

Postgraduate Certificate Mental Relaxation





Postgraduate Certificate Mental Relaxation

- » 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/mental-relaxation

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01

Introduction

Mental relaxation is the platform for many psychological tools such as systematic desensitization, progressive learning and many other procedures. In this Postgraduate Certificate all the necessary elements for this learning process are presented in a graphic and realistic way. That is why we have put at the student's service all the knowledge that today is required to perform clinical hypnosis with full guarantee, among the main ones are techniques of Selective Dissociation Focusing with SCM. These techniques differ in that they "do not need to talk to the patient", the patient "can keep their eyes open" and this state is reached in a few minutes, sometimes practically instantaneously.



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This Postgraduate Certificate is the only one on the market that teaches the student all the current technologies to reach an optimal state of mental relaxation"

"The Selective Dissociation Focusing techniques with I.C.M. differ from the classic techniques in that "there is no need to talk to the patient", the patient "can be with their eyes open" The state of relaxation is reached in a few minutes, sometimes practically instantaneously.



Update your knowledge through the Postgraduate Certificate in Mental Relaxation in a practical way and adapted to your needs"

This **Postgraduate Certificate in Mental Relaxation** is the most comprehensive and up-to-date scientific program on the market. The most important features of the Postgraduate Certificate are:

- ♦ Clinical cases presented by experts in psychology
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional.
- ♦ Diagnostic and therapeutic novelties on mental relaxation.
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology
- ♦ Content that is accessible from any fixed or portable device with an Internet connection

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This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Mental Relaxation, you will obtain a Postgraduate Certificate from TECH Global University”

The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the clinical doctor's practice

Forming part of the teaching staff is a group of professionals from the world of psychology who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

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 training program to train in real situations.

This program is designed around Problem Based Learning, whereby the doctor must try to solve the different professional practice situations that arise during the course university. For this reason, you will be assisted by an innovative, interactive video system created by recognized experts in the field of psychology and with great teaching experience.



02

Objectives

The program's primary objective is focused on theoretical and practical learning, so that the psychologist is able to master Mental Relaxation practically and rigorously.



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This up-to-date program will provide you with the skills to act with confidence in the performance of the psychologist's praxis, which will help you grow personally and professionally"



General Objectives

- Explain the reality of Mental Relaxation
- Describe the use of Mental Relaxation in the practice of psychotherapy
- Describe the procedure for settling into brain structures far removed from will and cognitive awareness
- Describe the research implication of technology impacting biochemistry and neuroanatomy with psychic tools



Take the opportunity and take the step to get up to date on the latest developments in Mental Relaxation”





Specific Objectives

- ♦ Succeed, through regression, in removing the patient from the emotional sequestration that has trapped him/her
- ♦ Working with traumatic emotional memory from a bonding and emotional anesthesia that allows the restructuring of the memory
- ♦ Manage the laws of energetic control that regulate the ascending reticular system
- ♦ Describe the therapeutic setting of psychological technology that influences brain activity and the individual's perception
- ♦ Describe how to adjust the induction to the patient's mind
- ♦ Establish a differential diagnosis before applying hypnotic induction, so as not to create iatrogenic reactions
- ♦ Identify the neurological axes and planes involved in performing IHM techniques
- ♦ Substantiate, based a scientific knowledge, the dynamics that occur in induction and hypnotic state

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of psychology, and who pour into this training the experience of their work.

In addition involved, renowned specialists, members of prestigious national and international scientific communities, are in designing and preparing the program.





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*Learn the latest advances in Mental Relaxation
from leading professionals"*

