

Postgraduate Certificate

Psychological Treatment of Suicidal Behavior



Postgraduate Certificate Psychological Treatment of Suicidal Behavior

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-certificate/psychological-treatment-suicidal-behavior

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01

Introduction to the Program

Despite advances in the understanding of risk factors associated with suicidal behavior, the identification of effective psychological interventions remains a challenge. Various therapeutic approaches, such as cognitive therapy, have shown promising results in reducing suicidal ideation and behavior. However, questions remain as to which treatment modalities are most effective according to the patient's profile. Therefore, it is essential that specialists have a solid understanding of the empirical evidence available on therapies for addressing self-injurious behavior. In this scenario, TECH has created a pioneering university program focused on the Psychological Treatment of Suicidal Behavior. In addition, it is taught in a convenient and totally online format.



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Thanks to this 100% online Postgraduate Certificate, you will master the most avant-garde techniques of crisis intervention for Suicidal Behavior and you will optimize the general well-being of patients in the long term”

Suicide is a global public health problem with devastating consequences for individuals, families and communities. According to a new report from the World Health Organization, more than 700,000 people die from suicide each year, representing one death every 40 seconds. In addition, for every completed suicide, it is estimated that there are at least 20 failed attempts, which highlights the magnitude of the problem. Given this reality, psychological treatments have proven to be a fundamental strategy in the prevention and management of suicidal behavior, highlighting approaches such as dialectical-behavioral therapy. Faced with this, professionals require comprehensive expertise to effectively address risk factors and promote evidence-based intervention strategies.

With this in mind, TECH presents an innovative Postgraduate Certificate in Psychological Treatment of Suicidal Behavior. Designed by references in this area, the academic itinerary will delve into the most sophisticated techniques to address self-injurious ideas in different vulnerable populations. At the same time, the syllabus will delve into the implementation of interventions ranging from cognitive-behavioral therapy or mindfulness-based interventions to psychodynamic treatments applied to suicidal patients. As a result, graduates will obtain advanced clinical skills to design intervention strategies adapted to each patient, incorporating cutting-edge psychotherapeutic tools.

Regarding the methodology of the university program, it is taught in a flexible online modality that allows psychologists to establish their own schedules and pace of study. In addition, TECH employs its disruptive Relearning system, which consists of the progressive reiteration of essential concepts to ensure that graduates assimilate them naturally. The only thing experts will need is an electronic device with an Internet connection to enter the Virtual Campus. There they will enjoy a library crammed with supporting multimedia pills such as explanatory videos, interactive summaries or readings based on the latest scientific evidence.

This **Postgraduate Certificate in Psychological Treatment of Suicidal Behavior** contains the most complete and up-to-date educational program on the market.

Its most notable features are:

- ♦ The development of practical cases presented by experts in Psychological Treatment of Suicidal Behavior
- ♦ 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 self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies in the management of the audiovisual industry
- ♦ 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 master evidence-based therapeutic approaches, such as Dialectical Behavioral Therapy"

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You will apply safety plans and relapse prevention strategies, ensuring the patient's long-term stability”

