Postgraduate Certificate
Mentalization-Based Therapy

tech technological university

Postgraduate Certificate
Mentalization-Based Therapy

- » 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/mentalization-based-therapy**

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01

Introduction

Negative emotions generated by stress affect not only the person who suffers from it, but also communication with their environment and their understanding of the world around them. The application of appropriate therapies and techniques allows the person to return to a more appropriate course. The advances in the studies carried out in the different therapies used mean that the psychology professional must be constantly updated to adapt the treatment to each disorder. This online program is a proposal for the renewal of knowledge through the latest scientific advances that have been developed in this field, with quality multimedia content that you can access at any time.

A 100% program for you to maintain an updated knowledge of everything related to Third-Generation Therapies"

Understanding one's own mind and that of others, based on certain mental states with the ability to make sense of and anticipate one's actions, is part of the essence of Mentalization-Based Therapies This Certificate, aimed at psychology professionals, delves into this method that has been widely effective in people suffering from Borderline Personality Disorder, although it has also proven to be beneficial in patients with depression, anxiety, eating disorders, addictions or traumas.

This Certificate offers advanced knowledge in this field, where psychologists Peter Fonagy and Anthony Bateman laid the foundations, which are developed and implemented today. Likewise, students will find in this extensive syllabus the present and future of this therapy, through the most recent lines of research and its current application. This knowledge will be renewed thanks to the multimedia didactic material in which the latest technology applied to academic teaching has been used. Likewise, the simulations of clinical cases provided by the teaching team will be of great use in daily practice, as it brings students closer to real situations that they will be able to experience in their clinical practice.

TECH Technological University offers an excellent opportunity to all psychology professionals who wish to renew their knowledge comfortably, whenever and wherever they want. They will only need an electronic device (computer, tablet or cell phone) to access the virtual platform where the syllabus is stored. Without fixed schedules and with all the content available from the beginning, students will be able to distribute the teaching load according to their needs. In this way, students will be able to easily combine their professional responsibilities with quality teaching.

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

- The development of case studies presented by experts in psychology and cutting-edge therapies
- 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

A quality university degree compatible with other areas of your life"

In this university education, delve into the bases and foundations of the Biopsychosocial model"

Enter with this online program in current Mentalization-Based Therapies.

Renew your knowledge with a Certificate that you can access 24 hours a day, wherever and whenever you want.

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

This Certificate, which consists of 150 teaching hours, is aimed at professionals who wish to broaden their knowledge in their area, especially in the field of Mentalization-Based Therapies. Consequently, at the end of this course, students will have renewed their knowledge in this method, distinguishing the advantages and disadvantages of the mentalization technique and the most frequent errors detected. Likewise, the teaching team will be at the students' disposal during the course of this degree to resolve any doubts that may arise regarding the syllabus.

"

An intensive university program in which you will be able to delve into the most frequent mistakes made by therapists in the application of Mentalization-Based Therapies"

General Objectives

- Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- Know the different types of Third Generation Therapies
- Delve into the past, present and future of this area in psychology
- Study the evolution of the different types of therapies
- Learn about the main developments and treatments related to Third Generation Therapies

Specific Objectives

- Know and contextualize the origin of Mentalization-Based Therapies
- Elucidate the basic principles and frequent errors in this type of therapies
- Study the advantages and disadvantages of Mentalization-Based Psychotherapy techniques

Clinical case simulations will add to the value of this Certificate"

03
Structure and Content

TECH uses the *Relearning* system in its programs, based on the reiteration of content, which allows students to advance through the programs in a more natural and progressive way. Under this method, the psychology professional will be introduced to Mentalization-Based Therapies. Video summaries, detailed videos, interactive diagrams or specialized readings are just some of the resources that will allow the student to delve into the most relevant theories and authors of the biopsychosocial model, the structure of the treatment or the advantages and disadvantages of the use of psychotherapy techniques based on mentalization.

Delve into the pros and cons of mentalization-based therapy treatment with this online program"

Module 1. Mentalization-Based Therapies

Access the latest news on psychotropic drugs or psychotherapy in patients according to their characteristics"

04
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.
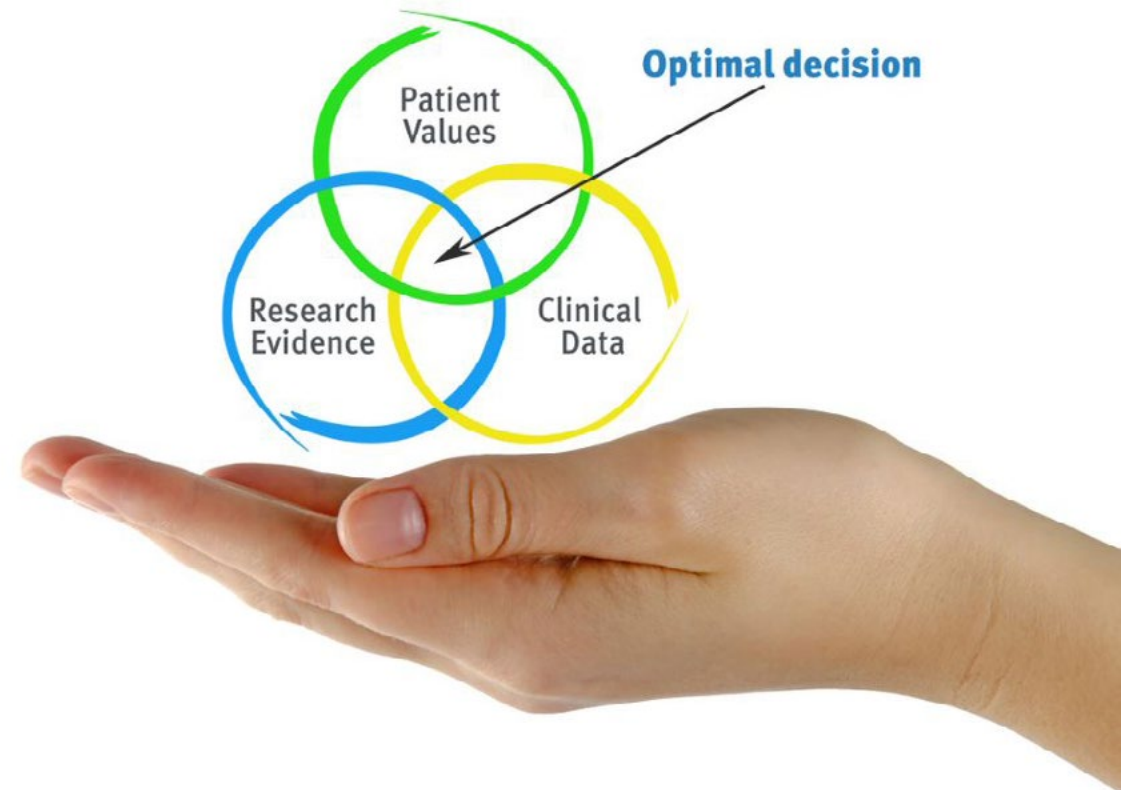
Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

20%

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.

15%

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".

15%

3%

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%

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.

05

Certificate

The Postgraduate Certificate in Mentalization-Based Therapy 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 Mentalization-Based Therapy** 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 Mentalization-Based Therapy**

Official Nº 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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