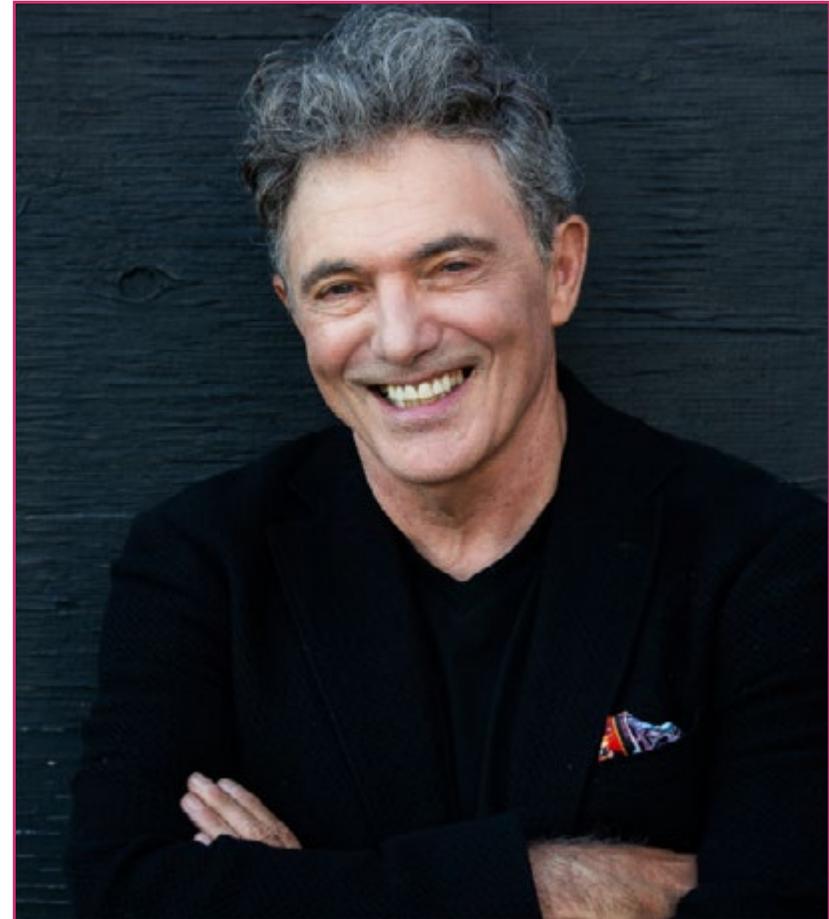
International Guest Director

Recognized with numerous awards and with an extensive list of publications, Dr. Daniel Tomasulo is one of the most prominent professionals in the field of Psychology. His outreach work has led him to be in the ranking of the top 10 influencers on depression, according to the Sharecare platform. As such, his main focus is on studying this mood disorder with positive psychology and hope. And, in addition to his roles as a scientific author and speaker, he holds the position of Academic Director of the Institute for Spirituality, Mind and Body, at Columbia University's Teachers College.

This professional has a broad background in specific areas such as Spirituality, Psychodrama and Intellectual Disabilities. For his work in these fields, he has been honored with the Gardner Award 2024, given by the START Service Center, which recognized his outstanding contributions to improving the lives of people with intellectual and developmental disabilities. In addition, on two occasions his lectures have received awards from the International Association of Positive Psychology. In this way, in his talks he has always spread the power of optimism and hope, of trusting in the strengths of each individual on the TEDx stage and at the Wholebeing Institute, among others.

Likewise, throughout his career he has published numerous articles in scientific journals, the most outstanding being his research on the effect of positivity. Likewise, Dr. Daniel Tomasulo has defended the idea that, while traditional psychology focuses on weaknesses, positive psychology is based on strengths, which allows people to lead meaningful and fulfilling lives.

Finally, in his field as a writer, Dr. Daniel Tomasulo has published books on psychology, which seek to contribute to the mental health of readers. In fact, his work *The Positivity Effect* reached number one in sales as a new release on Amazon. On the other hand, "Esperanza Aprendida, el poder del positivismo para superar la depresión" has been selected as best book on positivity for depression by Medical News Today.



Dr. Tomasulo, Daniel

- ♦ Director of the Institute for Spirituality, Mind and Body, Columbia University, New York, United States
- ♦ Director of the New York Open Center's Certification in Positive Psychology
- ♦ Clinical Psychologist
- ♦ Columnist for Psych Central
- ♦ Review Editor of the special section on Positive Psychology in Frontiers in Psychology
- ♦ Doctorate in Psychology from Yeshiva University
- ♦ Master's Degree in Writing from The New School
- ♦ Master's Degree in Applied Positive Psychology from the University of Pennsylvania
- ♦ Master's Degree in Child Development from Fairleigh Dickinson University