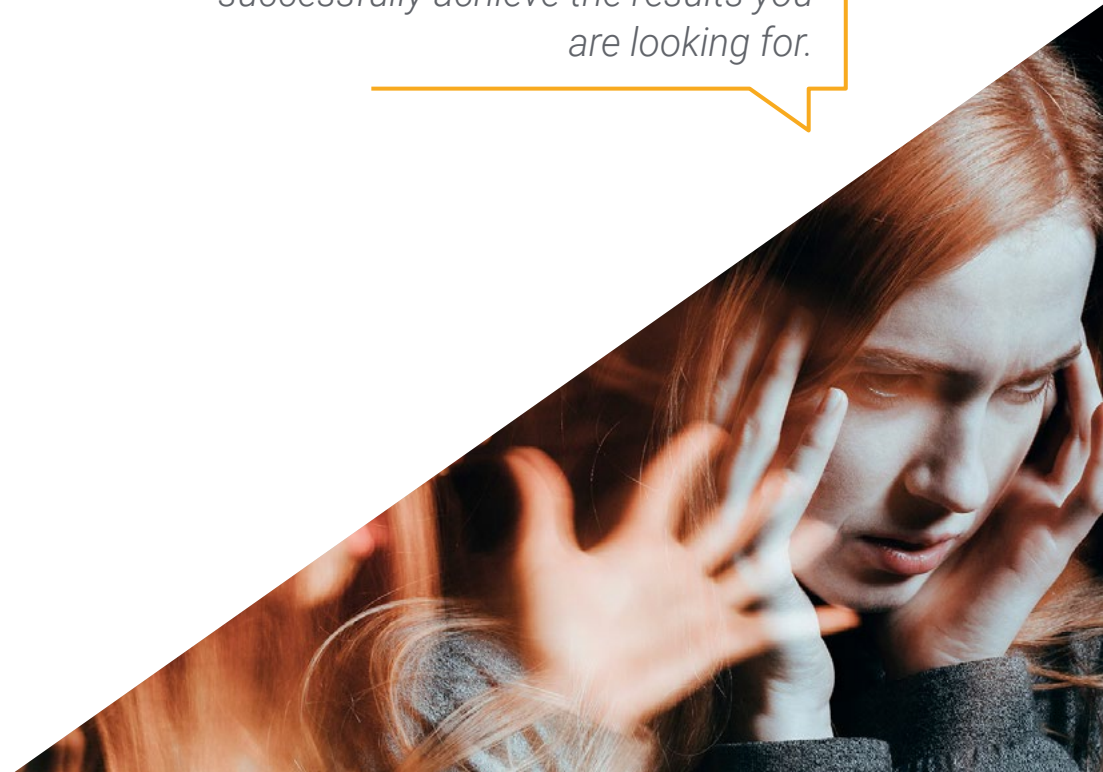
It includes in its teaching staff professionals belonging to the field of Psychological Treatment of Suicidal Behavior, who pour into this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

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 learning experience designed to prepare for real-life situations.

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

You will develop strategies for emotional regulation and resilience building, promoting healthy alternatives to Suicidal Behavior.

Thanks to the revolutionary Relearning methodology, you will integrate all the knowledge in an optimal way to successfully achieve the results you are looking for.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

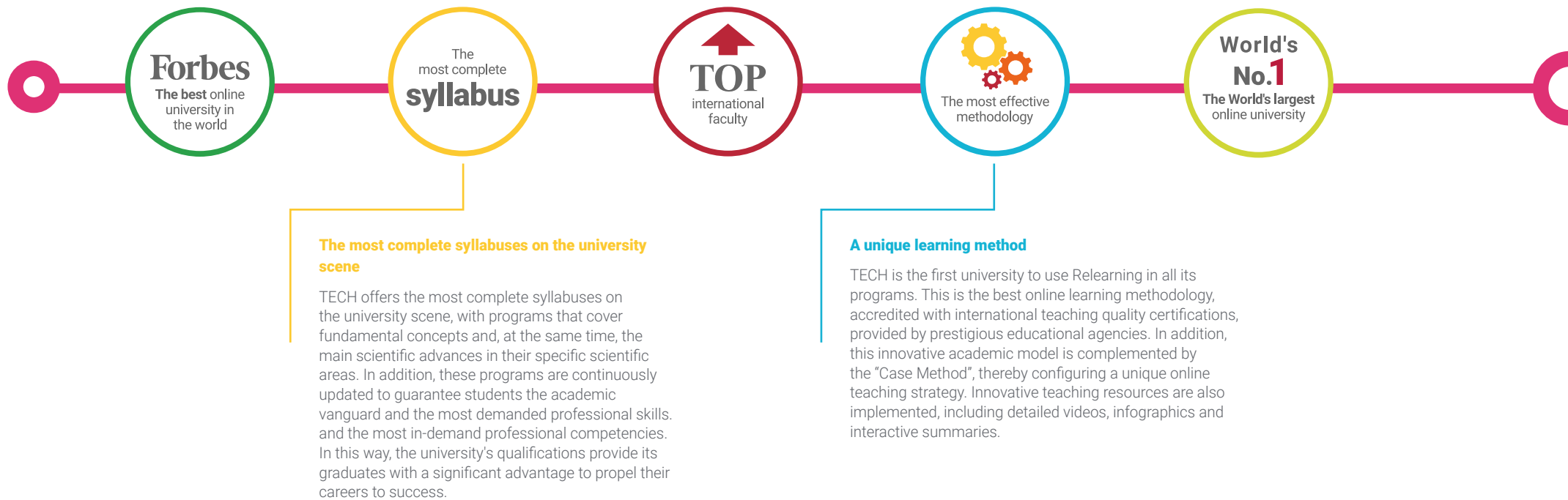
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03

