

# Postgraduate Certificate Psychological First Aid



## Postgraduate Certificate Psychological First Aid

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

Website: [www.techtute.com/pk/psychology/postgraduate-certificate/psychological-first-aid](http://www.techtute.com/pk/psychology/postgraduate-certificate/psychological-first-aid)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

# 01

# Introduction

When the intervention of a psychology professional is required in a context in which a traumatic situation has occurred, the specialist must act based on the characteristics of the patient. The effectiveness of the therapeutic strategy will not be the same if the patient is in the impact or shock phase as if he/she is reacting to the critical stimulus triggering the emergency context. To manage the most effective triage techniques, as well as the most effective psychological intervention protocols, graduates can count on this very complete program. Through a 100% online qualification, they will be able to delve into the latest developments in psychological first aid, being able to implement the most effective psychological first aid strategies that are currently achieving the best results.

A photograph of a person from behind, wearing a red t-shirt with yellow text. The text is partially visible and reads "EMERGENC" on the top line and "PSICÓLO" on the bottom line. The background is a mix of white and blue geometric shapes.

EMERGENC  
PSICÓLO



“

*Do you want to update your knowledge in psychological first aid? Choose this Diploma and get up to date with the most effective first aid protocols in only 6 weeks"*

When a traumatic situation occurs (a traffic accident, a suicide, a catastrophe, a sexual assault, etc.), the people involved may go through a period of stress, a catastrophe, a sexual assault, etc.), the people involved may go through different phases before achieving the mental clarity necessary to act normally. In the vast majority of cases, victims experience stress and anxiety, which can lead to negative behavior for their psychosocial development and cognitive-behavioral attitude. and anxiety, which can result in negative behavior for their psychosocial development and cognitive-behavioral attitude. For this reason, the application of psychological protocols of first aid are fundamental to identify at what stage of the process of assimilation the patient is at and to be able to the patient is in the process of assimilation and to be able to apply the corresponding therapeutic strategies.

And in order to serve as a guide for professionals in this field in updating their knowledge, TECH has decided to launch the Diploma in Psychological First Aid. Through 150 hours of diverse content, graduates will be able to delve into the concept of psychological crisis, as well as its triggering factors. They will also work on the improvement of their basic professional skills for triage, deepening in the identification or screening techniques. In addition, the syllabus places special emphasis on the different phases of psychological impact (shock, reaction, resolution and/or adaptation), establishing the guidelines for a correct intervention in each case.

All this through 6 weeks of multidisciplinary training in which, apart from the theoretical content, a multitude of additional material is included. of additional material presented in different formats: detailed videos, research articles, complementary readings, self-knowledge exercises, dynamic summaries, images and real clinical cases. In conclusion, everything you need to master specific crisis intervention skills through a 100% online educational experience.

This **Postgraduate Certificate in Psychological First Aid** 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



*You will delve into the triggers of psychological crisis and their types, so that you can previously establish guidelines for action for each one of them"*



“

*In the Virtual Campus, you will find all the material you need to master the specific skills for crisis intervention through a 100% online educational experience"*

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 prepare 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, the student will be aided by an innovative system of interactive videos produced by renowned experts.

*Do you want to know how to apply psychological first aid to people under the influence of alcohol and/or drugs? Enroll in this Certificate and get it.*

*A unique educational opportunity to perfect your skills in psychological triage through the exhaustive knowledge of its most effective techniques.*



# 02

# Objectives

Given the high educational demand that currently exists for a qualification that covers the most innovative and comprehensive aspects of psychological first aid, TECH has considered it necessary to develop this Diploma. Through the provision of theoretical, practical and additional content, graduates will be able to navigate through the different protocols and latest strategies, achieving their educational objectives in less than 6 weeks.







“

*You will have 6 weeks to pass the requirements of this qualification, enough time to delve into the 150 hours of content that TECH offers you with this program"*



## General Objectives

---

- ♦ Know in detail the protocols of first aid in psychological intervention in crisis situations
- ♦ Delve into the latest developments in psychological first aid and enable the graduate to

“

*If one of your objectives is to master the different phases of the process towards the assimilation of the traumatic event, this Diploma is perfect for you"*







## Specific Objectives

---

- Know when a psychological crisis occurs and the consequences for the individual
- Study and distinguish first aid protocol stages in Emergency Psychology
- Know the main action protocols in emergency situations

# 03

## Structure and Content

This Postgraduate Diploma in Psychological First Aid has been developed based on the *Relearning* methodology. This is a pedagogical strategy that consists of reiterating the most important concepts throughout the syllabus.

The most important concepts are reiterated throughout the syllabus, favoring a natural and progressive learning process and saving the graduate hours of memorization. In addition, this technique also emphasizes the importance of solving simulations of real cases, allowing professionals to perfect their skills through a 100% online educational experience.