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

Management



Mr. Aguado Romo, Roberto

- Psychologist specializing in clinical psychology at CEP centers in Madrid, Bilbao and Talavera
- Specialist in Forensic and Legal Psychology
- Psychologist of the Courts 1 and 2 of Toledo
- Coordinator in Toledo of the emergency intervention and psychological assistance plan
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Expert in Adult Psychotherapy.
- Director of the Expert in Psychodiagnosis and Legal Expertise by the European Institute of Time-Limited Psychotherapies
- Coordinator of the gender violence plan at the national level of the Society for Time Limited Psychotherapies

Professors

Ms. Arriero, Esther

- ♦ European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center of Talavera de la Reina.
- ♦ Health Psychologist
- ♦ Course in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Adult Therapy
- ♦ Specialist in interventions with chronic patients.

Mr. Benito de Benito, Luis

- ♦ Medical Specialist of the digestive system.
- ♦ Physician Hospital San Chinarro and specialist in Endoscopy
- ♦ Course in Time-Limited Psychotherapy and Health Psychology
- ♦ Lecturer at Navarra University

Mr. Cuesta, José María

- ♦ European specialist psychologist in Psychotherapy for the EFPA in the CEP Health Center in Talavera de la Reina.
- ♦ Course in psychological intervention of chronic illnesses.
- ♦ Psychologist of the Alzheimer's Association
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

Mr. Espinoza, Oscar

- ♦ Physician specializing in Psychiatry and Pediatrics
- ♦ Director of the Psychopharmacology Unit of the CEP.
- ♦ Head of the public health service in the southern district of Madrid.
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

Ms. Fernandez, Inmaculada

- ♦ Doctorate in Psychology from Almeria University
- ♦ Psychology specializing in Clinical psychology
- ♦ Head of the Department of Neuropsychology of the University of Almeria.
- ♦ Mindfulness-based Cognitive Therapy Expert
- ♦ Expert of Time Limited Psychotherapy

