Postgraduate Certificate
Prevention and Management of Stress in Emergency Situations

tech technological university

Postgraduate Certificate
Prevention and Management of Stress in Emergency Situations

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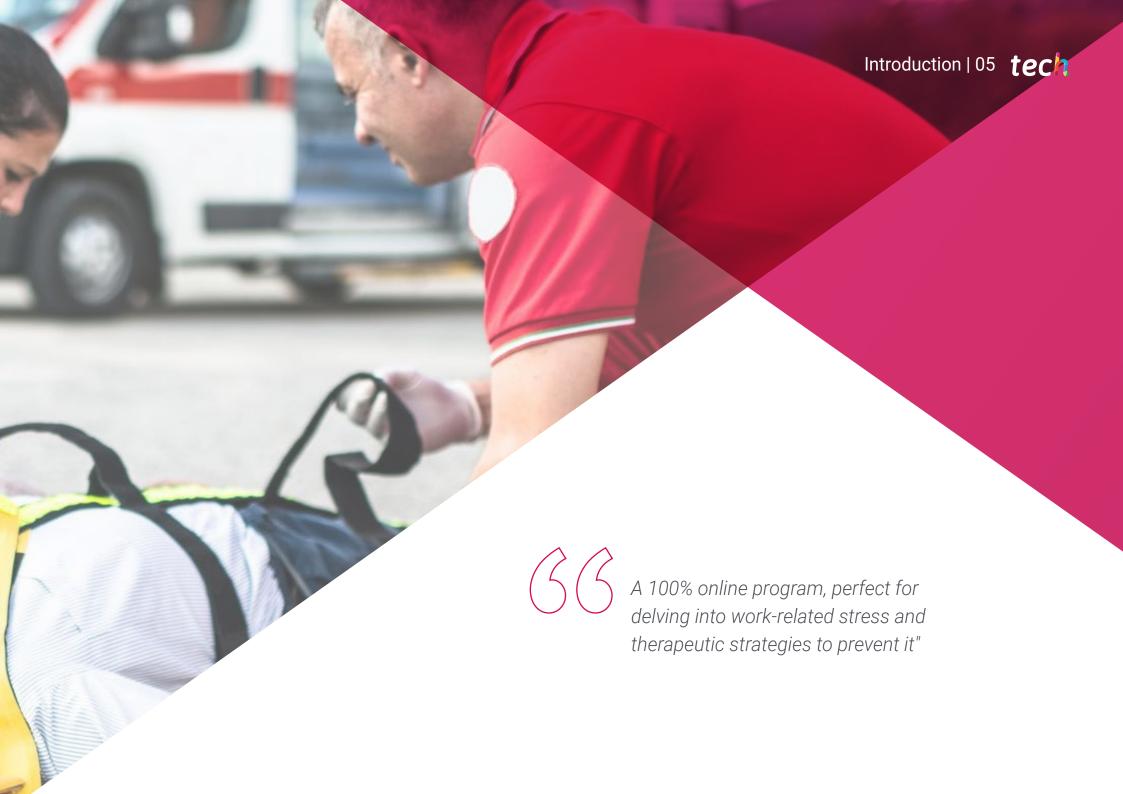» Schedule: **at your own pace**
» Exams: **online**

Website: **www.techtitute.com/us/psychology/postgraduate-certificate/prevention-management-stress-emergency-situations**

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01
Introduction

The occurrence of *Burnout* Syndrome in emergency personnel is very frequent. It is a condition characterized by the accumulation of work-related stress, also caused by continuous exposure to traumatic situations: sudden deaths, suicides, accidents, catastrophes, etc. In this type of case, workers usually require support from psychology professionals, who, in order to offer them the best possible service, must know in detail the most effective and innovative protocols, something that they will be able to do with the program that TECH has developed. Through a 6-week educational experience, graduates will enjoy 150 hours of diverse material to perfect their competencies in stress prevention and management for emergency responders.

A 100% online program, perfect for delving into work-related stress and therapeutic strategies to prevent it"

Continuous exposure to traumatic situations can generate chronic stress in the agents involved in emergency contexts: firefighters, police officers, doctors, nurses, etc. In the vast majority of cases, these professionals do not have the necessary tools to manage their emotions, which end up generating a deterioration of their cognitive-behavioral capacity. As a result, the chances of suffering from mental disorders such as depression, anxiety or behavioral disturbances increase.

That is why the intervention of the psychology specialist becomes fundamental, not only in order to diagnose and treat possible psychosocial alterations, but also to teach effective strategies to face the traumatic context in the best way. In order to serve as a guide for graduates in their update on this subject, TECH and its team of experts have developed this postgraduate certificate in Prevention and Management of Stress in Emergency Situations. This is a dynamic and multidisciplinary educational experience with which the professional will be able to work on the improvement of their therapeutic competencies through 150 hours of the best theoretical, practical and additional content. The syllabus specifically delves into the treatment of stress through the most innovative and effective strategies, as well as the recommended habits to maintain proper mental health.