Syllabus

The didactic materials that make up this Postgraduate Certificate have been designed by authentic references in the Psychological Treatment of Suicidal Behavior, bearing in mind the needs of the labor market. The curriculum will delve into issues ranging from psychopharmacological therapies for suicidal risks or emerging therapies such as non-invasive brain stimulation to cutting-edge approaches such as problem-solving therapies and crisis management. As a result, graduates will be prepared to integrate evidence-based therapeutic strategies adapted to different patient profiles and clinical contexts.



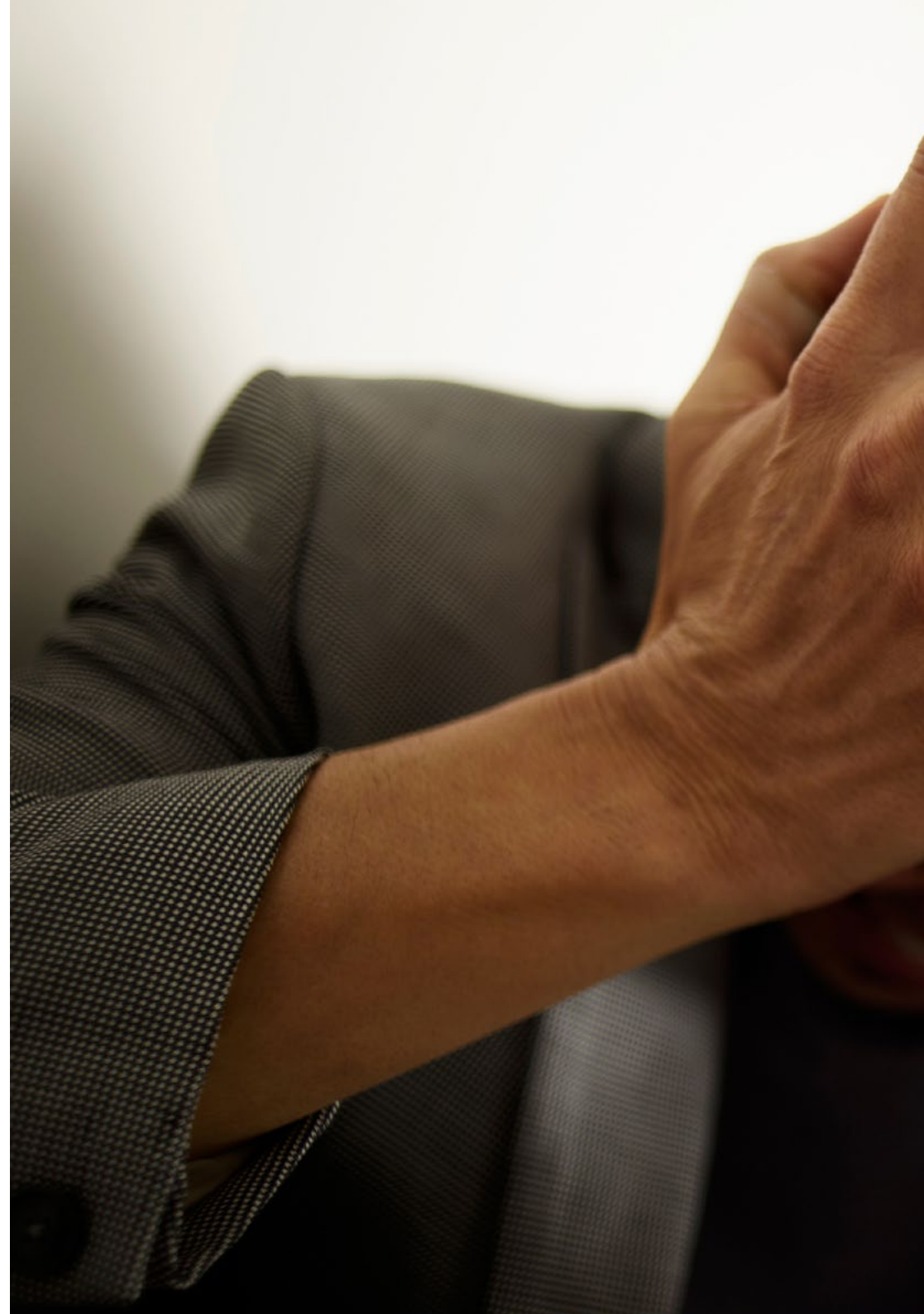


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You will explore the impact of sociocultural and family factors on suicidal ideation and attempt, fostering intervention in the patient's environment”

Module 1. Psychiatric/Psychological Treatment of Suicide

- 1.1. Approach to Suicidal Behavior in the Mentally Ill Person
 - 1.1.1. Suicide in Mood Disorders
 - 1.1.2. Suicidal Behavior in Schizophrenia and Psychosis
 - 1.1.3. The Role of Anxiety Disorders and PTSD in Suicide
 - 1.1.4. Suicide and Psychiatric Comorbidity
- 1.2. Approach to Suicidal Behavior in the Child and Adolescent Population
 - 1.2.1. Risk and Protective Factors in Children and Adolescents
 - 1.2.2. The Role of the Family in the Prevention of Child and Adolescent Suicide