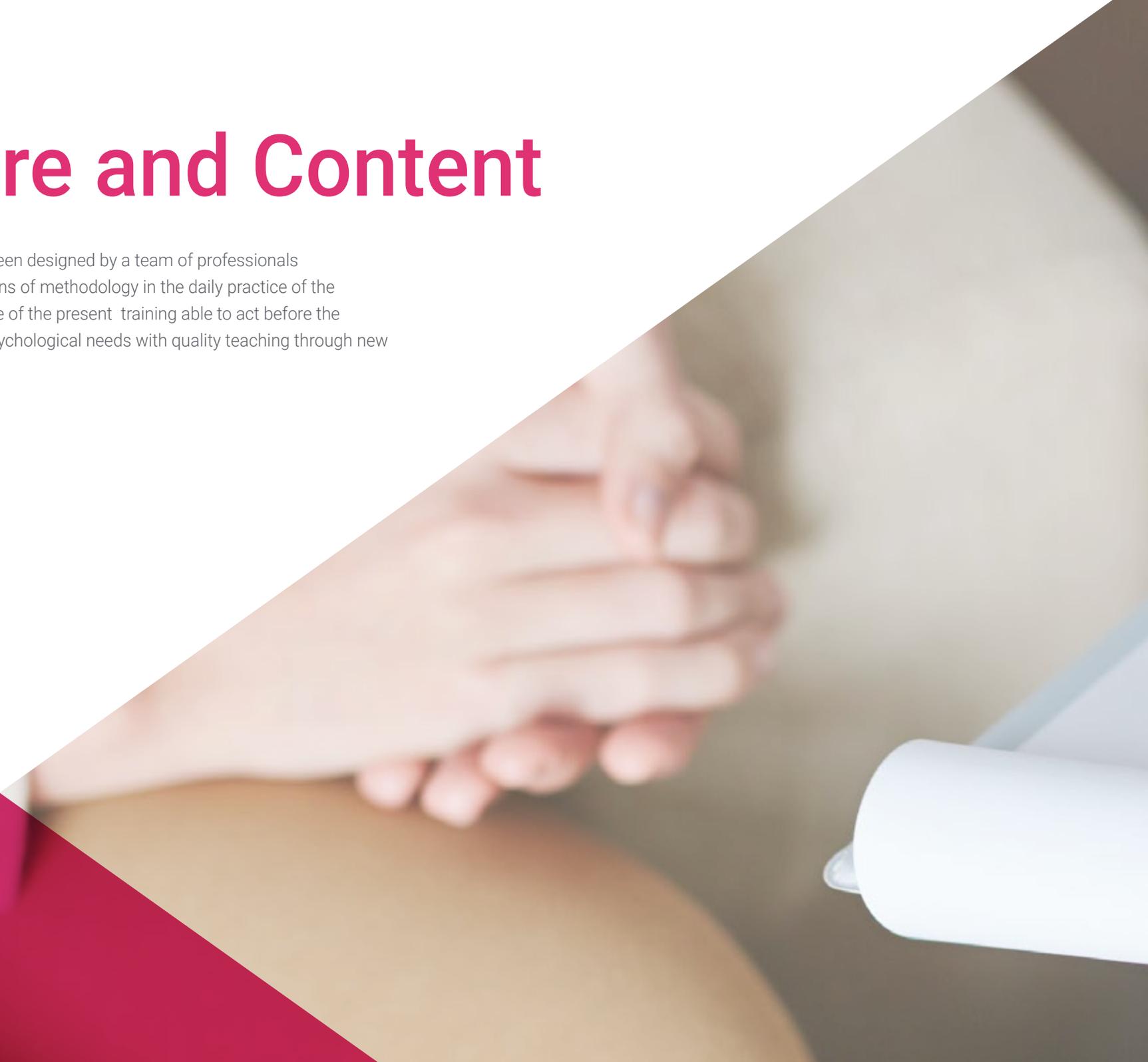
Ms. Furelos, Maribel

- ♦ Psychology specializing in Clinical psychology
- ♦ Osakidetza sexologist at the Santurce outpatient clinic
- ♦ Course in Time-Limited Psychotherapy and Health Psychology

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of methodology in the daily practice of the psychologist, aware of the relevance of the present training able to act before the patient with mental pathology or psychological needs with quality teaching through new educational technologies.





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This Postgraduate Certificate in Mental Relaxation is the most comprehensive and up-to-date scientific program on the market”

Module 1. Mental Relaxation

- 1.1. Historical Keys in Relaxation Training
- 1.2. Discoveries of the Stress & Muscle Tension Relationship
- 1.3. Influence of Imagination on the Organism
- 1.4. Psychotherapeutic Intervention with Mental Relaxation: Systematic Desensitization (J. Wolpe , 1948)
- 1.5. Psychotherapeutic Intervention with Mental Relaxation: Covert Conditioning (Cautela)
- 1.6. Psychotherapeutic Intervention with Mental Relaxation: Sophrology (A. Caycedo, 1960)
- 1.7. Edmund Jacobson's Progressive Relaxation (1901)
- 1.8. Schultz's Autogenous Relaxation (1901)
- 1.9. Creative Relaxation by Dr. Eugenio Herrero (1950)
- 1.10. Chromatic Relaxation by R. Aguado (1990)
- 1.11. Differences and Similarities of Mental Relaxation and Clinical Hypnosis
- 1.12. S.D.F. (Selective Dissociation Focusing)





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*A unique, key, and decisive
experience to boost your
professional development”*

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Psychologists learn better, faster, and more sustainably over time.

With TECH, psychologists can experience 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 grasp concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. The learning is solidly focused on practical skills that allow the psychologist to better integrate the 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 150,000 psychologists with unprecedented success, in all clinical specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 to success

In our program, learning is not a linear process, but rather a spiral (we 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.



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, with the latest educational advances, and to the forefront of psychology. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

