

# Postgraduate Certificate Intervention with Cognitive- Behavioral Techniques in Clinical Care of Chronic Patients



## Postgraduate Certificate Intervention with Cognitive- Behavioral Techniques in Clinical Care of Chronic Patients

- » 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/intervention-cognitive-behavioral-techniques-clinical-care-chronic-patients](http://www.techtute.com/us/psychology/postgraduate-certificate/intervention-cognitive-behavioral-techniques-clinical-care-chronic-patients)

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# 01

# Introduction

People suffering from chronic diseases face the daily challenge of living with a problem that conditions their lives and may even affect their family and social environment. During the development of the disease there are important adjustments in the person that require in turn an adaptation of psychological therapy. A whole process of intervention that requires highly qualified psychology professionals. This 100% online program was created to respond to the need to update knowledge in this field through innovative teaching materials and a teaching team specialized in this area.





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*A university program aimed at psychology professionals who wish to update their knowledge with the help of a specialized teaching team"*

Patients with cancer, diabetes, multiple sclerosis, cardiovascular problems, fibromyalgia or depression are just some of those who belong to an even longer list of people with chronic diseases. Cognitive-behavioral psychology has demonstrated in recent decades its effectiveness in the treatment of mental health of these people, thanks to the application of different techniques. This course is focused on these techniques and the approach to this type of patients and is mainly addressed to psychology professionals who are looking for an update of their knowledge.

A program taught exclusively in online mode, which will allow students to delve into the evolution of chronic patients, self-esteem problems arising from the disease itself, techniques and coping styles, as well as the different tools that can be applied by the therapist in the consultation as relaxation, systematic desensitization or instrumental or operant conditioning technique. All this, with a syllabus with multimedia content provided by a faculty with a long professional career, and that place this Postgraduate Certificate at the forefront of academic teaching.

TECH offers an excellent opportunity for psychology professionals who wish to renew their knowledge with quality and flexible teaching. Students only need an electronic device (computer, Tablet or cell phone) with Internet access to connect to a syllabus available from the first day. Therefore, without fixed schedules and with multimedia content that can be accessed 24 hours a day, students can combine their professional and/or personal work with a high-level education, according to the current times. Additionally, the *Relearningsystem*, applied by this academic institution in all its programs, favor the acquisition of knowledge in a more natural and progressive way, while reducing the long hours of study most common with other education methods.

This **Postgraduate Certificate in Intervention with Cognitive-Behavioral Techniques in Clinical Care of Chronic Patients** 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



*You can easily access a program that uses the Relearning system. With it you will reduce the hours of study"*

“

*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.*

*Access a university education in which you can be aware of the latest developments in Cognitive-Behavioral techniques in patients with depression, multiple sclerosis or fibromyalgia.*

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 objective of this Postgraduate Certificate is that the psychology professional renew their knowledge about the bases of intervention of the Cognitive-Behavioral therapy. All this through didactic material provided by a teaching team with extensive experience in this model of therapy. Thanks to their extensive knowledge in this area, the students, at the end of the 6 weeks of this course, will have acquired a broad renewal of their knowledge in the most effective therapeutic treatment for people suffering from chronic diseases.







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*A 100% online program that you will be able to access 24 hours a day, with no fixed schedule sessions”*



## 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 the basics of cognitive-behavioral therapy intervention
- ◆ Know the profile of the patient with chronic disease
- ◆ Know the most common chronic diseases and their characteristics

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*A Postgraduate Certificate designed for psychology professionals who wish to update their knowledge without neglecting their personal responsibilities”*

# 03

## Course Management

TECH offers for all its programs a teaching direction and a teaching staff with high qualifications and professional experience, all this to meet the demands of the students who attend all the programs offered by this academic institution. Therefore, in this training, students will have at their disposal a highly qualified and experienced teaching staff in the Cognitive-Behavioral therapeutic model. Thanks to their proximity, students will be able to resolve any doubts that may arise during the 6 weeks of this Postgraduate Certificate.



