewal of their knowledge about depression, as well as the most effective and scientifically supported treatments used today. This knowledge will be possible thanks to an exhaustive syllabus, which can also be complemented with a library of multimedia resources with which the syllabus can be extended. In addition, the Relearning system will allow students to reduce the long hours of study and achieve the objectives sooner.





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*A program designed for  
psychology professionals who  
wish to update their knowledge  
in a flexible and convenient way”*



## General Objectives

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- ♦ Acquire complete and comprehensive education in Clinical and Health Psychology
- ♦ Provide the students with the conceptual and theoretical knowledge of Clinical and Health Psychology
- ♦ Differentiate illness from health
- ♦ Know the psychological models in Clinical and Health Psychology
- ♦ Conduct psychological evaluations
- ♦ Design prevention protocols for health psychology and health promotion
- ♦ Know the aspects that affect clinical practice
- ♦ Manage the knowledge, skills, techniques, resources, and strategies needed to perform clinical practice
- ♦ Understand professional guidelines for good practice within the psychology profession





### Specific Objectives

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- Know the bases and characteristics of depressive disorders
- Identify the profile of the patient
- Know the bases and the treatments for patients with depressive disorders



*Thanks to this Postgraduate Certificate, you will be able to recycle your knowledge in depression and the profile of each patient"*

# 03

## Course Management

TECH is continually committed to academic excellence. For this reason, each of its programs has teaching teams of the highest reputation. These experts have extensive experience in their professional fields and, at the same time, have achieved significant results with their empirical research and fieldwork. In addition, these specialists play a leading role within the university qualification, as they are in charge of selecting the most up-to-date and innovative content to be included in the syllabus. In addition, they participate in the elaboration of numerous multimedia resources of high pedagogical rigor.





“

*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”*

## International Guest Director

Dr. Bunmi Olatunji has a long career in research in the area of Psychology, and his main area of study focuses on Cognitive Behavioral Theory and Anxiety Disorder Therapy. In his position as Director of Clinical Training in the Department of Psychological Sciences, at Vanderbilt University, he has examined the role of basic emotions, with one of his main lines of study being the relationship between the experience of disgust and the specific symptoms of anxiety disorder.

Throughout his professional career, he has published more than 160 articles in scientific journals and book chapters specialized in Psychology. In addition, he has participated in more than 100 conferences on this subject. In fact, his relevant contributions have positioned him as a reference in this area of study. For this reason, he has received several awards, such as the Distinguished Scientist Award from the American Psychological Association.

In addition, Dr. Bunmi Olatunji has delved into the analysis of anxiety and behavioral changes. In particular, he has conducted a study in which he has observed the psychological predictors of anxiety and fear of contagion during the Swine Flu pandemic. Moreover, he has conducted research on obsessive-compulsive disorders and post-traumatic stress disorders in war veterans.

As a leading specialist in this field of study, he is on the editorial board of several journals, such as the International Journal of Cognitive Therapy and the Journal of Obsessive-Compulsive and Related Disorders. In this way, his commitment to excellence has been key in his career, disseminating his findings. In particular, his abilities to contribute to advances in clinical care and treatment of psychological conditions affecting individuals stand out.



## Dr. Olatunji, Bunmi

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- Director of Clinical Training at Vanderbilt University, Nashville, United States
- Clinical Therapist
- Researcher specialized in Clinical Psychology
- Associate Editor of the Journal of Consulting and Clinical Psychology
- Ph.D. in Clinical Psychology from the University of Arkansas
- Graduate in Psychology from the University of Wisconsin-Stevens Point

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

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has the most innovative teaching material. Video, summaries, detailed videos, interactive diagrams or specialized readings make up the syllabus of this postgraduate certificate in which the psychology professionals will be able to renew their knowledge about depression. Also, the clinical cases provided by the teaching team in this program will be very useful for the consolidation of knowledge and direct application in daily clinical practice.



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*Depression is a major mental health problem worldwide. Update your knowledge with this Postgraduate Certificate”*

## Module 1. Depressive Disorders

- 1.1. What are Depressive Disorders?
  - 1.1.1. Introduction to Depressive Disorders
  - 1.1.2. Main Features
- 1.2. Causal Factors of Depressive Disorders
  - 1.2.1. Risk Factors
  - 1.2.2. Origin of Disorders
- 1.3. Depressive Disorders I
  - 1.3.1. Contextualization of Disorders
  - 1.3.2. Assessment and Diagnosis
- 1.4. Depressive Disorders II
  - 1.4.1. Contextualization of Disorders
  - 1.4.2. Assessment and Diagnosis
- 1.5. Psychological Treatment
  - 1.5.1. Treatment of Depressive Disorders
  - 1.5.2. Weaknesses of Treatment
- 1.6. Medical treatment
  - 1.6.1. Most-Used Drugs
  - 1.6.2. Combining Psychotherapy and Psychopharmacology
- 1.7. Suicide and Risk of Self-Harm
  - 1.7.1. Suicide as a Real Risk
  - 1.7.2. Self-Harm
  - 1.7.3. Prevention and Action