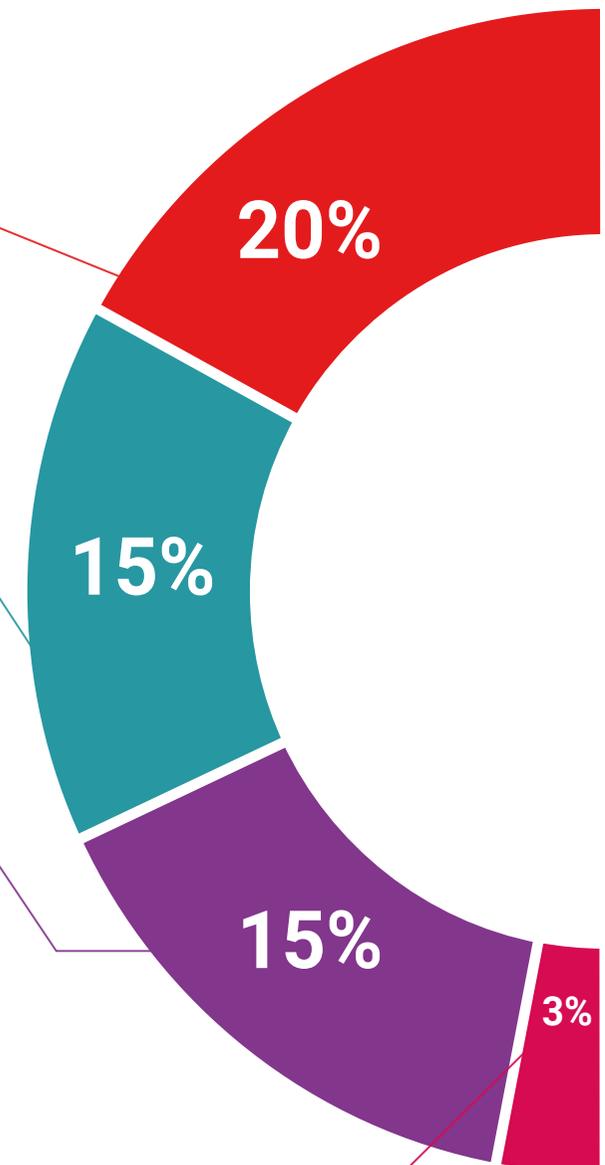
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

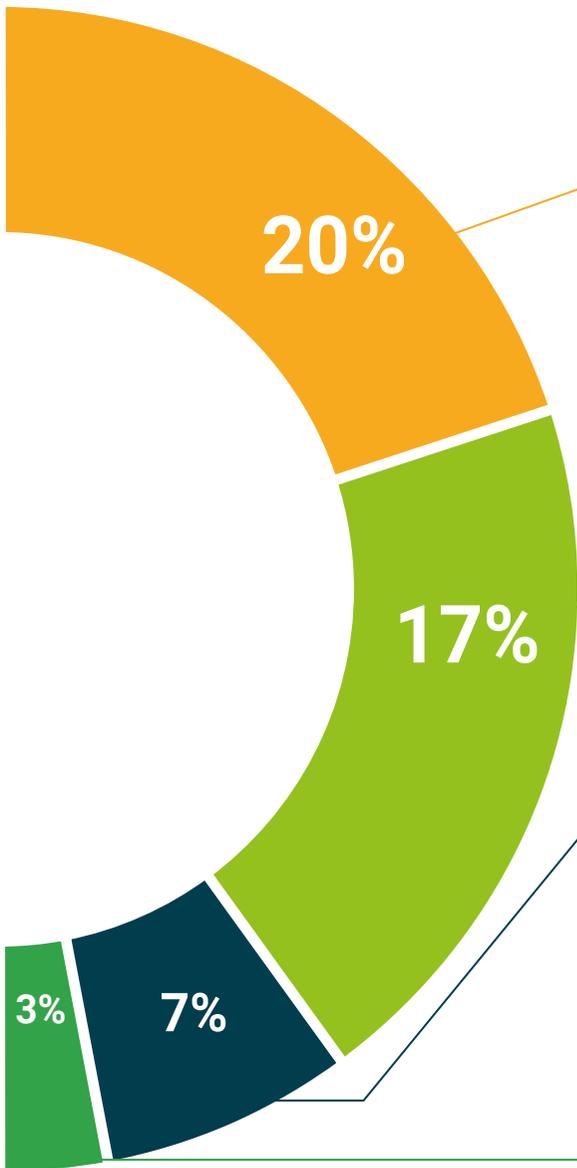
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The Postgraduate Certificate in Mental Relaxation guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Global University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The background is split diagonally into a white lower-left section and a magenta upper-right section.

“

Successfully complete this training and receive your diploma without the hassle of travel or paperwork”

This program will allow you to obtain your **Postgraduate Certificate in Mental Relaxation** 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 Mental Relaxation**

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
development language
classroom



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