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*A 100% online Postgraduate Certificate, which also includes masteclases given by a prestigious international professor in the field of Cognitive-Behavioral Psychology"*

## International Guest Director

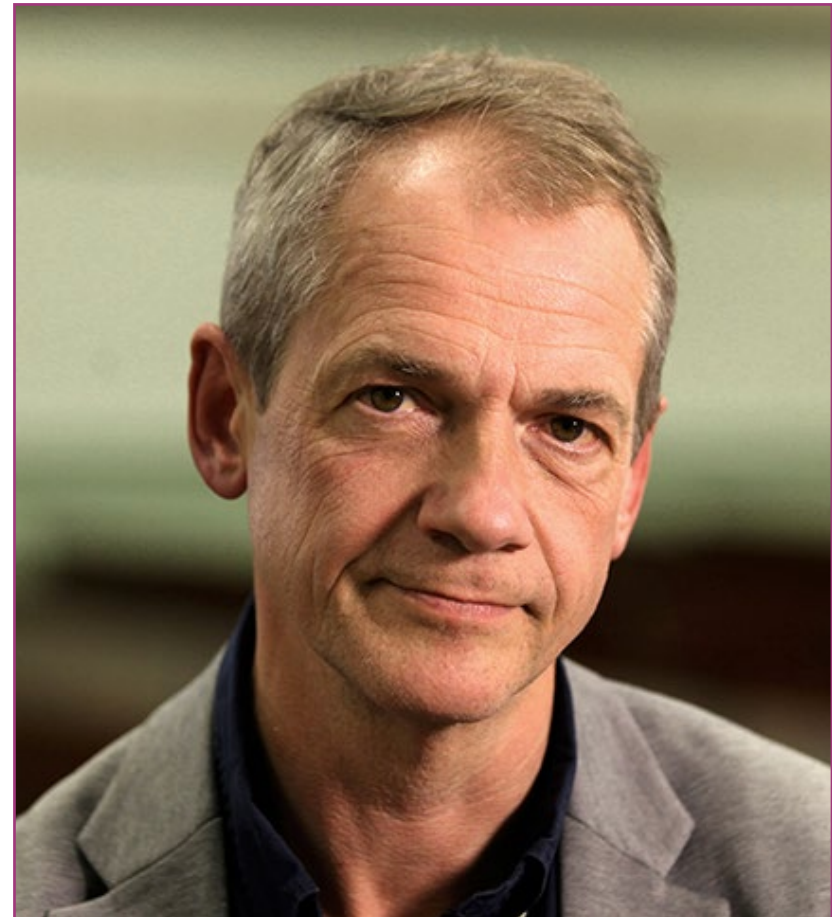
Dr. Stefan G. Hofmann is a world eminence in the area of **Cognitive Behavioral Therapy and Anxiety Disorders**. For more than 20 years he has been researching the **nature of emotional disorders and the processes through which psychological treatments alleviate symptoms**

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

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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

Video summaries, specialized readings, interactive diagrams, real clinical cases, etc. All this makes up the syllabus of this Postgraduate Certificate. The study plan has been developed by a faculty with extensive experience in the techniques applied in the Cognitive-Behavioral model, especially in patients with chronic diseases. Therefore, the psychology professional will find in this teaching the most recent studies elaborated on chronic illness, its characteristics and the different psychological problems that affect this type of patients. Likewise, special emphasis will be placed on the different techniques such as relaxation, deactivation or relapse prevention, so frequent in this type of patients.







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*The real clinical cases provided in this course will be of great utility and direct application in consultation with chronic patients"*