“

*In the Virtual Campus, you will find additional material of great quality and presented in different formats, so that you can go deeper into the different aspects of the syllabus in a personalized way”*



## Module 1. First Aid Protocol: Psychological First Aid

- 1.1. Concept of Psychological Crisis
  - 1.1.1. Introduction to the Concept of Crisis Psychological
  - 1.1.2. Severity of Psychological Crisis
  - 1.1.3. Factors Affecting the Emergence of Psychological Crises
- 1.2. Triggering Factors
  - 1.2.1. Introduction to the Triggering Factor Concept
  - 1.2.2. Types of Triggering Factors
- 1.3. Psychological First Aid
  - 1.3.1. Concept of Psychological First Aid
  - 1.3.2. Components
  - 1.3.3. First Aid with People under the Influence of Alcohol and other Drugs
  - 1.3.4. Monitoring
- 1.4. Psychological Triage
  - 1.4.1. What is Triage?
  - 1.4.2. Psychological Triage
  - 1.4.3. Triage Classification
- 1.5. Impact or Shock Phase
  - 1.5.1. Introduction to the Concept of Impact or Shock
  - 1.5.2. Principles and Assessment of the Impact Phase
  - 1.5.3. Performance in the Impact Phase
- 1.6. Reaction Phase
  - 1.6.1. Introduction to the Concept of Reaction
  - 1.6.2. Principles of the Reaction Phase
  - 1.6.3. Types of Reaction
  - 1.6.4. Performance in the Reaction Phase



- 1.7. Resolution and/or Adaptation Phase
  - 1.7.1. Psychological Adaptation
  - 1.7.2. Principles of Resolution and/or Adaptation Phase
  - 1.7.3. Factors Affecting Adaptation
- 1.8. Specific Skills for Crisis Intervention
  - 1.8.1. Therapist Skills
  - 1.8.2. Specific Skills of Crisis Therapists
- 1.9. Action protocols
  - 1.9.1. Basic Principles of an Action Protocol
  - 1.9.2. Types of Action Protocols
- 1.10. Legislation and Emergency Plans
  - 1.10.1. Introduction to the Concept of Legislation
  - 1.10.2. Introduction to the Concept of Emergency Plans
  - 1.10.3. Importance of Legislation and Emergency Plans
  - 1.10.4. Effective Emergency Plans

“

*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"*





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.



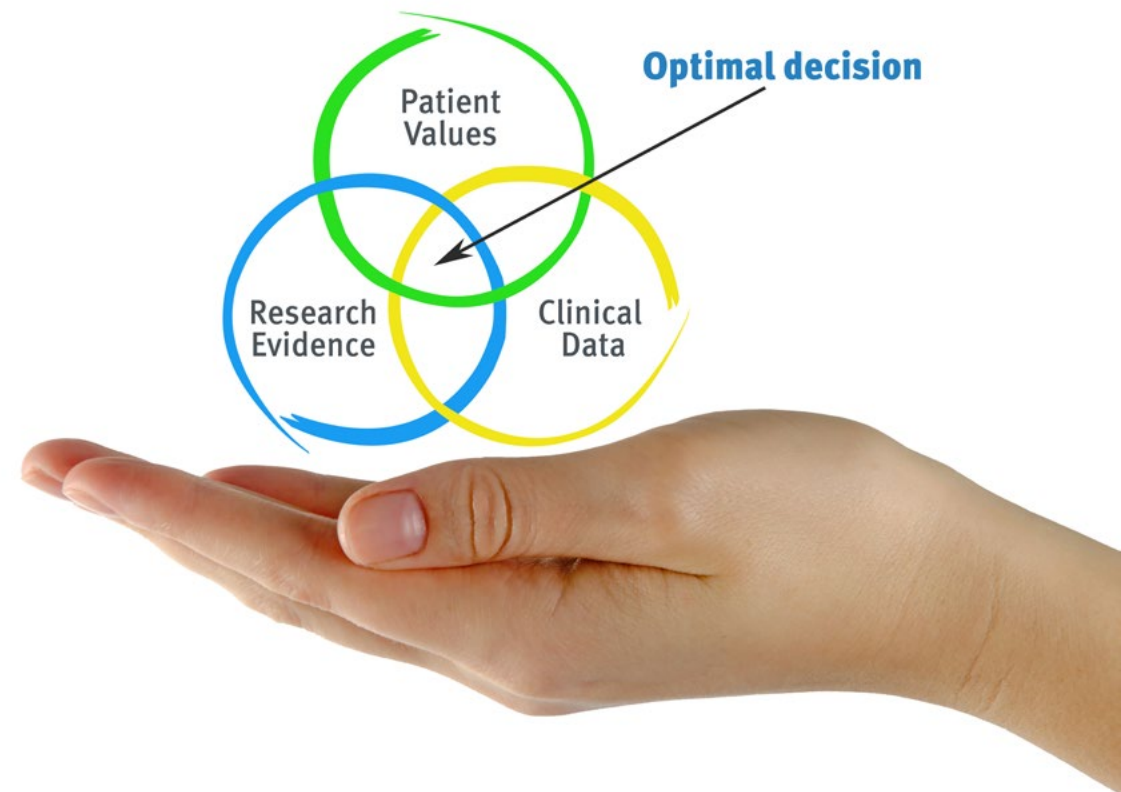
“

*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.*







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.





**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 Psychological First Aid 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 Diploma in Psychological First Aid** contains the most complete and up-to-date educational 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 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 professional career evaluation committees.

Title: **Postgraduate Certificate in Psychological First Aid**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 quality  
development languages  
virtual classroom



## Postgraduate Certificate Psychological First Aid

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



# Postgraduate Certificate Psychological First Aid

