Postgraduate Certificate
Evolution of Cognitive-Behavioral Psychology

tech technological university

Postgraduate Certificate
Evolution of Cognitive-Behavioral Psychology

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

Website: **www.techtitute.com/us/psychology/postgraduate-certificate/evolution-cognitive-behavioral-psychology**

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Introduction

Cognitive-Behavioral therapy has been scientifically proven to be successful in different disorders such as depression, anxiety, schizophrenia or autism. An advance in this model that has its early historical roots in behavioral therapy and has developed enormously in recent years. This 100% online program will allow the psychology professional to update their knowledge about the evolution of this therapy model, taking into account the most relevant authors. All this, in a syllabus composed of multimedia content that can be accessed from any electronic device with Internet connection in any time of the day.

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Thanks to this program you will deepen your knowledge about the beginnings of the Evolution of Cognitive-Behavioral Psychology, its impulse and the current advantages of this model"

The Postgraduate Certificate in Evolution of Cognitive-Behavioral Psychology is aimed primarily at psychology professionals who wish to update their knowledge about this method of therapy through a specialized teaching team with extensive professional experience, which will allow them to be aware not only of the origin and development of CBT, but also of the current situation and recent advances that have occurred.

A university program taught exclusively in an online mode, which will allow them to deepen, thanks to an innovative teaching material, the birth of behavioral therapy, the most relevant authors in its development, as well as the emergence of the Cognitive-Behavioral model with its characteristics and advantages. Likewise, the authors who promoted this movement, the role of the therapist and the future lines of research in this field will have special relevance in this academic teaching.

A university program with a theoretical-practical approach in which during 6 weeks the students will have quality multimedia material and simulations of real clinical cases provided by the team of experts who make up this program. Additionally, this program includes masterclasses offered by a guest professor of great international prestige, whose knowledge will help students to access the most advanced knowledge in the field of Cognitive-Behavioral Psychology.

An excellent opportunity offered by TECH to all psychology professionals who wish to renew their knowledge, while keeping up to date on the latest developments in Cognitive-Behavioral Psychology in a comfortable way. Students will have access to the entire syllabus since the beginning of the course, which will allow them to distribute the course load according to their needs. Additionally, the Relearning system, applied by this academic institution in all its teachings, will allow students to consolidate knowledge in a more progressive and natural way, while reducing the long hours of study so frequent in other learning methods.

This **Postgraduate Certificate in Evolution of Cognitive-Behavioral Psychology** contains the most complete and up-to-date scientific 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 the self-assessment 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

A program that will allow you to acquire advanced knowledge and keep up to date on the latest advances in Cognitive-Behavioral therapy"

" *A university program that provides you with the most relevant authors in Cognitive-Behavioral therapy today"*

Access 24 hours a day the library of multimedia resources offered by this Postgraduate Certificate.

Deepen your understanding of Rapport and the role of the therapist in a flexible way thanks to TECH's online method.

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

The main goal of this Postgraduate Certificate is to offer students a renewal of their knowledge about Cognitive-Behavioral Psychology. For this purpose, an updated syllabus will be provided by a teaching team specialized in this subject,this will allow students to be aware of the historical evolution of this therapy model, its relevance, as well as the authors who have promoted its development and impulse in the last decades. The support of the teaching staff during this program will help students to achieve their objectives.

A quality university education that will allow you to learn about the latest advances in Cognitive-Behavioral Therapy"

General Objectives

- 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 alliance

- Promote the knowledge and management of technical tools to know how to contain the emotional state of the patient

- Stimulate the psychology professional to maintain a continuous training and a development of his scientific knowledge

- Master the code of ethics in order to perform their work within professional ethics

Specific Objectives

- Understand the beginnings of psychology and the historical evolution of cognitive psychology
- Learn about each of the most famous theories within psychology
- Synthesize notions of the historical chronology of psychology
- Know the importance of viewing psychology as a scientific discipline

A 100% program that will take you through the Evolution of Cognitive-Behavioral Psychology in 6 weeks"

03
Course Management

TECH maintains its commitment to offer students a quality education within everyone's reach. To this end, this academic institution rigorously selects each of the members that make up the teaching teams of the programs. Therefore, students taking this program will have at their disposal an expert with extensive experience in the field of psychology, especially in Cognitive-Behavioral psychology. The closeness and proximity of the faculty will also be decisive in the evolution and development of this instruction, where students will be able to ask any questions that may arise regarding the syllabus.