**Module 1. Intervention with Cognitive-Behavioral Techniques in the Chronic Patient Clinic**

- 1.1. Introduction to Chronic Disease
  - 1.1.1. Chronic Disease Characteristics
  - 1.1.2. How Does It Affect the Person?
- 1.2. Most Common Chronic Diseases
  - 1.2.1. Prevalence of Chronic Diseases
  - 1.2.2. Most Common Diseases
- 1.3. Chronic Patient Assessment
  - 1.3.1. Basis of Evaluation
  - 1.3.2. Most Common Assessment Tools
- 1.4. Self-Esteem and Self-Concept Problems
  - 1.4.1. Definition of Self-Esteem
  - 1.4.2. Definition of Self-Concept
  - 1.4.3. Common Self-Esteem and Self-Concept Problems in Chronic Illnesses
- 1.5. Coping Styles and Techniques
  - 1.5.1. What Are Coping Styles?
  - 1.5.2. Measuring Tools
  - 1.5.3. Techniques for an Improved Approach
- 1.6. Biofeedback Techniques
- 1.7. Systematic Desensitization (J. Wolpe 1948)
  - 1.7.1. Who Is J. Wolpe?
  - 1.7.2. Theoretical Foundations of Systematic Desensitization
  - 1.7.3. Application of Systematic Desensitization
- 1.8. Edmund Jacobson's Progressive Relaxation
  - 1.8.1. Who Is Jacobson?
  - 1.8.2. Theoretical Foundations of Progressive Relaxation
  - 1.8.3. Progressive Relaxation Application
- 1.9. Instrumental or Operant Conditioning Techniques
  - 1.9.1. Therapeutic Use
  - 1.9.2. Most Commonly Used Techniques
  - 1.9.3. Conditioning at Present
- 1.10. Modeling Techniques





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*Renew your knowledge with a multimedia content that gives you the opportunity to renew your knowledge on the most applied Cognitive-Behavioral techniques”*

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

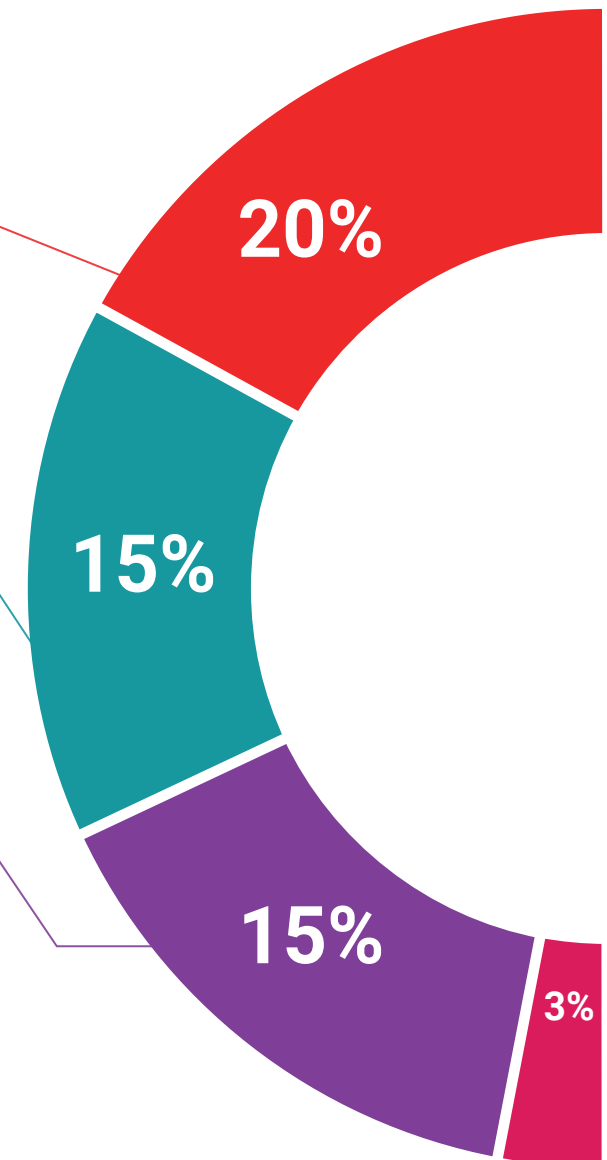
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