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*An online Postgraduate Certificate that will keep you up to date with recent studies on suicide prevention”*

05

# 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.



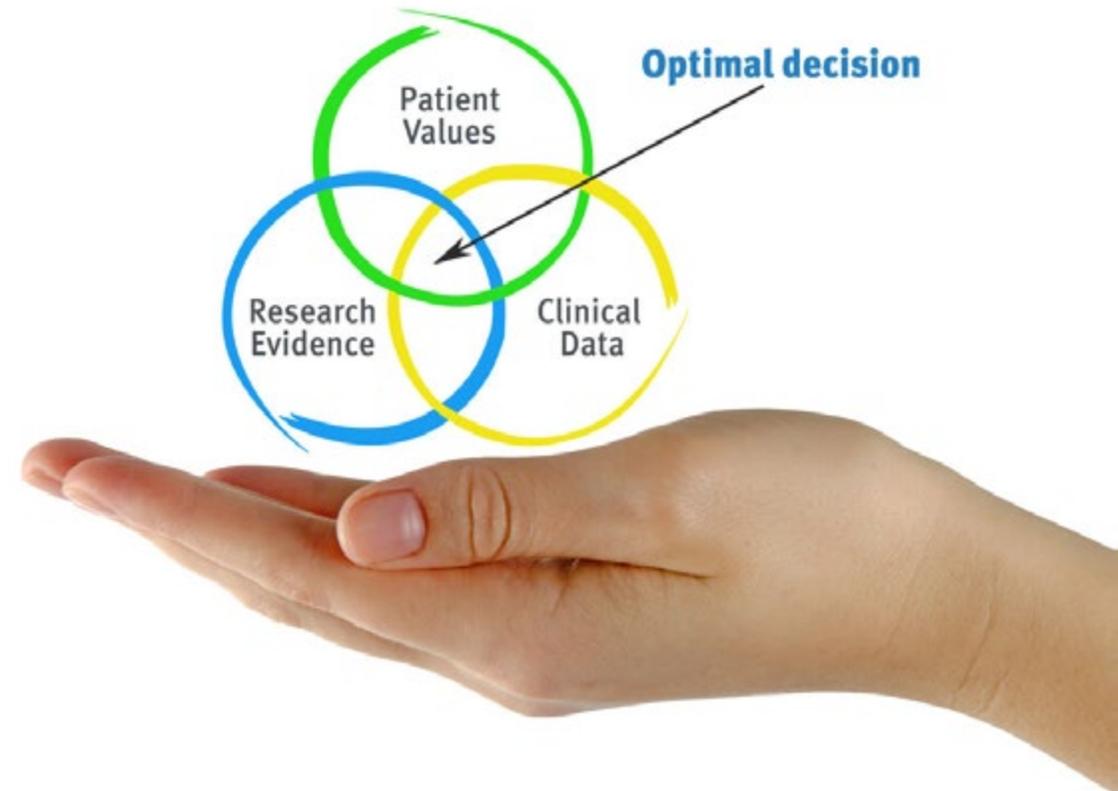
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gérvas, 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.

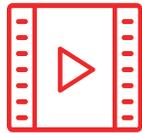
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

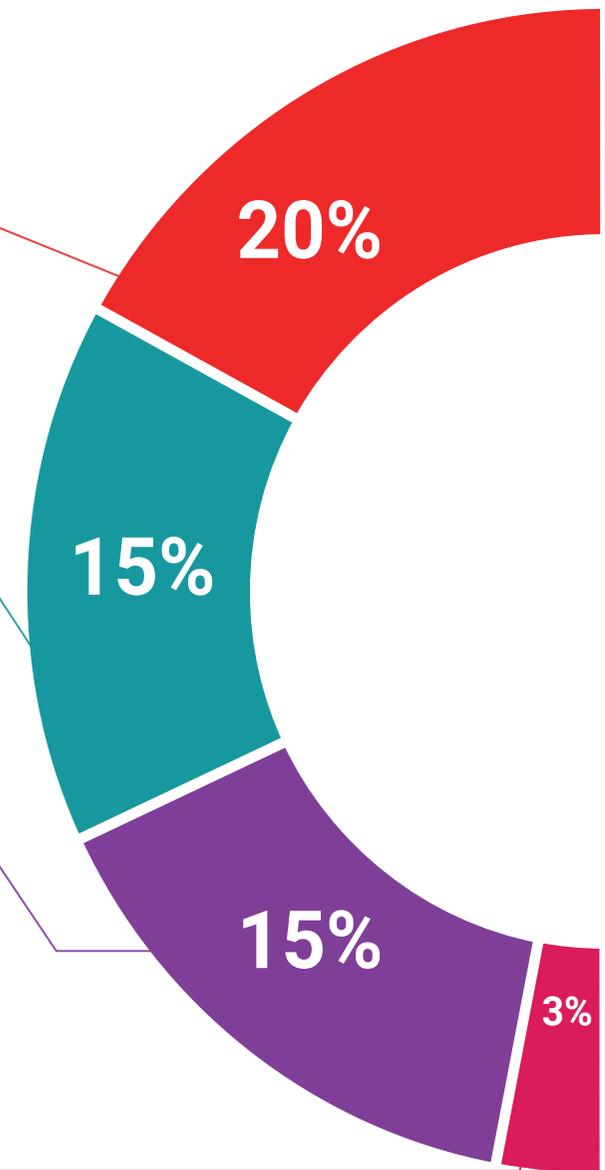
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