This Postgraduate Certificate includes masterclasses given by an international guest lecturer of great prestige in the field of Cognitive-Behavioral Psychology"
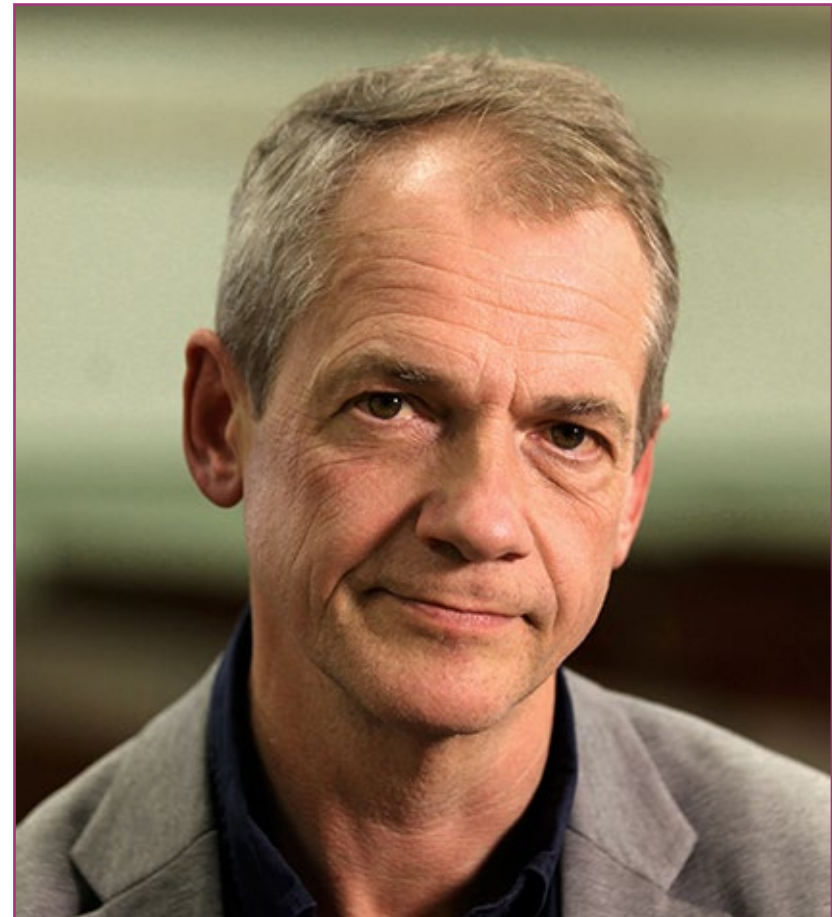
International Guest Director

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

* 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

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 been developed by a team of experts in Cognitive-Behavioral Psychology through a syllabus with multimedia content (video summaries, specialized readings, interactive diagrams) and real clinical cases. During the 150 teaching hours of this course, the psychology professional will delve into the historical evolution of this therapy model, the origin of CBT itself, as well as the role of the therapist. Additionally, they will renew their knowledge about rapport, the formation of emotional patterns and limiting beliefs, as well as the latest studies that delve into the development and success of this type of therapy.

"A program designed for psychology professionals who wish to update their knowledge with an online education that allows them to access the syllabus whenever and wherever they want"

Module 1. Historical Evolution of Cognitive-Behavioral Psychology

A multimedia syllabus that will allow you to delve deeper into emotional patterns and limiting beliefs"

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.

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.

"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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.
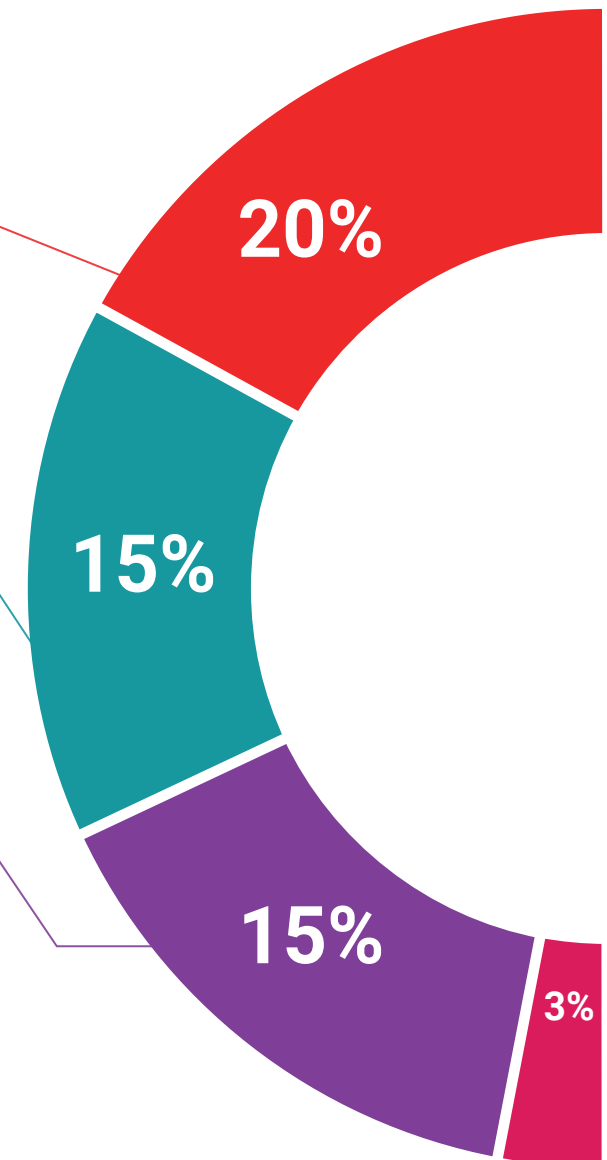
Interactive Summaries

