Postgraduate Certificate
Psychological Intervention in the Elderly

tech technological university

Postgraduate Certificate
Psychological Intervention in the Elderly

- » 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/psychological-intervention-elderly**

Index

01
Introduction

Understanding how a population ages and the different psychosocial models of aging are essential for any health psychologist who wants to specialize in Psychology in the Elderly. With this intensive program, you will develop your potential under the guidance of experts with extensive experience in the sector.

This Postgraduate Certificate will broaden your horizons as a health psychologist and will allow you to grow personally and professionally"

Psychologists play a fundamental role in healthcare when it comes to improving people's physical, mental and social wellbeing. Today they are an essential component in resolving different psychological disorders.

This University Course provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in this field of health. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different areas in which psychology has developed and in different sectors of the population.

Throughout this program, the student will go through all the current approaches in the work carried out by health psychologists. The correct approach to psychological assessments and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology. There will be some of the many topics of work and study that students will be able to integrate into their training with this comprehensive program.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic and more efficient. We will work to keep you motivated and to develop your passion for learning, helping you to analyze and to develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Certificate in Psychological Intervention in the Elderly** has the most complete and up-to-date academic program on the market. The most important features of the program include:

- Developing 100 practical cases presented by experts in General Health 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 carrying out research
- News and innovations on research in the different fields of psychology
- Practical exercises where self-assessment can be used to improve learning.
- Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- Special emphasis on research 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 training program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"

Increase your confidence as a healthcare psychiatrist by updating your knowledge through this University Course

" *Access deep insights in General Health Psychology and its multiple implications, in a comprehensive Postgraduate Certificate designed to propel you to another professional level"*

This University Course marks the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in their daily practice.

It includes a very broad teaching staff of professionals belonging to the field of psychology, who pour into this program the experience of their work, in addition to recognized specialists of reference societies and prestigious universities

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 an immersive training program designed to train in real situations.

This program is designed around Problem Based Learning, where the student must try to solve the different professional practice situations that arise during the course. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced research experts.

02
Objectives

This program is aimed at healthcare psychologists, so that they can acquire the necessary tools to develop in the field, learning about the latest trends and delving into the issues that are at the forefront of this branch of knowledge. Only with the right preparation, you will be able to successfully achieve your objectives.

If your goal is to improve in your profession and acquire a qualification that will enable you to compete with the best, then look no further. This program will give your career the boost it needs"

General Objectives

- Train professionals qualified to practise in Psychological Intervention in the Elderly, according to current legislation, with the ability to carry out effective assessments and treatments in people's behavior and activity in order to promote and improve their general state of health

This University Course is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector"

Specific Objectives

- Know the objectives of Psychogerontology and the fundamental concepts related to it

- Understand population aging and the different psychosocial models of aging

- Recognize the peculiarities and therapeutic skills necessary to carry out a psychological assessment and intervention in elderly patients

- Describe the most useful assessment instruments to use with elderly patients

- Study the transitions and life changes that occur in midlife and old age, as well as the therapeutic strategies that can be used to help patients adapt to them

- Describe the etiology, course, and prevalence of major mental disorders in the elderly

- Explain the main techniques of psychological intervention in older adults with different mental disorders, as well as the latest recommendations according to scientific evidence

- Explain the characteristics of different physical health problems in the elderly and the psychological factors related to them

- Present the main techniques of psychological intervention in older adults with physical health problems, as well as the latest recommendations according to scientific evidence

- Discuss what is meant by successful aging and psychological intervention techniques that can be used to promote it

