

# Postgraduate Certificate

## Modes of Intervention in Family Therapy





## Postgraduate Certificate

### Modes of Intervention in Family Therapy

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

**7 ECTS Credits**

Teaching Hours: **175 hours**

Website: [www.techtute.com/psychology/postgraduate-certificate/modes-intervention-family-therapy](http://www.techtute.com/psychology/postgraduate-certificate/modes-intervention-family-therapy)

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01

# Introduction

Researchers on this subject have come up with the hypothesis that the negative impact that certain external factors may have on the development of emotional and behavioral problems in children and adolescents, is directly shaped by family structure and dynamics. In many cases, stress factors can modify the family environment to such an extent that they become dysfunctional.





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*One of the most commonly studied factors of familial pathology has been their economic situation. Different research has brought to light that economic stress has a negative influence on psychological well-being and the quality of family relationships”*

Family plays a decisive role in the socialization process of an individual and in the transmission of values, knowledge and beliefs. The modern family is still a living and essential entity which is in the center of our individual, professional and social concerns. It is an extremely important element in the development and maturation of each person. In this sense, the protective effect of family relationships has traditionally been highlighted in the face of certain adverse situations. These are as diverse as work problems, economic difficulties or the loss of loved ones. But the family can also be a source of stress, and it has been pointed out in this regard that family stress has a particularly powerful capacity as a pathogenic element. This is because stress factors originating in the family tend to be, unlike others, frequent and recurrent.

Role conflict, personal characteristics of some of its members, inadequate communication patterns or the implications of parental pathologies on children are some of the most discussed aspects.

Gradually, it has begun to be recognized that family dynamics not only protects its members against certain adversities or certain personal disorders, but also that certain aspects of family functioning can help to improve inappropriate behaviors (especially in children and adolescents). This not only applies in the family environment, but also in other areas and other disorders, as is the case of emotional or psychosomatic disorders.

This Postgraduate Certificate is unique in that it addresses those aspects that have received the most attention in the research carried out on the subject. To this end, we develop some questions regarding the relationship between external stress factors, family interaction and psychological problems in children and adolescents.

In addition, there has been an increase in the number of studies which show the influence of economic stress on children and adolescents is shaped by the type of relationship that exists between parents and children.

This **Postgraduate Certificate in Modes of Intervention in Family Therapy** has the most complete and up-to-date educational program. The most important features of the program include:

- ♦ Practical 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 practice.
- ♦ Latest information on Modes of Intervention in Family Therapy.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Special emphasis on innovative methodologies in Modes of Intervention in Family Therapy.
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Access to content from any fixed or portable device with an Internet connection.



*Update your knowledge through the Postgraduate Certificate in Modes of Intervention in Family Therapy, in a practical way and adapted to your needs”*

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*This Postgraduate Certificate is the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Modes of Intervention in Family Therapy, you will obtain a qualification endorsed by TECH Technological University"*