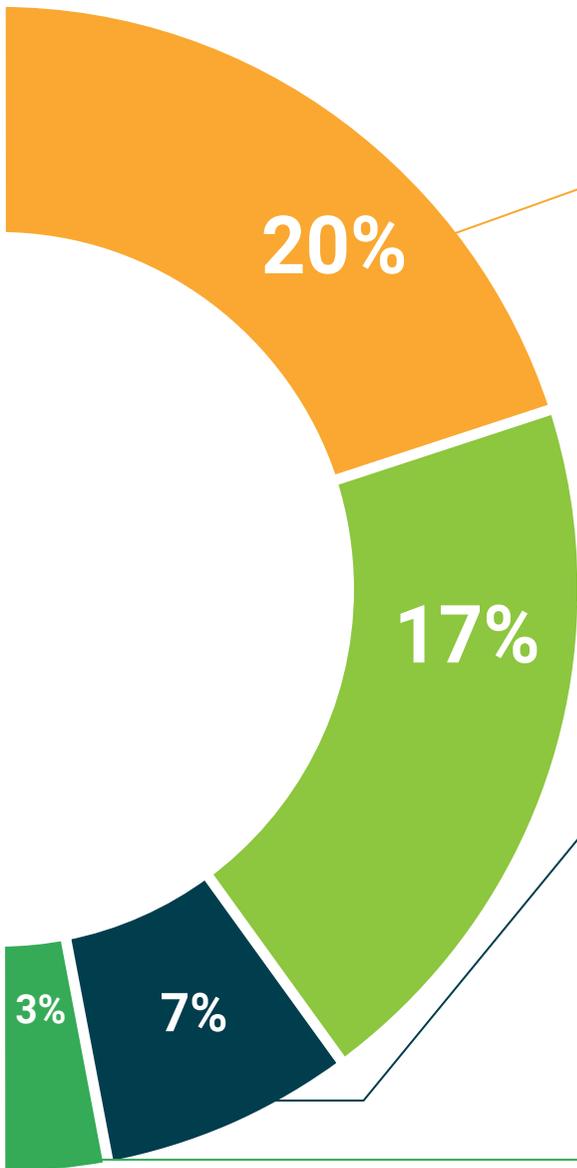
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Depressive Disorders guarantees students, in addition to the most rigorous and up-to-date education, the access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your Postgraduate Certificate without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Depressive Disorders** 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.

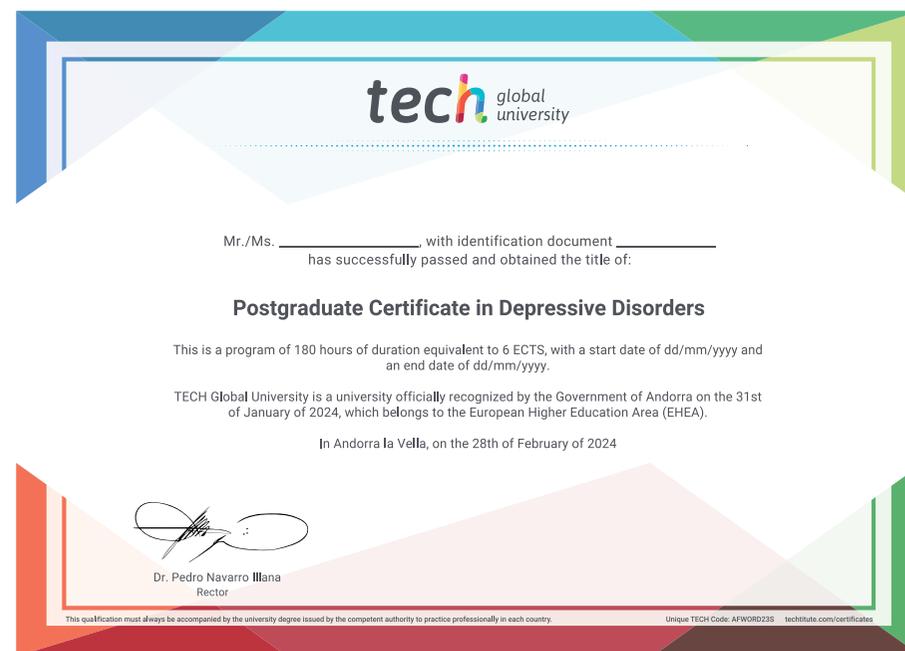
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Depressive Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

**tech** global  
university

## Postgraduate Certificate Depressive Disorders

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- » Schedule: at your own pace
- » Exams: online

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