For this you will have the best syllabus, as well as clinical cases based on real situations and a multitude of high-quality additional material. All presented in a convenient and flexible 100% online format, compatible with any device with an internet connection. Thanks to this, they will be able to connect from wherever they want, with no limits and with a schedule totally adapted to their availability, so that they can get the most out of this program.

This **postgraduate certificate in Prevention and Management of Stress in Emergency Situations** contains the most complete and up-to-date program on the market. The most important features include:

- The development of practical cases presented by experts in Emergency 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

By enrolling in this Postgraduate Certificate, you will be gaining access to a qualification adapted to your needs and which will undoubtedly exceed even your most demanding expectations"

A unique educational opportunity to implement in your practice the best strategies for coping with traumatic situations in professionals"

Delving into the consequences of psychological impact will help you better understand your patients and establish more effective therapeutic treatments.

TECH has included in this program diverse additional content, so that you can expand in a personalized way the aspects of the syllabus that interest you the most.

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in professionals a situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.
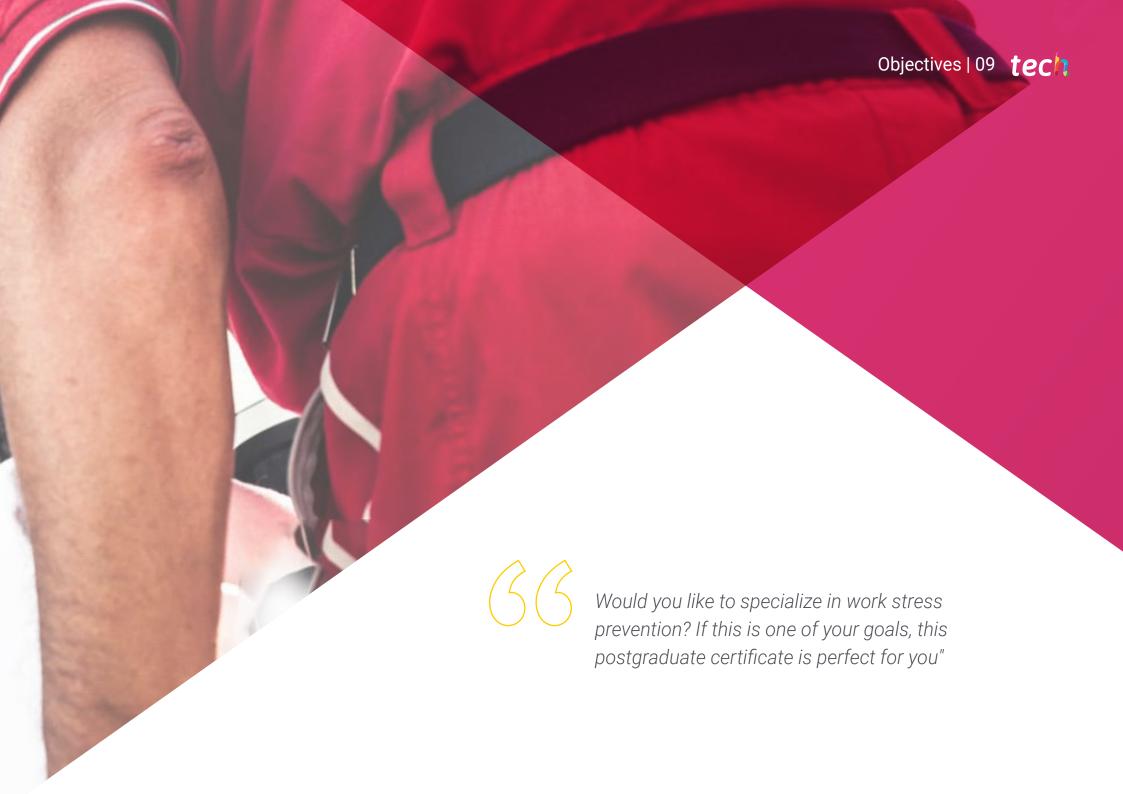
The design of this program focuses on Problem-Based Learning, by means of which professionals will have to try to solve the different professional practice situations that will be posed to them throughout the educational course. For this purpose, they will be assisted by an innovative system of interactive videos produced by renowned experts.

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Objectives

The increase in the demand for psychological help by the different professionals involved in emergency assistance has revalued the role of the psychologist as a mental health guardian. That is why TECH has decided to launch this qualification on the market, with the aim of serving as a guide for those professionals who want to update their knowledge in therapeutic management of work-related stress through a 100% online qualification.