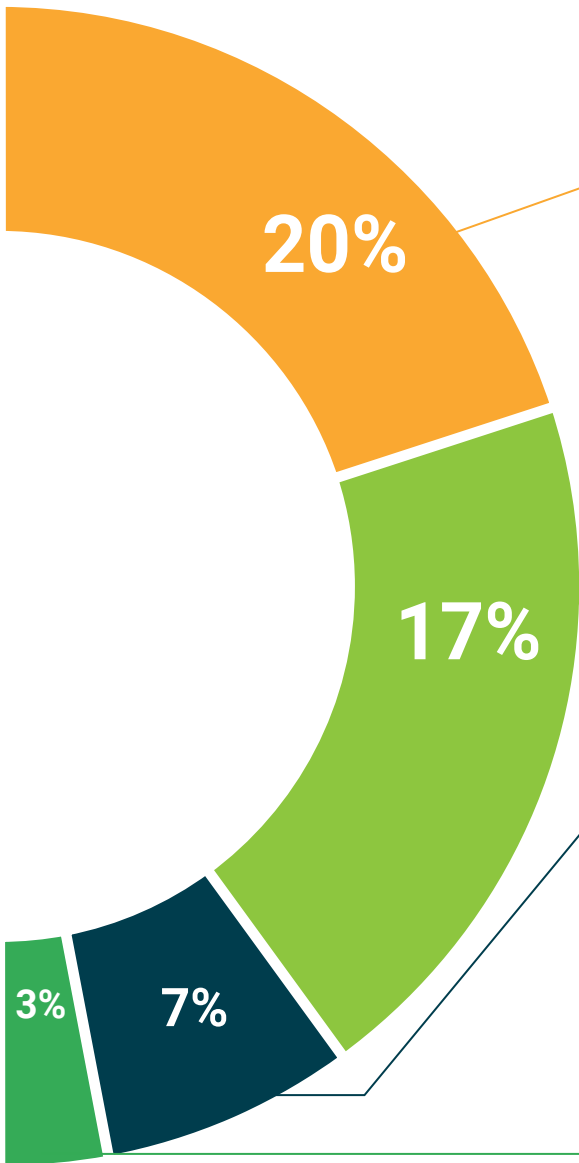
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Intervention with Cognitive-Behavioral Techniques in Clinical Care of Chronic Patients 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”*

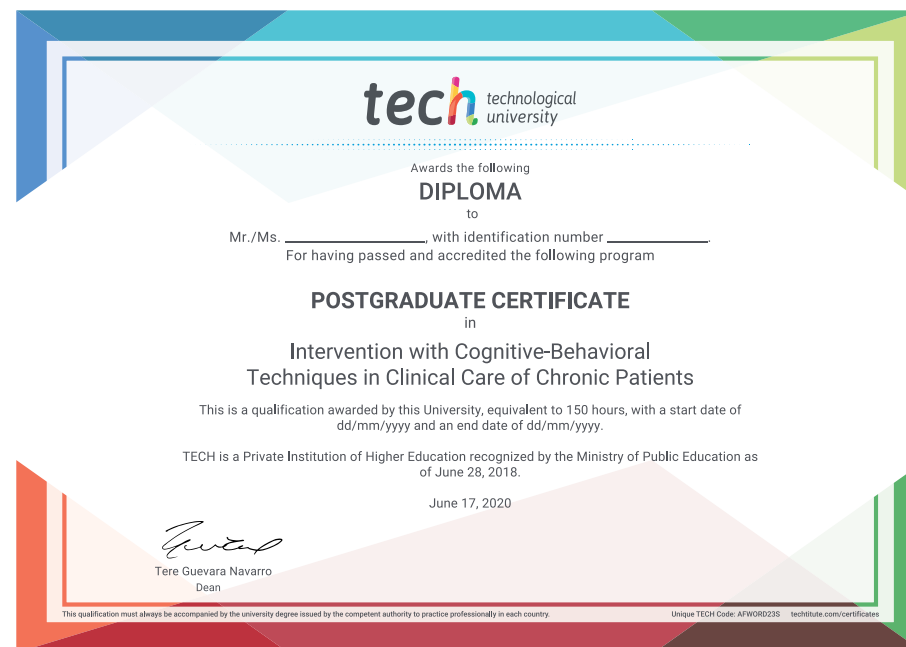
This **Postgraduate Certificate in Intervention with Cognitive-Behavioral Techniques in Clinical Care of Chronic Patients** contains the most complete and up-to-date program on the market.

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 Intervention with Cognitive-Behavioral Techniques in Clinical Care of Chronic Patients**

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.



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