 - 1.2.3. Early Psychological Interventions in Adolescents with Suicidal Ideation
 - 1.2.4. Therapeutic Approach in Situations of Bullying and Cyberbullying
- 1.3. Approach to Suicidal Behavior in the Psychogeriatric Population
 - 1.3.1. Risk Factors in the Elderly
 - 1.3.2. Depression and Dementia as Predictors of Suicide in the Elderly
 - 1.3.3. Suicide Prevention in Nursing Homes and Palliative Care
 - 1.3.4. Specific Interventions for Elderly People with Suicidal Ideation
- 1.4. Addressing Suicidal Behavior in At-Risk Groups and Persons at Risk of Discrimination or Violence
 - 1.4.1. Suicide in the LGTBIQ+ Population: Stigma and Vulnerability
 - 1.4.2. Suicide in Victims of Gender-Based Violence and Abuse
 - 1.4.3. Migrants and Refugees: Psychosocial Risks and Barriers to Access to Treatment
 - 1.4.4. Addressing Suicide in Indigenous Populations and Ethnic Minorities
- 1.5. Psychological Treatments 1
 - 1.5.1. Cognitive-Behavioral Therapy for Suicide Prevention
 - 1.5.2. Dialectical-Behavioral Therapy (DBT) in Suicidal Patients
 - 1.5.3. Acceptance and Commitment Based Therapies (ACT)
 - 1.5.4. Group Therapy Interventions for Suicide Prevention
- 1.6. Psychological Treatments 2
 - 1.6.1. Mindfulness-Based Interventions in Suicidal Behavior
 - 1.6.2. Interpersonal Therapy in the Management of Suicidal Risk
 - 1.6.3. Psychodynamic Treatments Applied to Suicidal Patients
 - 1.6.4. Systemic Intervention Models in Family Settings