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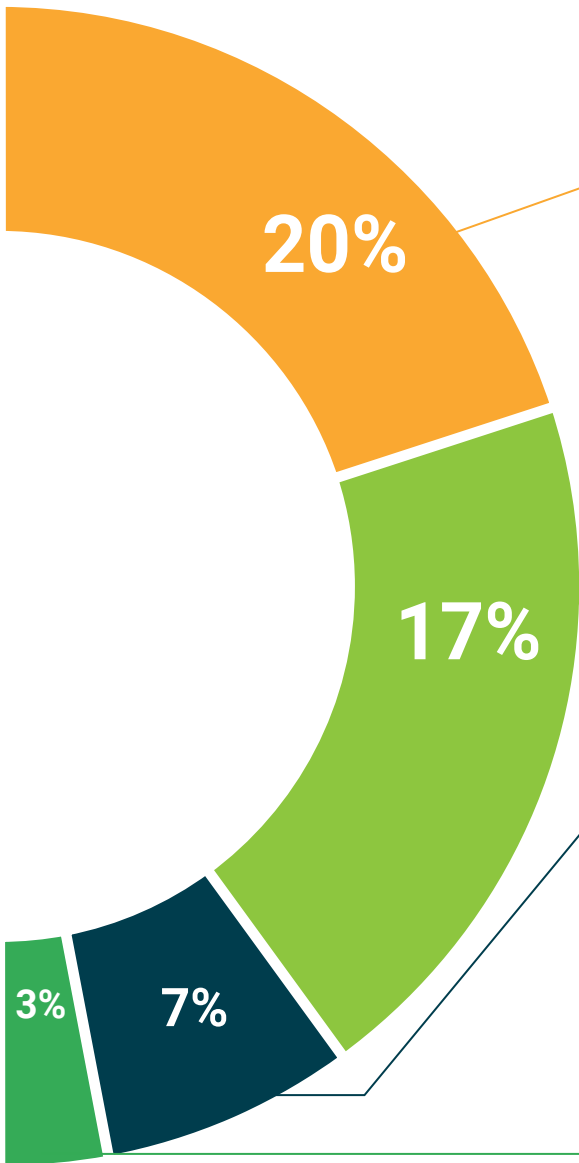
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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.

20%

15%

15%

3%

20%

17%

3%

7%

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.

Certificate

The Postgraduate Certificate in Evolution of Cognitive-Behavioral Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"
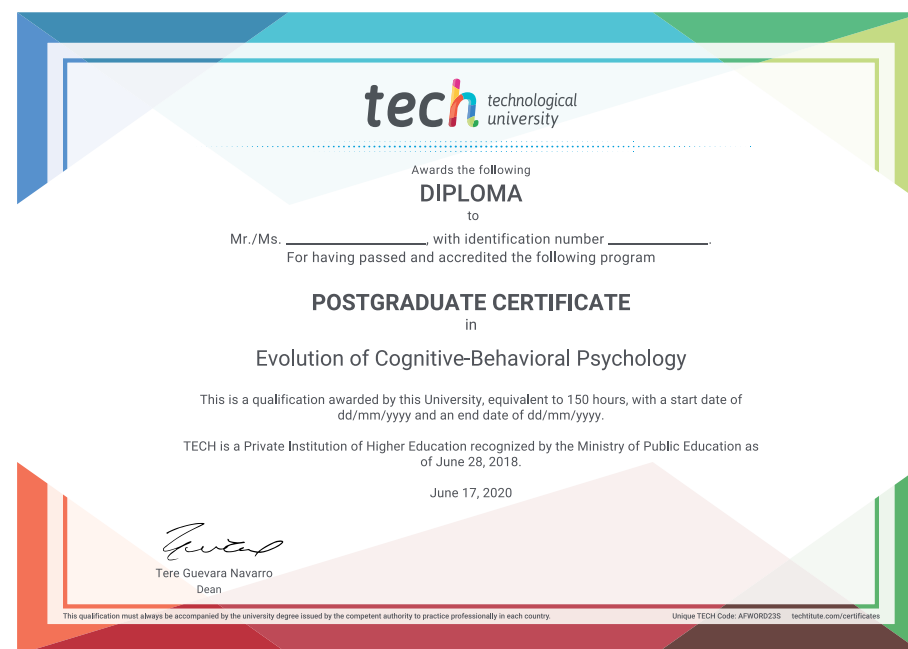
This **Postgraduate Certificate in Evolution of Cognitive-Behavioral Psychology** contains the most complete and up-to-date scientific on the market.

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 Evolution of Cognitive-Behavioral Psychology**

Official Nº of Hours: **150 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Evolution of Cognitive-Behavioral Psychology

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*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.

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