

# Postgraduate Certificate

Design and Intervention  
Strategies in Cognitive-  
Behavioral Psychology





## Postgraduate Certificate

### Design and Intervention Strategies in Cognitive- Behavioral Psychology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/design-intervention-strategies-cognitive-behavioral-psychology](http://www.techtute.com/us/psychology/postgraduate-certificate/design-intervention-strategies-cognitive-behavioral-psychology)

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# 01

# Introduction

The treatment process of a patient with mental health problems is complex due to the multiple factors that can intervene in the course of the sessions and the external and internal elements that come together. A handicap already known by psychology professionals who require a deep and comprehensive knowledge to be able to implement the most appropriate intervention strategies. This 100% online program is a response to students who wish to update their knowledge while combining their work responsibilities with quality teaching. All this, in addition, with an innovative multimedia content that enriches this program.





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*Thanks to this Postgraduate Certificate, in 6 weeks you will have updated knowledge on the Cognitive-Behavioral model that you were looking for"*

Cognitive-Behavioral psychology has demonstrated in recent years a greater acceptance among patients receiving this type of treatment. However, the application of this therapy requires a wide and deep knowledge on the part of mental health professionals about the different techniques and tools to be applied, as well as the strategies to be applied. This Postgraduate Certificate course delves precisely into the design and process of intervention, thanks to a specialized teaching team who see in this teaching their extensive expertise in this field.

A program in an exclusively online mode, where the students will be provided with multimedia material according to current academic times (video summaries, detailed diagrams, real clinical cases). All this, so that they can update their knowledge about the intervention process, the cognitive style, the interfering factors in the intervention process, the role of the therapist, as well as the development of communication skills.

A theoretical and practical approach to teaching, where they will also learn about representational systems, the Socratic method for asking questions and the therapist's own skills in difficult situations in clinical consultation. Additionally, this Postgraduate Certificate also includes masterclasses conducted especially by a guest professor of international reference, whose knowledge will bring students closer to the Design and Intervention Strategies in Cognitive-Behavioral Psychology in a much more direct and complete way.

Psychology professionals have an excellent opportunity to update their knowledge in a much more convenient way thanks to TECH's online model. Therefore, students only need a device with Internet access to consult and/or download the syllabus whenever and wherever they wish. Likewise, the *Relearnings* system, based on the repetition of content, will facilitate the renewal of their knowledge in Cognitive-Behavioral psychology in a more natural and progressive way, reducing the long hours of study that must be invested in other teaching methods.

This **Postgraduate Certificate in Design and Intervention Strategies in Cognitive-Behavioral Psychology** 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
- ♦ 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



*Access 24 hours a day an advanced university program in which you will be shown the most used techniques in the intervention in the Cognitive-Behavioral model"*

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*An academic option that will allow you to renew your knowledge about the Socratic method and its application in therapy”*

*A university program designed for professionals who wish to acquire a quality education without neglecting other areas of their lives.*

*Explore with an innovative multimedia content for interferences in the intervention process.*

The program's teaching staff includes professionals from sector who contribute their work experience to this 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

The faculty that teaches this program pours all their knowledge into this program so that at the end of the 6 weeks of this program, the psychology professional will be able to have acquired a renewed knowledge about the different intervention strategies to be used according to the Cognitive-Behavioral model by applying the existing techniques and tools. All this with an innovative didactic material that will allow them in a more agile and visual way to acquire the update they are looking for.







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*The Relearning system will allow you to progress in a more agile and natural way in this Postgraduate Certificate”*



## General Objectives

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- ♦ Provide students with academic and technical knowledge in their professional work from the cognitive-behavioral approach
- ♦ Update knowledge in the design of Psychological Assessment from the Cognitive-Behavioral approach
- ♦ Update the knowledge and tools of Psychological Intervention for a good design of the therapeutic process
- ♦ Introduce the student to the therapeutic relationship tools that favor the establishment of a good therapeutic relationship
- ♦ Promote the knowledge and management of technical tools to know how to contain the patients emotional state
- ♦ Encourage the psychology professional to maintain a continuous training and development of their scientific knowledge
- ♦ Master the code of ethics in order to perform their work within professional ethics





## Specific Objectives

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- Know and understand the different intervention strategies existing in cognitive-behavioral psychology
- Differentiate between the strategies of cognitive-behavioral psychology and others
- Learn how to design strategies that allow intervention from the model

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*A Postgraduate Certificate exclusively taught in an online mode for you to renew your knowledge in the design of intervention strategies”*

03

# Course Management

TECH rigorously selects all the teaching staff that make up each of its programs with the aim of offering students a quality education within everyone's reach. Under this premise, it has chosen the professors who teach this program, and who have a high qualification and professional experience in the field of Cognitive-Behavioral Psychology. Thanks to their extensive knowledge and proximity, the psychology professional who takes this program will achieve a more complete updating of knowledge.