- 1.7. Psychological Treatments 3
 - 1.7.1. Problem-Solving and Crisis Management Therapies
 - 1.7.2. Mentalization-Based Psychotherapy in Suicidal Patients
 - 1.7.3. Suicide Prevention through Strengths-Based Therapies
 - 1.7.4. Narrative Therapy in Suicide Intervention
- 1.8. Psychopharmacological Treatment
 - 1.8.1. Antidepressants and Their Use in Patients at Suicidal Risk
 - 1.8.2. Antipsychotics and Mood Stabilizers in the Treatment of Suicidal Behavior
 - 1.8.3. The Role of Anxiolytics and Benzodiazepines in the Management of Suicide
 - 1.8.4. Pharmacological Treatments in Resistant Suicide
- 1.9. Advances in Neurobiological Research
 - 1.9.1. Genetic and Epigenetic Bases of Predisposition to Suicide
 - 1.9.2. Neuroimaging Studies in Patients with Suicidal Ideation
 - 1.9.3. Alterations in Neurotransmitters and Hormone Systems in Suicide
 - 1.9.4. New Therapeutic Targets Based on the Neurobiology of Suicide
- 1.10. Emerging Therapies in Suicide Prevention
 - 1.10.1. Non-Invasive Brain Stimulation: ECT, TMS and Vagal Stimulation
 - 1.10.2. Therapies Based on Psilocybin and Other Psychedelic Substances
 - 1.10.3. Esketamine
 - 1.10.4. The Use of Virtual Reality and Artificial Intelligence in the Treatment of Suicidal Behavior

“You will apply crisis intervention strategies, developing skills to manage imminent risk situations and establish effective safety plans”

04

Teaching Objectives

This innovative Postgraduate Certificate will train psychology professionals in the assessment, prevention and intervention of suicidal behavior. At the same time, experts will develop advanced skills in crisis management, application of advanced therapies and coordination with multiple health teams. Thanks to this, graduates will be able to implement effective strategies in different contexts, strengthening their clinical practice with updated and cutting-edge tools.





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You will handle the most modern psychological assessment tools for the identification of the level of suicidal risk in different populations”



General Objectives

- ♦ Delve into the risk factors, underlying causes, and warning signs of Suicide, both at the individual and societal level
- ♦ Identify early signs of risk and apply effective interventions that prevent Suicide in a variety of settings, including clinical, educational and community
- ♦ Delve into postvention support management, providing tools to help people affected by the suicide of a loved one
- ♦ Provide psychological care to patients with suicidal thoughts, using therapeutic approaches such as cognitive-behavioral therapy and other validated interventions
- ♦ Manage educational and preventive strategies to promote awareness and reduce stigma related to Suicide and Mental Disorders
- ♦ Master techniques to help families and communities cope with bereavement following suicide, promoting resilience and emotional well-being in those affected





Specific Objectives

- ♦ Apply psychiatric treatment protocols for patients at risk of suicide
- ♦ Develop clinical skills to combine pharmacological treatment with psychological therapies
- ♦ Implement evidence-based psychological therapies, such as cognitive-behavioral therapy
- ♦ Evaluate the effectiveness of different psychiatric and psychological treatments in reducing suicidal risk



You will understand Suicidal Behavior from a clinical and therapeutic perspective, analyzing its underlying processes"

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

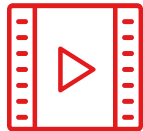
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

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.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

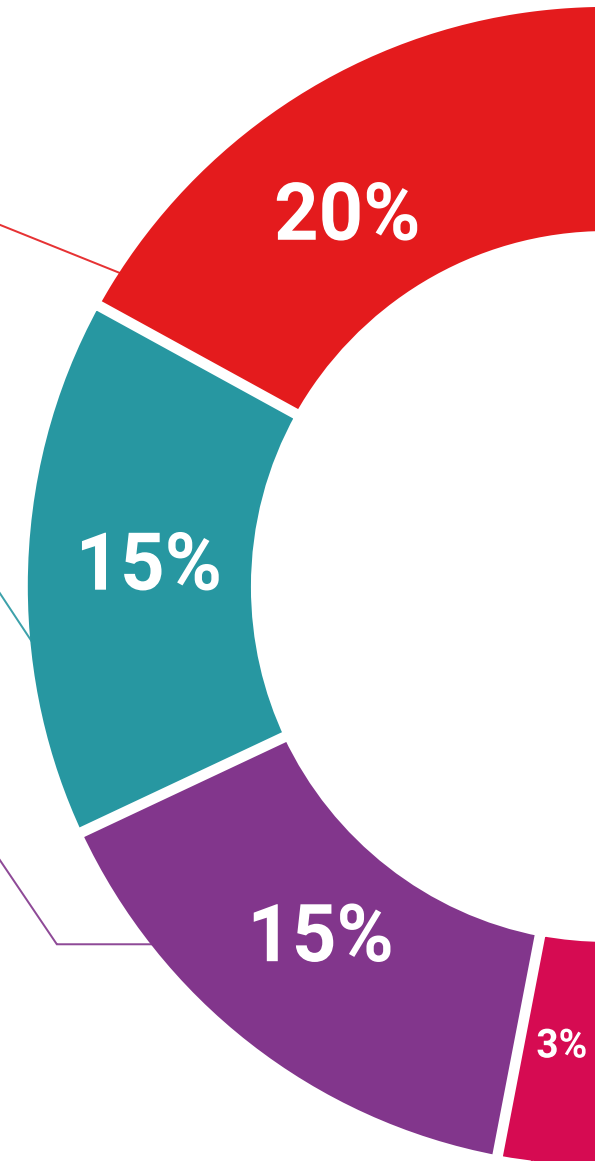
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

