

# Postgraduate Certificate Scientific Advances in the Study of Emotion





## Postgraduate Certificate Scientific Advances in the Study of Emotion

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/scientific-advances-study-emotion](http://www.techtute.com/us/psychology/postgraduate-certificate/scientific-advances-study-emotion)

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# 01

# Introduction

Professionals who complete this program will acquire the knowledge required to offer their patients more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated; emotion. You will also be able to conduct preventive and personal growth therapies, since the program is not only oriented towards the clinical area, but also at being able to help others to grow emotionally and lead a more fulfilling life.



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*This Postgraduate Certificate is unique because it offers a complete vision and training, both for therapeutic and preventive treatment and personal growth, from an integral and multifactorial vision of the human being”*

For a long time, it has been considered that thought, or the most cognitive part of the brain (the cortex) was the part that determined the behaviors and even the emotional states of the human being” Today, thanks to scientific research, we know that information coming from a stimulus reaches the limbic structures of the brain before it reaches the neocortex. It is precisely these limbic structures that are responsible for functions such as emotional processing, memory creation or learning processes.

This **Postgraduate Certificate in Scientific Advances in the Study of Emotion** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Clinical cases presented by experts in 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
- ♦ New diagnostic-therapeutic developments on the performance in Scientific Advances in the Study of Emotion
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Special emphasis on evidence-based psychology and evidence-based research methodologies
- ♦ Content that is accessible from any fixed or portable device with an Internet connection

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*Expand your knowledge through the Postgraduate Certificate in Scientific Advances in the Study of Emotion, in a practical way and adapted to your needs”*

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*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Scientific Advances in the Study of Emotion, you will obtain a qualification endorsed by TECH Global University”*

Forming part of the teaching staff is a group of professionals in the world of psychology, who bring their work experience to this course, as well as a group of renowned specialists, recognised by esteemed scientific communities.

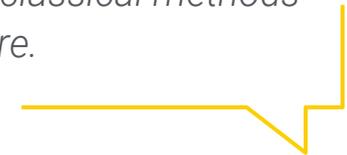
Thanks to its multimedia content developed with the latest educational technology, it will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this purpose, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

*The Postgraduate Certificate includes real clinical cases and exercises to bring the content of the program closer to the clinical practice of a Psychologist.*



*Make the most of this opportunity to update your knowledge in Scientific Advances in the Study of Emotion through classical methods to improve your patient care.*



# 02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master Scientific Advances in the Study of Emotion in a practical and rigorous way.





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*This updating program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ♦ Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- ♦ Discover what *Mindfulness is*, its origins, attitudes, and applicability in therapy
- ♦ Relate body language to the expression and treatment of emotions through body-based therapies
- ♦ Understand and work with emotion from a broader perspective of personal growth through transpersonal therapy
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose



*Make the most of this opportunity and take the step to get up to date on the latest developments in Scientific Advances in the Study of Emotion”*





## Specific Objectives

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- ♦ Understand the initial learning mechanisms in the knowledge of what the world is and how the first memories are generated
- ♦ Master the different types of learning and the role of emotion in learning
- ♦ Understand the importance of the link with the references in order to survive, and how these links are generated from emotion
- ♦ Relate parenting styles to the different bonds that can arise from them
- ♦ Discover the basic desires as universal emotional needs in human beings
- ♦ Gain knowledge about secondary desires as compensatory mechanisms for deficiencies in basic desires
- ♦ Understand how the self-concept is generated through the learning processes and the links to reference persons
- ♦ Identify the different contexts in which the self-concept develops
- ♦ Discover what emotional schemes and limiting beliefs are, how they are generated and what impact they have on self-concept and emotional well-being
- ♦ Understand what an emotion is, how it differs from feelings and moods, and its function
- ♦ Discover the different classifications of emotions according to the theoretical model from which they are worked on
- ♦ Handle the emotion of fear, its function, its action platform and the neurological structures involved in it

03

# Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who contribute their work experience to this program.

Additionally, renowned specialists and members of prestigious scientific communities are involved in designing and preparing the program.