Would you like to specialize in work stress prevention? If this is one of your goals, this postgraduate certificate is perfect for you"

General Objectives

- Delve into stress as a consequence of exposure to a traumatic situation in the professional's work environment
- Know in detail the strategies and guidelines for working with emergency service first responders when a psychological impact occurs

" You will work on the most frequent psychological pathologies in emergency personnel, as well as on the techniques for their treatment most accepted by experts in the sector"

Specific Objectives

- Understand the impact of stress and emergency situations on emergency personnel
- Study the psychological impact of exposure to emergency situations on emergency and urgent care professionals
- Learn the main stress management and psychological impact prevention techniques for emergency personnel

03

Structure and Content

TECH's team of experts has developed this program taking into account the latest information in the field of psychology. In addition, they have worked intensively on the design of additional high-quality material, thanks to which graduates will be able to expand each section of the syllabus in a personalized way. All the content will be available on the Virtual Campus from the beginning of the program and can be downloaded to any device with an internet connection. This will allow them to consult it without coverage or even after the educational experience is over.

"The perfect program to delve into the ins and outs of Burnout Syndrome, as well as the most effective therapeutic strategies for its treatment"

Module 1. Prevention and Management of Stress in Emergency Situations

1.1.   Characteristics of Emergency Situations, Influencing Factors and Critical Psychological Impact Situations

    1.1.1.   Introduction to Psychological Impact

    1.1.2.   Characteristics of Emergency Situations Influencing Psychological Impact

1.2.   Psychological Impact on the Professional

    1.2.1.   Trauma

    1.2.2.   Vicarious Traumatization

    1.2.3.   Disaster

    1.2.4.   Relationship between Trauma and Disaster

1.3.   Protective and Risk Factors in Trauma

    1.3.1.   Protective Factors in Trauma

    1.3.2.   Risk Factors in Trauma

1.4.   Coping

    1.4.1.   Empathy Fatigue

    1.4.2.   Prevention

    1.4.3.   Adaptation Mechanisms

1.5.   Consequences of Psychological Impact

    1.5.1.   Main Consequences of Psychological Impact

    1.5.2.   Psychological Impact as a Factor in Post-Traumatic Stress Disorder

    1.5.3.   Treatment

1.6.   Occupational Stress

    1.6.1.   Conceptualization of Stress

    1.6.2.   Risk Factors in Stress

    1.6.3.   Consequences of Occupational Stress

1.7.   Effects of Stress on Emergency Personnel

    1.7.1.   Sources of Stress in Emergency Personnel

    1.7.2.   Factor Affecting of Stress in Emergency Personnel

    1.7.3.   Effects of Stress on Emergency Personnel

Thanks to the course of this program, you will be able to incorporate into your professional skills the design of efficient, effective and highly beneficial emergency psychological plans for your future patients"
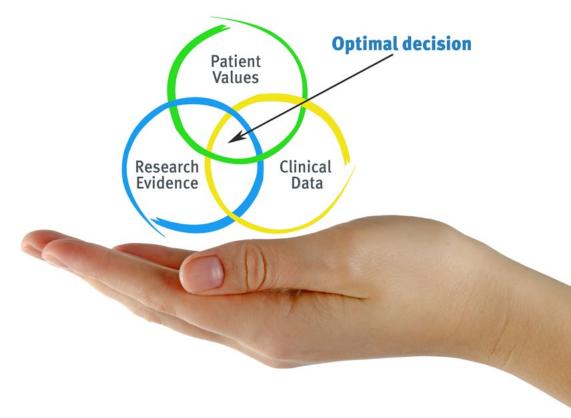
Methodology

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 adapted in 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.

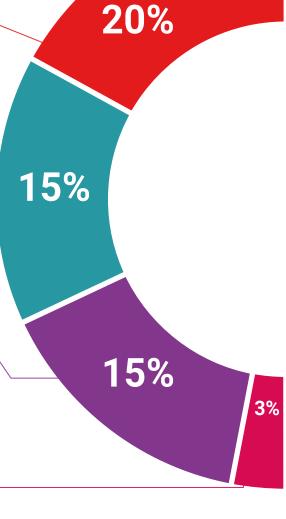### Latest Techniques and Procedures on Video

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 assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.
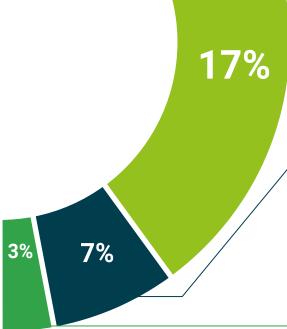
Classes

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 Prevention and Management of Stress in Emergency Situations 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 Prevention and Management of Stress in Emergency Situations** 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 Prevention and Management of Stress in Emergency Situations**

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
Prevention and Management of Stress in Emergency Situations

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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