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*The masterclasses given by an international expert will be very useful in your deepening of the most efficient strategies in Cognitive-Behavioral Psychology”*



## International Guest Director

Dr. Stefan G. Hofmann is a world eminence in the area of Cognitive Behavioral Therapy and Anxiety Disorders. For more than 20 years he has been researching the **nature of emotional disorders and the processes through which psychological treatments alleviate symptoms**

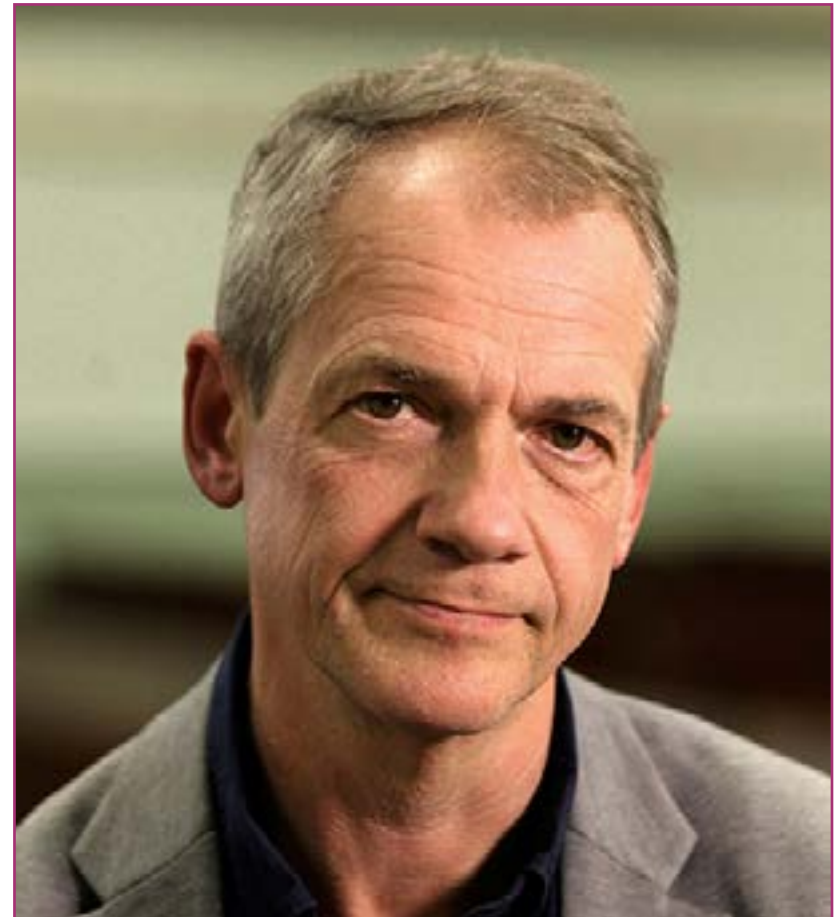
Thanks to his extensive career he has been established as Alexander von Humboldt Professor of Translational Clinical Psychology and the Department of Clinical Psychology at the Philipps University of Marburg in Germany and is currently Professor in the Department

of Neurology and Psychology at Boston University, where he directs the Psychotherapy and Emotion Research Laboratory for Anxiety and Related Disorders.

He has served as president of numerous professional organizations and is editor-in-chief of Cognitive Therapy and Research. Additionally, he has been included in the list of **Highly Cited Researchers** and has received the Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy and the Humboldt Research Award.

He has also become a world reference, acting as a **consultant in the development process of the DSM-5**, a manual created to help health professionals in the diagnosis of mental disorders and in the elaboration of a treatment plan that is perfectly suited to the needs of each patient.

In the research field, Dr. Stefan G. Hofmann has **published more than 400 articles** in specialized journals and **20 books** on Anxiety Disorders, Depression, Emotions, the Mechanism of Treatment Change, the Translation of Neuroscience Discoveries into Clinical Applications and the Regulation of Emotions and Cultural Expressions of Psychopathology.