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*Learn from leading professionals  
the latest Scientific Advances in  
the Study of Emotion”*

## International Guest Director

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of **Health and Emotional Wellness**. Throughout her career, she has been a key figure in the promotion of **innovative Psychotherapies**, specializing in **personal management, coaching** and the development of **interpersonal projects** to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of **Burnout**, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an **Executive Coach** by the **International Coach Federation** and has been trained in **Individual Crisis Assistance** and **Group Crisis Intervention** at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. She is also a **supervisor** and **member** of the **advisory board** of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the **Asklepios Kliniken Central Services**, where she has implemented **integrated care areas** throughout the **Asklepios Group**.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigious **prize** awarded by the **Landesärztekammer Hessen (Hessen State Medical Association)** for her outstanding commitment in the field of **Psychosomatic Primary Care**. Likewise, her involvement in **associations** and her contribution to the **medical literature** have consolidated her position as a **leader** in her field, as well as an advocate for the **psychological and physical well-being** of her patients.



## Dr. Christ, Claudia M.

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- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- Director and Founder of the Akademie an den Quellen
- Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
- Psychotherapist
- Professional Coach from the International Coaching Federation (ICF)
- Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- Master's Degree in Public Health at the Technical University of Berlin
- Medical Degree from the Free University of Berlin
- Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care
- Member of: German Society of Pain Medicine, German Society of Cardiology, German Society for Psychotherapy based on Depth Psychology, World Association of Positive and Transcultural Psychotherapy Associations, German Society for Positive and Transcultural Psychotherapy

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Ms. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies (IEPTL)
- University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- Collaborator in different Red Cross programs
- Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at Human Resources Consulting Services (HRCS)

## Coordinator



### Mr. Aguado Romo, Roberto

- ◆ Psychologist specializing in Clinical Psychology
- ◆ European specialist in Psychotherapy from the EFPA
- ◆ President of the European Institute of Time-Limited Psychotherapy
- ◆ Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- ◆ Director of the scientific journal Psinapsis
- ◆ Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- ◆ Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux
- ♦ Trainer and facilitator of Genpo Roshi's *Big Mind* model, with whom he has trained
- ♦ Creator of Integrative Meditation, developed from the Big Mind model
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós

### Mr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Ms. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Expert in Energy Therapy Intervention

### Ms. Mazza, Mariela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in *Mindfulness* and Meditation, and facilitator of these techniques at Hospital Quirón Salud Marbella

### Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at Hospital Quirón Salud Marbella and at Avatar Psicólogos
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross

04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in the daily practice of the psychologist, aware of the relevance of current specialization to treat the patient with emotional pathology and committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in Scientific Advances in the Study of Emotion contains the most complete and up-to-date program on the market”*

## Module 1. Psychotherapy

- 1.1. What is an Emotion?
  - 1.1.1. Introduction to the Emotional Universe
  - 1.1.2. Definition of Emotion and its Characteristics
  - 1.1.3. Difference Between Emotion, Feeling and State of Mind
  - 1.1.4. Are there Positive and Negative Emotions?
  - 1.1.5. Neurochemistry of the Emotion
- 1.2. Different Classifications of Emotions
- 1.3. Fear
  - 1.3.1. Function
  - 1.3.2. Platform for Action
  - 1.3.3. Neurological Structures
  - 1.3.4. Associated Biochemistry
  - 1.3.5. Psychophysiological Response, Body and Facial Expression
- 1.4. Anger
  - 1.4.1. Function
  - 1.4.2. Platform for Action
  - 1.4.3. Neurological Structures
  - 1.4.4. Associated Biochemistry
  - 1.4.5. Psychophysiological Response, Body and Facial Expression
- 1.5. Blame
  - 1.5.1. Function
  - 1.5.2. Platform for Action
  - 1.5.3. Neurological Structures and Associated Biochemistry
  - 1.5.4. Psychophysiological Response, Body and Facial Expression
- 1.6. Disgust
  - 1.6.1. Function
  - 1.6.2. Platform for Action
  - 1.6.3. Neurological Structures and Associated Biochemistry
  - 1.6.4. Physiological Response, Body and Facial Expression