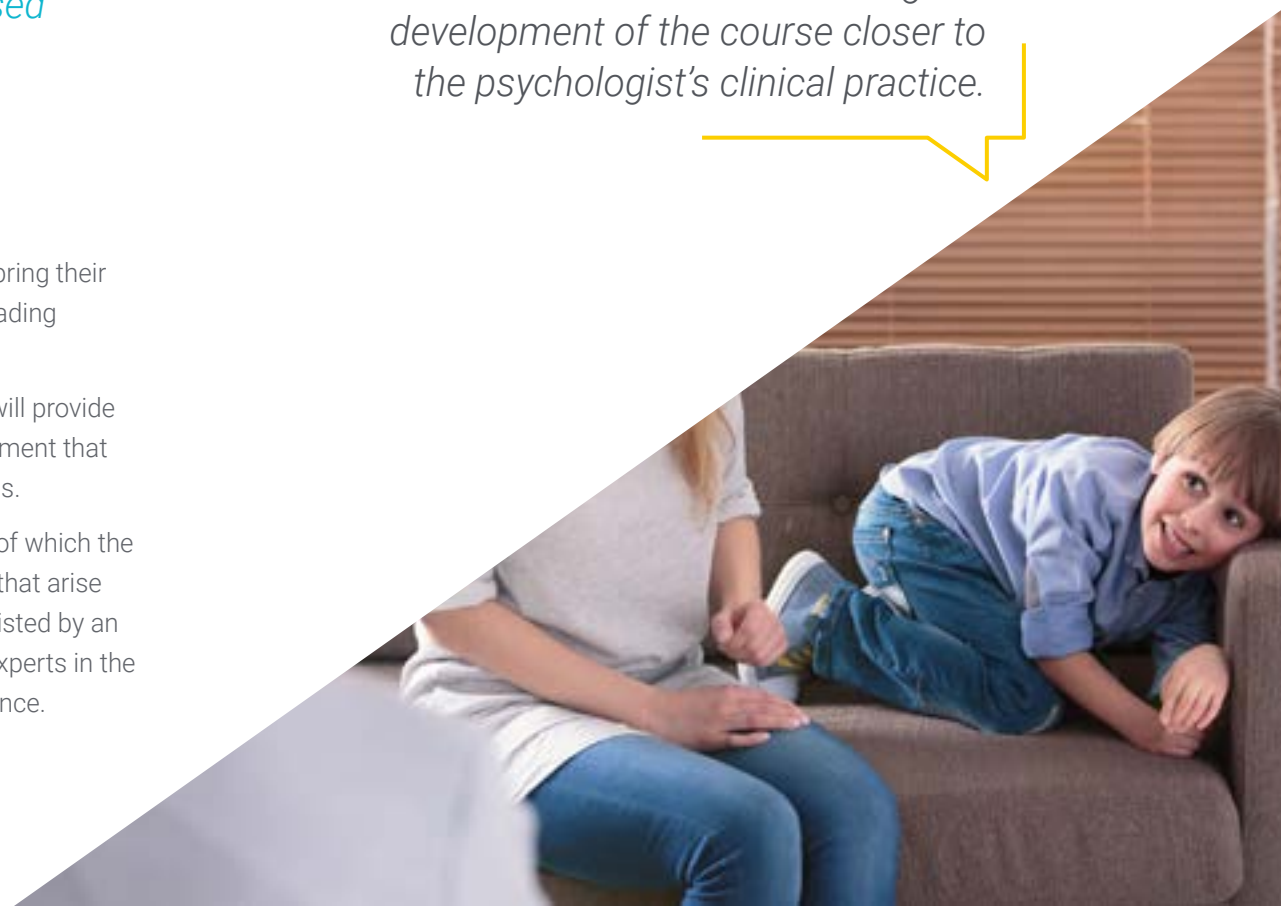
*We have the best teaching methodology, the latest educational technology and plenty of interactive material developed by specialists in the subject. You won't find a more up-to-date training anywhere else.*

*The course includes real clinical cases and exercises to bring the development of the course closer to the psychologist's clinical practice.*

The teaching staff includes professionals from the psychology sector, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive training, designed for training oneself in real situations.

The design of this program focuses on Problem Based Learning, by means of which the psychologist must try to solve the different professional practice situations that arise throughout the academic course. For this purpose, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Modes of Intervention in Family Therapy who have extensive experience.



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist is able to master the Modes of Intervention in Family Therapy in a practical and rigorous manner.





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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Describe, in relation to protocols, the intervention programs, taking into account the characteristics and aspects of the systemic relationship in the family.
- ♦ Identify the evolution of the different disorders listed in the DSM-5 or ICD-10.
- ♦ Master the fields of medical-psychologist interaction in family intervention.
- ♦ Provide the professional with all the up-to-date references on the diagnosis, intervention and therapeutic process of the family.
- ♦ Describe with decision protocols the individualized study of family members in order to perform a rigorous psychopathological study.
- ♦ Use decision trees to make a permanent differential diagnosis.
- ♦ Organize all the information within a multidisciplinary framing model in the study of the biopsychosocial framework of the family in this century.

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*Make the most of the opportunity and take the step to get up-to-date on the latest developments in Modes of Intervention in Family Therapy”*





## Specific Objectives

- ♦ Implement silence into family intervention.
- ♦ Manage the emotional crises within a session and children or adolescents and adults.
- ♦ Master assessment and intervention tools using all senses.
- ♦ Identify and use information from social and family agents.
- ♦ Develop an intervention according to the mental logic of the different age groups.
- ♦ Describe the emotional schemas of the family members.
- ♦ Master how to become a reference for the whole family without entering into competition with adults.
- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Master the management of differential characteristics with which family psychological pathologies can present.
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence.
- ♦ Use the intervention to determine when it is necessary for other professionals to join the analysis process.
- ♦ Develop and understand mutations and new forms of disease.
- ♦ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence.
- ♦ Master knowledge of current systemic psychopathology.
- ♦ Develop monitoring models that express the changes in stress pathologies.