03

Course Management

The program includes in its teaching staff renowned experts in Psychological Intervention in the Elderly, who contribute their work experience to this Postgraduate Certificate. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.
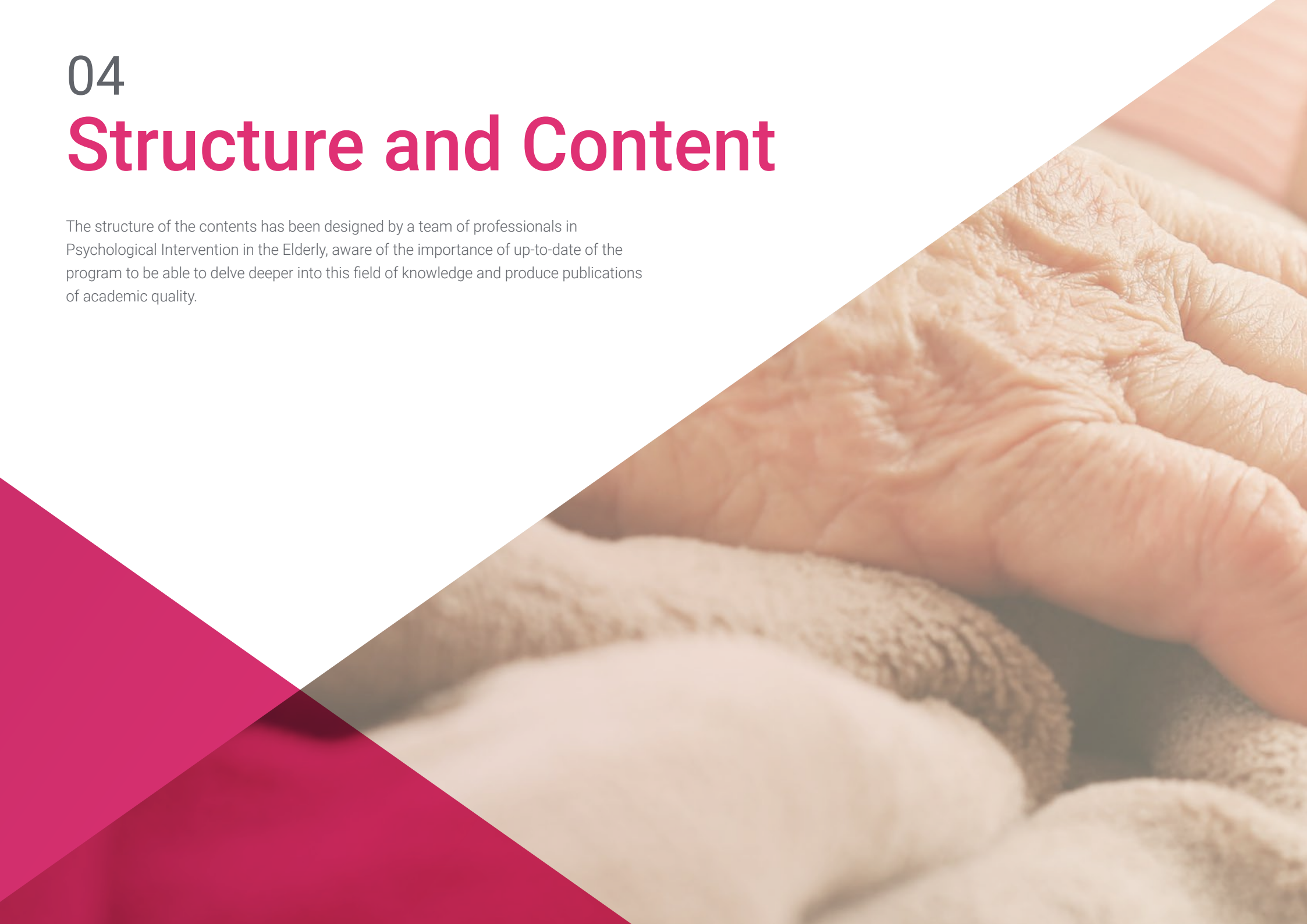
Learn the latest advances in procedures in Psychological Intervention in the Elderly from leading professionals"

04
Structure and Content

The structure of the contents has been designed by a team of professionals in Psychological Intervention in the Elderly, aware of the importance of up-to-date of the program to be able to delve deeper into this field of knowledge and produce publications of academic quality.

"

This Postgraduate Certificate in Psychological Intervention in in the Elderly has the most complete and up-to-date scientific program on the market"