## Dr. G. Hofmann, Stefan

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- Professor of the Neurology and Psychology Department from Boston University
- Editor-in-Chief of the Cognitive Therapy and Research Journal
- Consultant in the creation of the DSM-5
- Professor of the Department of Psychological and Brain Sciences from Boston University
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Professor in Clinical Translational Psychology
- Member of DSM-5 Sub-Working Group on Anxiety Disorder and DSM-5-TR Cross-Cultural Review Group

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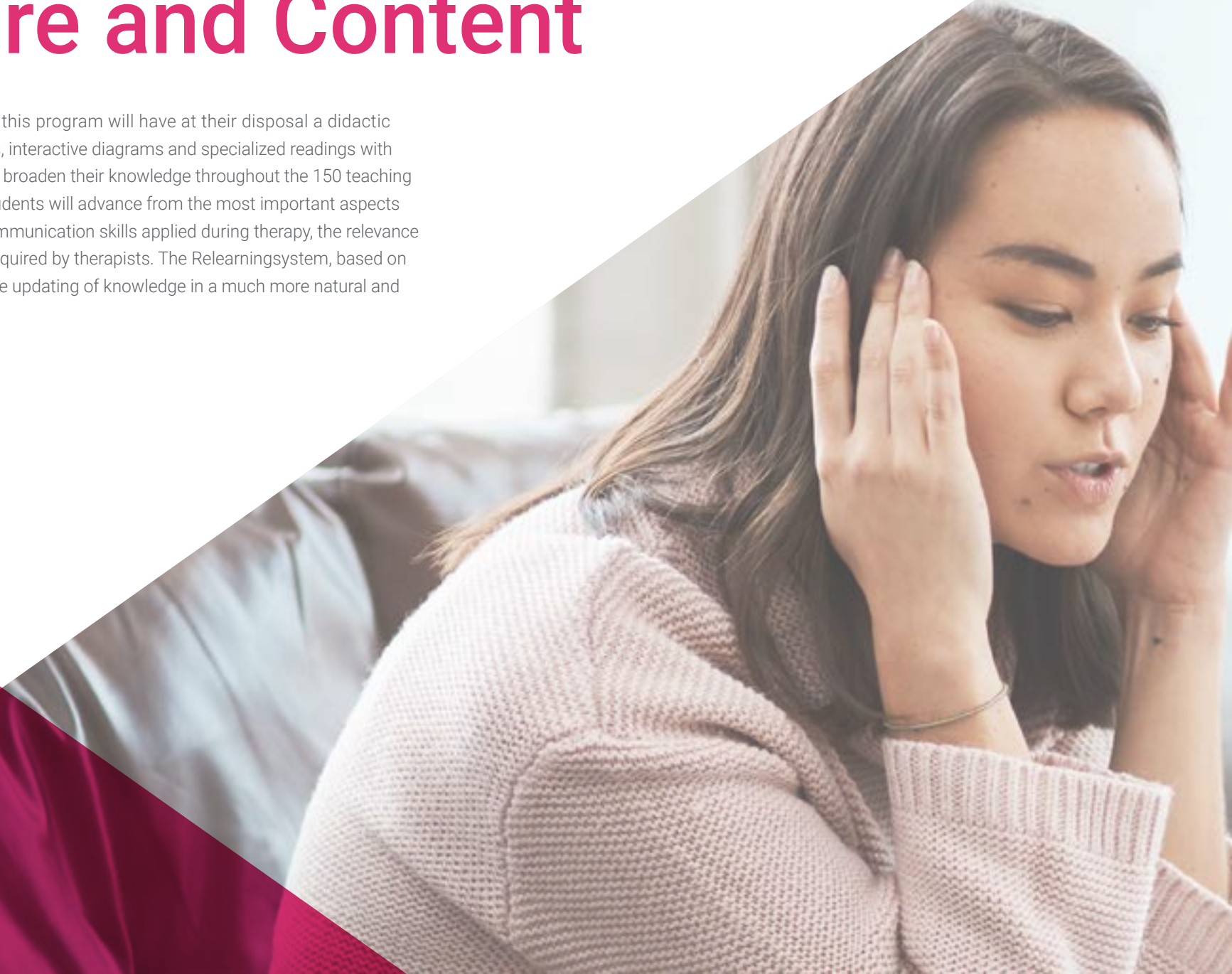
*Thanks to TECH you will be able to learn with the best professionals in the world"*



# 04

## Structure and Content

The psychology professional taking this program will have at their disposal a didactic content made up of video summaries, interactive diagrams and specialized readings with which they will be able to deepen and broaden their knowledge throughout the 150 teaching hours of this program. In this way, students will advance from the most important aspects of the intervention process, to the communication skills applied during therapy, the relevance of the Socratic method or the skills required by therapists. The Relearningsystem, based on the reiteration of content, will favor the updating of knowledge in a much more natural and progressive way.