- 1.7. Sadness
  - 1.7.1. Function
  - 1.7.2. Platform for Action
  - 1.7.3. Neurological Structures and Associated Biochemistry
  - 1.7.4. Psychophysiological Response, Body and Facial Expression
- 1.8. Surprise
  - 1.8.1. Function
  - 1.8.2. Platform for Action
  - 1.8.3. Neurological Structures Involved
  - 1.8.4. Associated Biochemistry
  - 1.8.5. Physiological Response, Body and Facial Expression
- 1.9. Curiosity
  - 1.9.1. Function
  - 1.9.2. Platform for Action
  - 1.9.3. Activated Neurological Structures
  - 1.9.4. Associated Biochemistry
  - 1.9.5. Physiological Response, Body and Facial Communication
- 1.10. Security/Safety
  - 1.10.1. Function
  - 1.10.2. Platform for Action
  - 1.10.3. Neurological Structures and Associated Biochemistry
  - 1.10.4. Physiological Response, Body and Facial Expression
- 1.11. Admiration
  - 1.11.1. Function
  - 1.11.2. Platform for Action
  - 1.11.3. Associated Biochemistry
  - 1.11.4. Neurological Structures Involved
  - 1.11.5. Physiological Response, Body and Facial Communication

- 1.12. Joy
  - 1.12.1. Function
  - 1.12.2. Platform for Action
  - 1.12.3. Associated Biochemistry
  - 1.12.4. Activated Neurological Structures
  - 1.12.5. Physiological Response, Body and Facial Communication
- 1.13. Influence of Emotion in Cognitive Processes
- 1.14. Emotion in Children
- 1.15. Emotion in Adolescents



*A unique, key, and decisive experience to boost your professional development”*

05

# 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.



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*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.

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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 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 applied to the 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

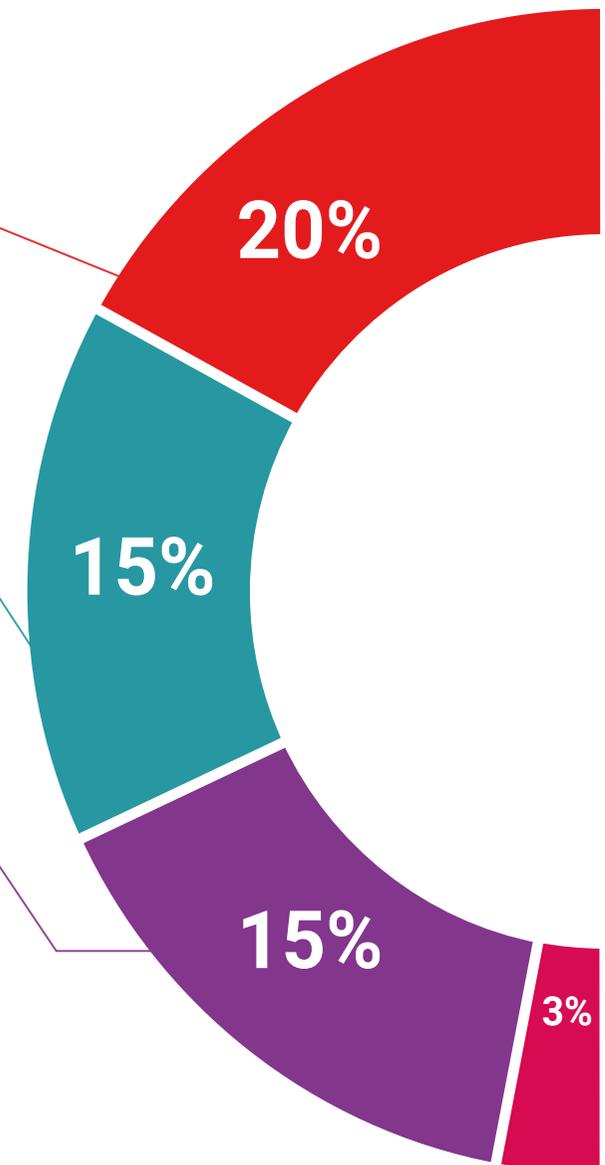
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