Module 1. Psychological Intervention in the Elderly

1.1. Psychogerontology

    1.1.1. Introduction to Psychogerontology

    1.1.2. Aging Population

    1.1.3. Psychosocial Models of Aging

    1.1.4. Therapeutic Skills for Assessment and Intervention with the Elderly

1.2. Transitions and Life Changes in Midlife and Aging

    1.2.1. Transitions and Life Changes: Features

    1.2.2. Transitions and Life Changes: Intervention Techniques

1.3. Intervention in Depressive Disorders in the Elderly

    1.3.1. Depressive Disorders in the Elderly: Etiology, Cours, and Prevalence

    1.3.2. Depressive Disorders in the Elderly: Empirical Evidence

    1.3.3. Depressive Disorders in the Elderly: Psychological Intervention Techniques

1.4. Intervention in Anxiety Disorders in the Elderly

    1.4.1. Anxiety Disorders in the Elderly: Etiology, Course and Prevalence

    1.4.2. Anxiety Disorders in the Elderly: Empirical Evidence

    1.4.3. Anxiety Disorders in the Elderly: Psychological Intervention Techniques

1.5. Intervention in Sleep Problems in the Elderly

    1.5.1. Sleep Problems in the Elderly: Etiology, Course and Prevalence

    1.5.2. Sleep Problems in the Elderly: Empirical Evidence

    1.5.3. Sleep Problems in the Elderly: Psychological Intervention Techniques

1.6. Intervention in Neurocognitive Disorders in the Elderly

    1.6.1. Neurocognitive Disorders: Etiology, Course and Prevalence

    1.6.2. Neurocognitive Disorders: Empirical Evidence

    1.6.3. Neurocognitive Disorders: Psychological Intervention Techniques

1.7. Intervention in Chronic Pain in the Elderly

    1.7.1. Chronic Pain in the Elderly: Etiology, Course and Prevalence

    1.7.2. Chronic Pain in the Elderly: Empirical Evidence

    1.7.3. Chronic Pain in the Elderly: Psychological Intervention Techniques

1.8. Intervention in Family Care for the Elderly

    1.8.1. Elderly Care: Physical Psychological and Social Consequences

    1.8.2. Elderly Care: Psychological Intervention Techniques

1.9. Intervention in Nursing Homes

    1.9.1. Nursing Homes for the Elderly: Features and Problems

    1.9.2. Nursing Homes for the Elderly: Psychological Intervention Techniques

1.10. Promoting Successful Aging

    1.10.1. Successful Aging: Definition and Models

    1.10.2. Successful Aging: Psychological Intervention Techniques

Our curriculum has been designed with teaching effectiveness in mind: So that you learn faster, more efficiently, and on a more permanent basis"

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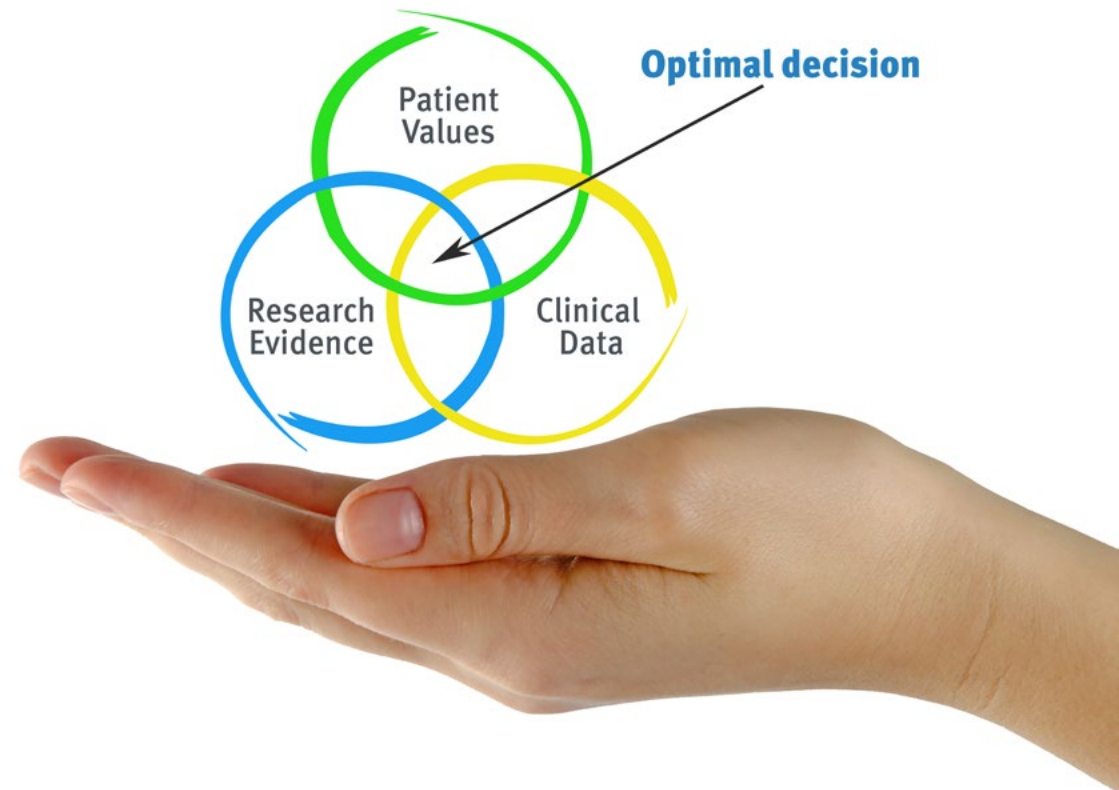
Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

"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

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 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.