03

# Structure and Content

The structure of the contents has been designed by a team of professionals who know about the implications of specialization in daily psychological practice and who are aware of the current relevance of training to be able to act correctly in cases of patients with mental pathologies and psychological needs and who are committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in Modes of Intervention in Family Therapy contains the most complete and up-to-date program on the market”*

## Module 1. Modes of Intervention in Family Therapy

- 1.1. Notion of Conflict
  - 1.1.1. Changing the Attitude Towards Team Cooperation
  - 1.1.2. Improve Attitude
  - 1.1.3. Emphasizing Performance
- 1.2. Types of Conflict
  - 1.2.1. Attraction-Attraction
  - 1.2.2. Evasion-Evasion
  - 1.2.3. Attraction-Evasion
- 1.3. Family Mediation
  - 1.3.1. Mediator is Present, Does Not Have an Influence
  - 1.3.2. Arbitration Makes Decisions by Listening to the Parties
  - 1.3.3. Neutral Evaluation Draw Consequences From the Data Obtained
- 1.4. Family Coaching
  - 1.4.1. Equalities
  - 1.4.2. Differences
  - 1.4.3. Contradictions
  - 1.4.4. Impersonation
- 1.5. Learning in Coaching
  - 1.5.1. Declaring Bankruptcy
  - 1.5.2. Stripping Off the Masks
  - 1.5.3. Re-Engineering Ourselves
  - 1.5.4. Focusing on the Task





- 1.6. Habits to Improve in Coaching
- 1.7. Focused on the Activity
  - 1.7.1. Focusing Techniques
  - 1.7.2. Thought Control techniques
- 1.8. Clear Goals
  - 1.8.1. Definition of Where We Are
  - 1.8.2. Definition of Where we Want to Go
- 1.9. Taking the Reins in Your Life Being proactive.
- 1.10. Positive Psychology
- 1.11. Conflict Management with the Conscious Emotional Bonding (CEB) Model
  - 1.11.1. Identifying Emotions
  - 1.11.2. Identifying Suitable Emotions
  - 1.11.3. Changing Emotions for Others
- 1.12. Training to Deal with Conflicts in the Family

04

# 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. Gervas, 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

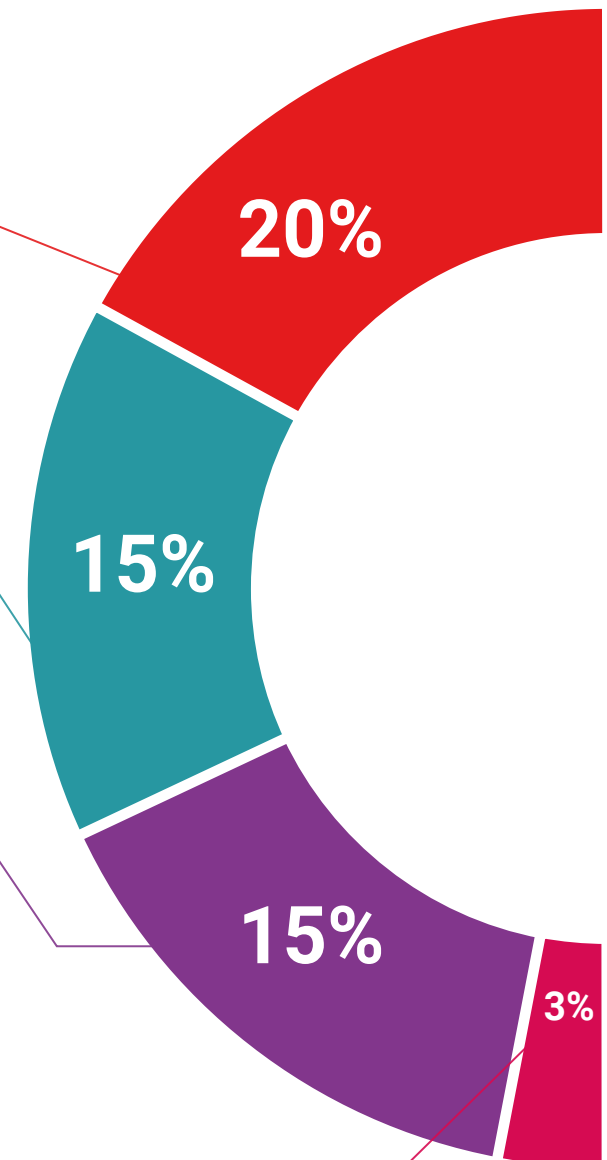
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 on the usefulness of learning by observing experts. The system named Learning from an Expert strengthens knowledge and recall capacity, and generates confidence when facing difficult decisions in the future.