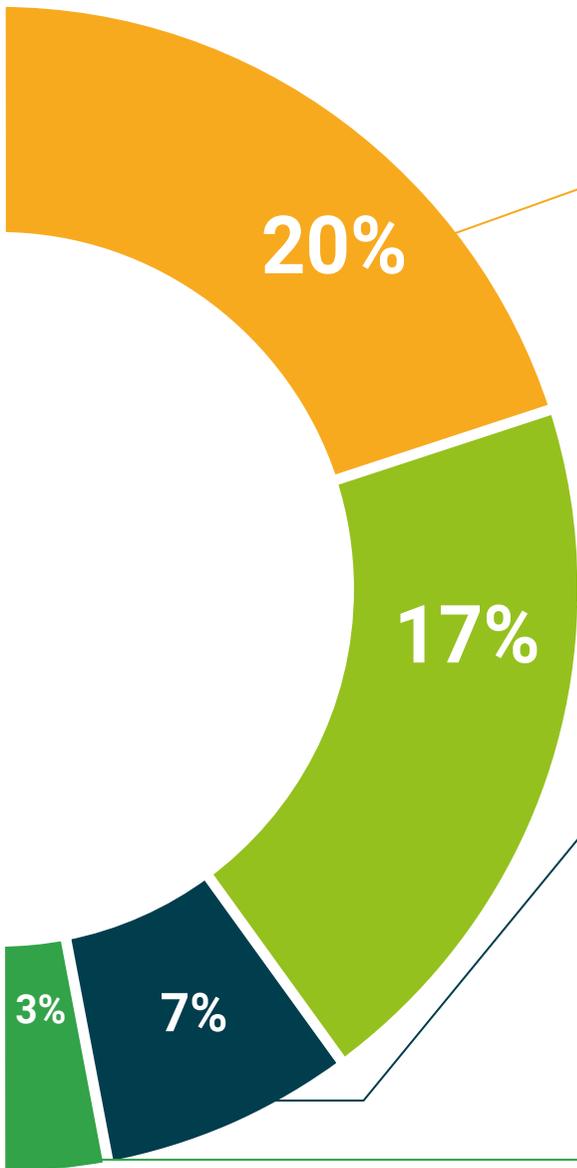
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 evaluate and re-evaluate 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.



06

# Certificate

The Postgraduate Certificate in Scientific Advances in the Study of Emotion guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 program will allow you to obtain your **Postgraduate Certificate in Scientific Advances in the Study of Emotion** 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.

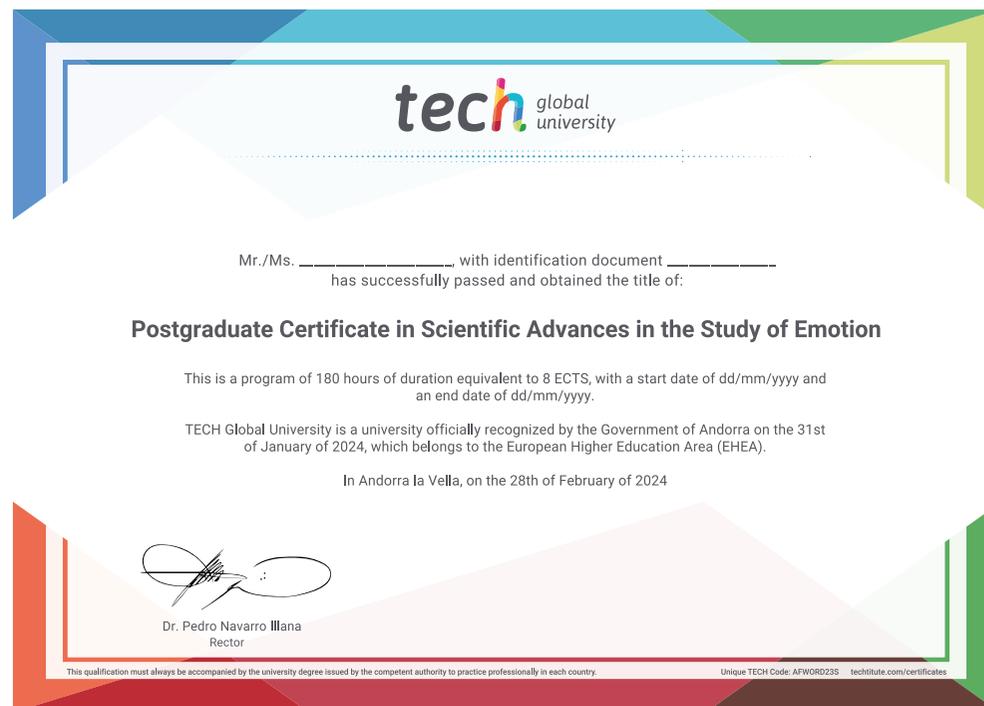
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Scientific Advances in the Study of Emotion**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 language  
virtual classroom



## Postgraduate Certificate

### Scientific Advances in the Study of Emotion

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

# Postgraduate Certificate Scientific Advances in the Study of Emotion