20%

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, first hand, 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.
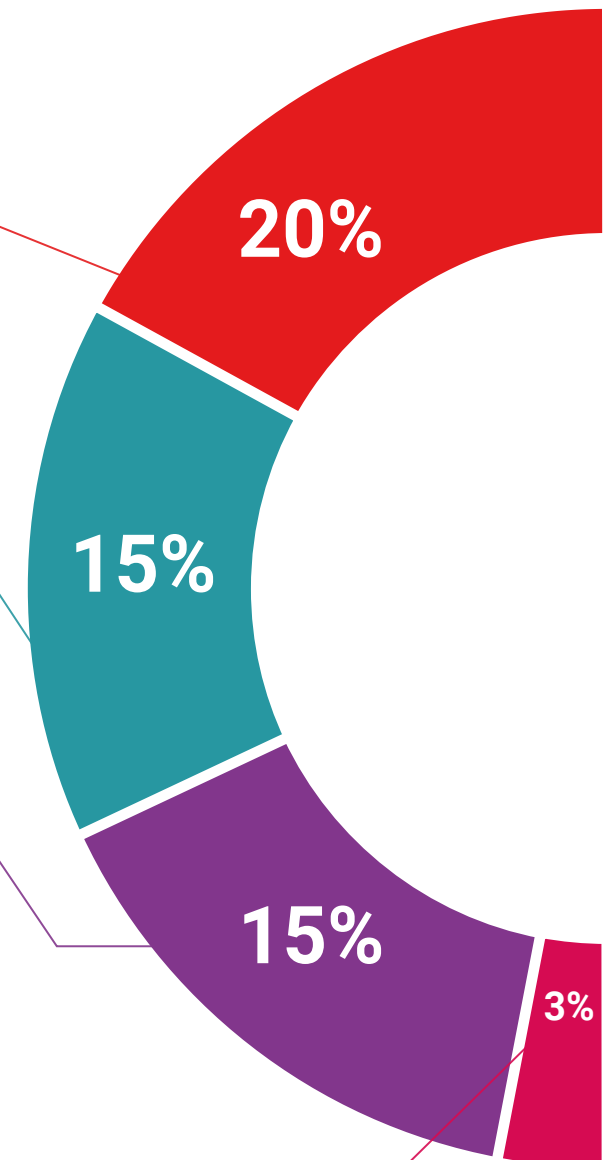
15%

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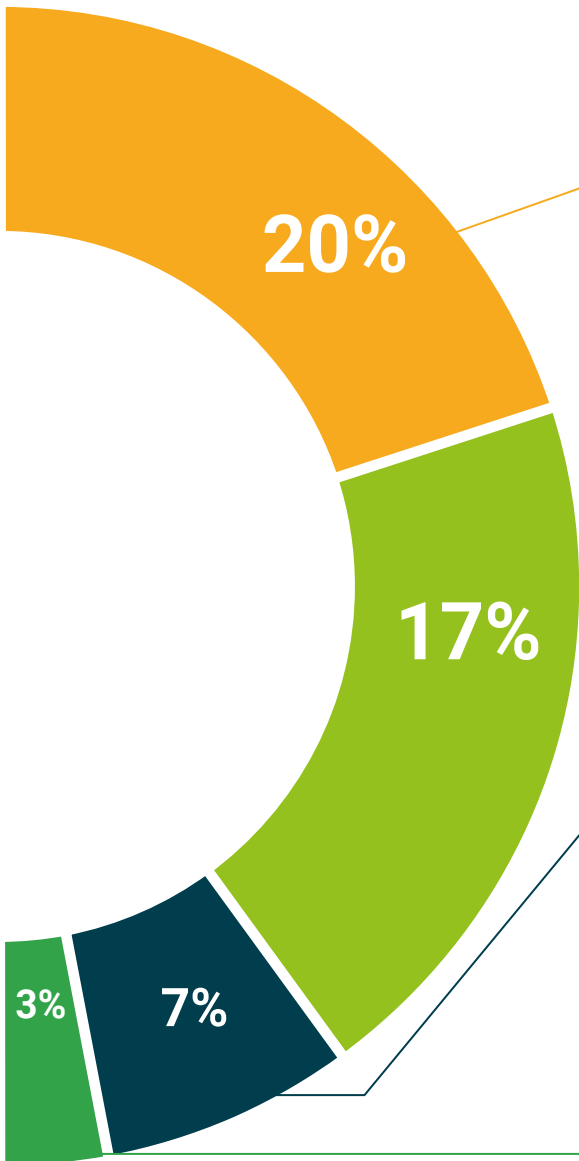
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".

15%

3%

Additional Reading

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

20%

17%

3%

7%

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.

Certificate

The Postgraduate Certificate in Psychological Intervention in the Elderly guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.

Successfully complete this training program and receive your university certificate without travel or laborious paperwork"

This **Postgraduate Certificate in** Psychological Intervention in the Elderly has the most complete and up-to-date scientific program on the market.

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

The certificate issued by **TECH Technological University** will express the qualification obtained in the Postgraduate Certificate, and will meet the requirements commonly demanded by labour exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Psychological Intervention in the Elderly**

ECTS: **6**

Official Number of Hours: **150**

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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

Psychological Intervention in the Elderly

This is a qualification awarded by this University, with 6 ECTS credits and 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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