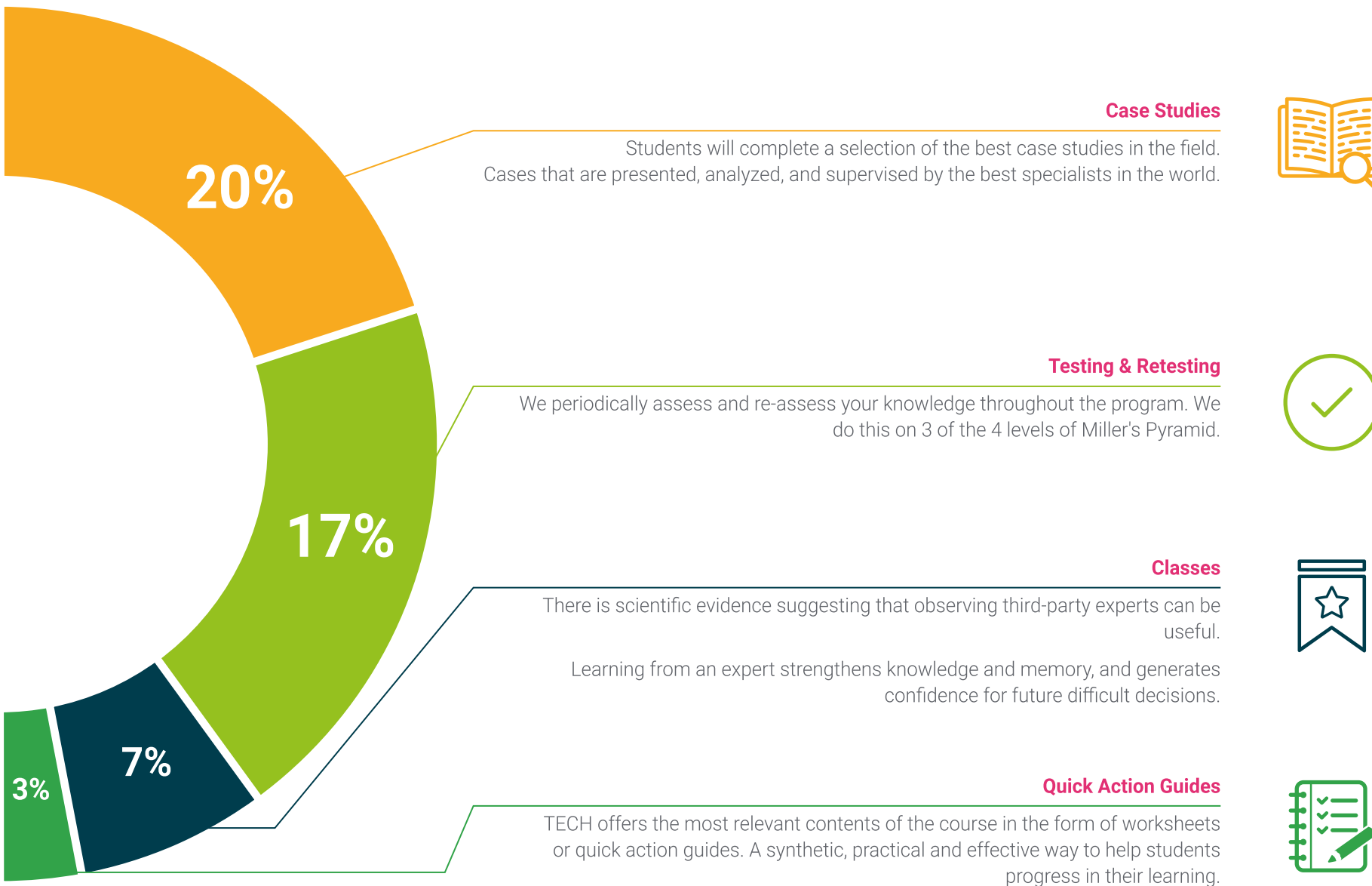
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