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*You have at your disposal an updated and innovative syllabus, so that you are aware of the most used communicative techniques in Cognitive-Behavioral therapy”*

## Module 1. Design and Intervention Strategies in Cognitive-Behavioral Psychology

- 1.1. Aspects to Consider in the Intervention Process
  - 1.1.1. Aspects Specific to the Therapist
  - 1.1.2. Contextual Aspects
  - 1.1.3. Aspects Specific to the Patient
- 1.2. Mental and Emotional Health
  - 1.2.1. What Is Health?
  - 1.2.2. Mental Health
  - 1.2.3. Emotional Health
- 1.3. Habits and Cognitive Style
  - 1.3.1. Introduction to Habits and Their Types
  - 1.3.2. Their Influence on Therapy and the Change Process
- 1.4. Applied Communication Skills
  - 1.4.1. Introduction to Communication Skills
  - 1.4.2. Communication Skills Applied to Crisis Intervention
  - 1.4.3. Use of Communication Skills During Therapy
- 1.5. Representational Systems
  - 1.5.1. Introduction and Definition of Representational Systems
  - 1.5.2. Types of Systems and Their Influence
- 1.6. Effective Use of Questions (Socratic Method)
  - 1.6.1. The Importance of Questioning in Therapy
  - 1.6.2. Emergence of the Socratic Method
  - 1.6.3. Its Application in Therapy
- 1.7. Therapist Skills
  - 1.7.1. Introduction to Therapist Skills
  - 1.7.2. Importance of Therapist Skills
  - 1.7.3. Handling Difficult situations





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*Thanks to this Postgraduate Certificate renew your skills to face difficult situations in consultation"*



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

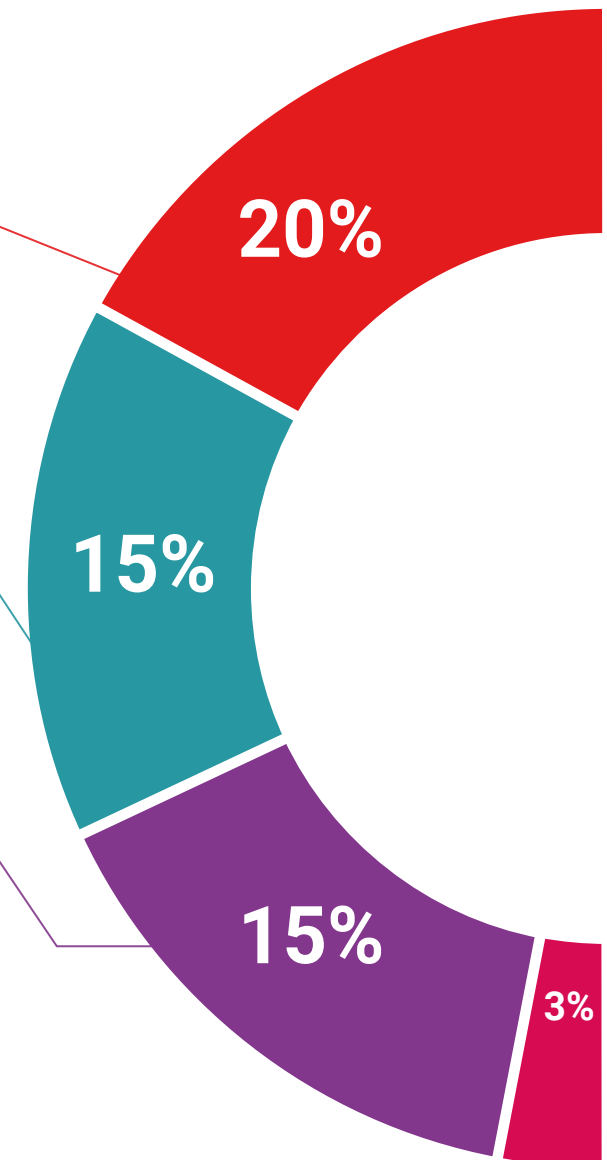
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Design and Intervention Strategies in Cognitive-Behavioral Psychology Model 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 Design and Intervention Strategies in Cognitive-Behavioral Psychology** contains the most complete and up-to-date 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 in Design and Intervention Strategies in Cognitive-Behavioral Psychology**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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  
online training  
development languages  
classroom



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