**Quick Action Guides**

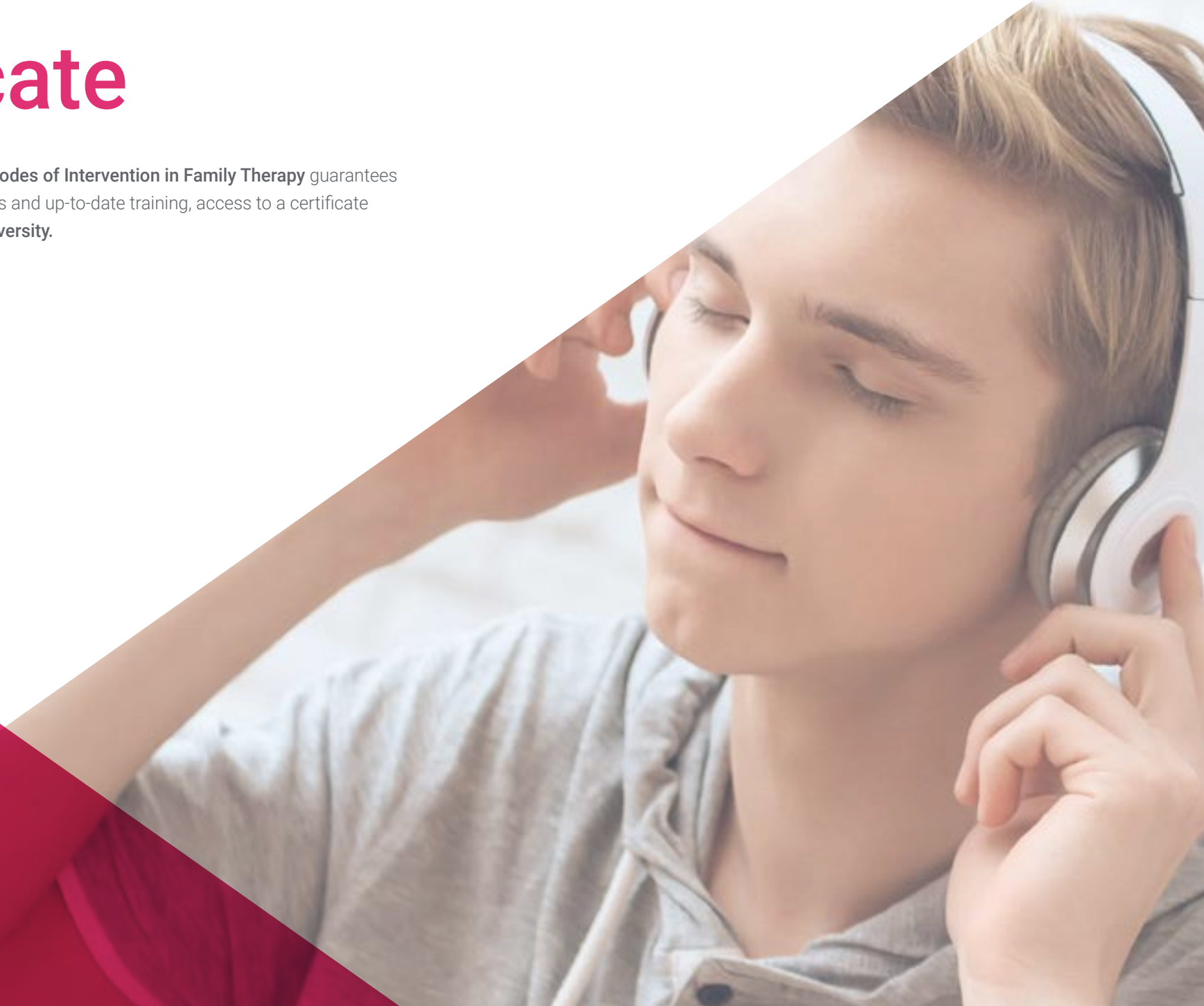
We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



05

# Certificate

This **Postgraduate Certificate in Modes of Intervention in Family Therapy** guarantees you, in addition to the most rigorous and up-to-date training, access to a certificate issued by **TECH Technological University**.





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*Successfully complete this Postgraduate Certificate and receive your university title without the hassle of travel or paperwork"*

This **Postgraduate Certificate in Modes of Intervention in Family Therapy** contains the most complete and up-to-date program on the market.

After students have passed the assessments, they will receive by certified mail\* their Postgraduate Certificate issued by **TECH Technological University**.

The certificate 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 professionals career evaluation committees.

Title: **Postgraduate Certificate in Modes of Intervention in Family Therapy**.

ECTS: 7

Official Number of Hours: **175 hours**.



\*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  
development languages  
classroom

**tech** technological  
university

Postgraduate  
Certificate

Modes of Intervention in  
Family Therapy

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

7 ECTS Credits

Teaching Hours: 175 hours.

# Postgraduate Certificate

## Modes of Intervention in Family Therapy