06

Teaching Staff

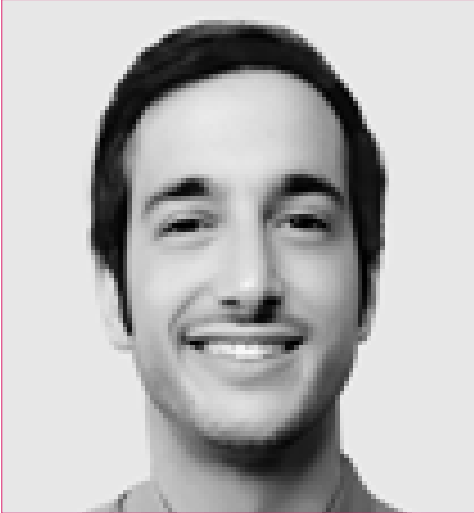
Loyal to its philosophy of providing the most updated and complete academic experiences in the academic panorama, TECH carries out a rigorous process to form its teaching staff. Thanks to this, the present Postgraduate Certificate has the participation of the most outstanding specialists in the field of Psychological Treatment of Suicidal Behavior. These professionals have an extensive professional career, where they have contributed to optimize the quality of life of numerous patients in the long term. As a result, graduates have the guarantees they demand to access an immersive specialization that will increase the precision of their daily practice.



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An experienced faculty of experts in the Psychological Treatment of Suicidal Behavior will guide you through the entire university program”

Management



Dr. Alberdi Páramo, Iñigo

- ♦ Area Specialist in Psychiatric Hospitalization Unit/Psychogeriatrics at the Institute of Psychiatry and Mental Health of the San Carlos Clinical Hospital
- ♦ Area Specialist in Outpatient Psychiatry Liaison Psychiatry and Specialized Service in Mental Health in Intellectually Handicapped at the University Hospital La Princesa
- ♦ Area Specialist of Psychiatry in CSM Chamberí - Carabanchel
- ♦ Author and co-author of numerous scientific articles and book chapters
- ♦ Professor in undergraduate and postgraduate university studies.
- ♦ Doctor in Medicine - Psychiatry by the Complutense University of Madrid
- ♦ University Specialist in Clinical and Psychoanalytic Psychotherapy by the Pontifical University of Comillas

Professors

Ms. Rodrigo Holgado, Irene

- ♦ Clinical Psychologist at the 12 de Octubre Hospital
- ♦ Clinical Researcher at Red Hygeia
- ♦ Specialist in Psychotherapy
- ♦ Master's Degree in Neuropsychology from the Open University of Catalonia
- ♦ Master's Degree in Advanced Nutrition and Dietetics from the TAGO Study Center
- ♦ Master's Degree in Women and Health from the Complutense University of Madrid
- ♦ Degree in Psychology from the Complutense University of Madrid



07

Certificate

This Postgraduate Certificate in Psychological Treatment of Suicidal Behavior guarantees, in addition to the most rigorous and up-to-date program, access to an Postgraduate Certificate diploma issued by TECH Global University.



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*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Psychological Treatment of Suicidal Behavior** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Psychological Treatment of Suicidal Behavior**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present training
development languages
virtual classroom



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Postgraduate Certificate

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