

Postgraduate Certificate

Scientific and Professional Foundations
of General Health Psychology



Postgraduate Certificate

Scientific and Professional Foundations of General Health Psychology

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

6 ECTS Credits

Teaching Hours: **150 hours.**

Website: www.techtute.com/us/psychology/postgraduate-certificate/scientific-professional-foundations-general-health-psychology

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

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. Learn in depth the Scientific and Professional Foundations of General Health Psychology, with this complete program taught by expert psychologists.





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A deep and comprehensive dive into strategies and approaches in Scientific and Professional Foundations of General Health Psychology”

This 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 training programme, 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 think and 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 **Postgraduate Certificate in Scientific and Professional Foundations of General Health Psychology** contains 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 created for professionals who aspire to excellence and that will allow you to acquire new skills and strategies in a smooth and effective way*”

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Access deep insights into the Scientific and Professional Foundations of General Health Psychology and its multiple implications, in a comprehensive Course designed to propel you to another professional level"

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

This 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 training 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. You will only be able to successfully achieve your objectives with the right preparation



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



General Objective

- ◆ Train professionals qualified in Scientific and Professional Foundations of General Health Psychology 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



Specific Objectives

- ◆ Understand the definition and characteristics of Clinical and Health Psychology, its historical background and its relationship with other disciplines
- ◆ Know the legal framework that regulates the practice of General Health Psychology in Spain and other countries, as well as the main controversies
- ◆ Study ethical and deontological standards in the practice of both the health profession and research, with emphasis on data protection obligations
- ◆ Provide a biopsychosocial perspective on health problems and comment on the theories that explain the relationship between psychological factors and health status.
- ◆ Detail the different explanatory theories of stress and its impact on health and disease in individuals
- ◆ Understand the importance of interprofessional communication in General Health Psychology and to detail how it is carried out and the health care settings in which it is most frequently performed



- ◆ Know the main models of psychopathology and the current classification systems and understand their usefulness for health psychology
- ◆ Describe what evidence-based clinical practice consists of, the benefits it provides, the methodology it uses, the skills needed to develop it, and its limitations and future challenges
- ◆ Discover how outcome assessment and evaluation of the therapeutic process is carried out
- ◆ Delve into the phases of the research process in psychology and the different research designs that can be used
- ◆ Present the main ways of applying new technologies to psychological treatment, as well as their main advantages and disadvantages

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

03

Course Management

For our master's degree to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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Our teachers, professionals with vast experience bring their experience and their teaching skills to offer you a stimulating and creative training program”

Management





04

Structure and Content

The structure of the contents has been designed by a team of professionals in Scientific and Professional Foundations of General Health Psychology, who are aware of the importance of up-to-date training in order to be able to deepen the area of knowledge and produce publications of academic quality.





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This Course on Scientific and Professional Foundations of General Health Psychology contains the most complete and up-to-date scientific program on the market”

Module 1. Scientific and Professional Foundations of General Health Psychology

- 1.1. Clinical and Health Psychology
 - 1.1.1. Historical Background.
 - 1.1.2. Clinical Psychology.
 - 1.1.3. Health Psychology.
- 1.2. Legal Framework for Psychology as a Health Profession
 - 1.2.1. History of Health Psychology in Spain.
 - 1.2.2. Current Legislation of Health Psychology in Spain.
 - 1.2.3. Controversies and Future Challenges in Health Psychology.
- 1.3. Ethical and Deontological Aspects of Health Psychology
 - 1.3.1. Basic Concepts of Ethics and Deontology.
 - 1.3.2. Ethical-Deontological Aspects of Psychology as a Scientific Discipline.
 - 1.3.3. Ethical-Deontological Aspects of Psychology as a Scientific Discipline.
 - 1.3.4. Data Protection in Psychology.
- 1.4. Health: Conceptualization and Models
 - 1.4.1. Conceptualization of Health.
 - 1.4.2. Health Models.
 - 1.4.3. Theories of Behavior and Health.
- 1.5. Stress and Psychosocial Factors in the Health-Disease Process
 - 1.5.1. Theories of Stress.
 - 1.5.2. Relationship between Stress and Disease.
 - 1.5.3. Personality and Health.
- 1.6. Interprofessional and Health Outcomes Communication
 - 1.6.1. Psychosocial Rehabilitation.
 - 1.6.2. Health Care from the Community and Hospital Settings.
 - 1.6.3. Results Communication.
- 1.7. Diagnostic Classifications: Basic and Differential Aspects
 - 1.7.1. Concepts and Models in Psychopathology.
 - 1.7.2. Diagnostic Classifications in Psychopathology.
 - 1.7.3. New Classification Systems in Psychopathology.



- 1.8. Fundamentals of Evidence-Based Clinical Practice and Evidence-Based Evaluation
 - 1.8.1. Introduction to Evidence-Based Clinical Practice.
 - 1.8.2. Evidence-Based Clinical Practice Methodology.
 - 1.8.3. Evidence-Based Psychology.
- 1.9. Evidence-Based Psychological Treatments
 - 1.9.1. History of Effectiveness Evaluation.
 - 1.9.2. Clinical Practice Guidelines.
 - 1.9.3. Limitations and Challenges of Evidence-Based Treatments.
- 1.10. Transdiagnostic Approach and Evaluation of Processes and Outcomes
 - 1.10.1. Transdiagnostic Approach
 - 1.10.2. Evaluation of Therapeutic Results
 - 1.10.3. Evaluation of Therapeutic Processes.
- 1.11. Fundamentals of Research and New Technologies in Health Psychology
 - 1.11.1. Scientific Research in Psychology.
 - 1.11.2. Research Designs.
 - 1.11.3. Intervention through New Technologies.
- 1.12. Scientific-Professional Resources for Healthcare Practice
 - 1.12.1. Criteria and Search in Systematic Reviews.
 - 1.12.2. Study Selection and Data Extraction in Systematic Reviews.
 - 1.12.3. Analysis of Results in Systematic Reviews

“*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.



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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.

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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 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.

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.



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, in first person, 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.



Interactive Summaries

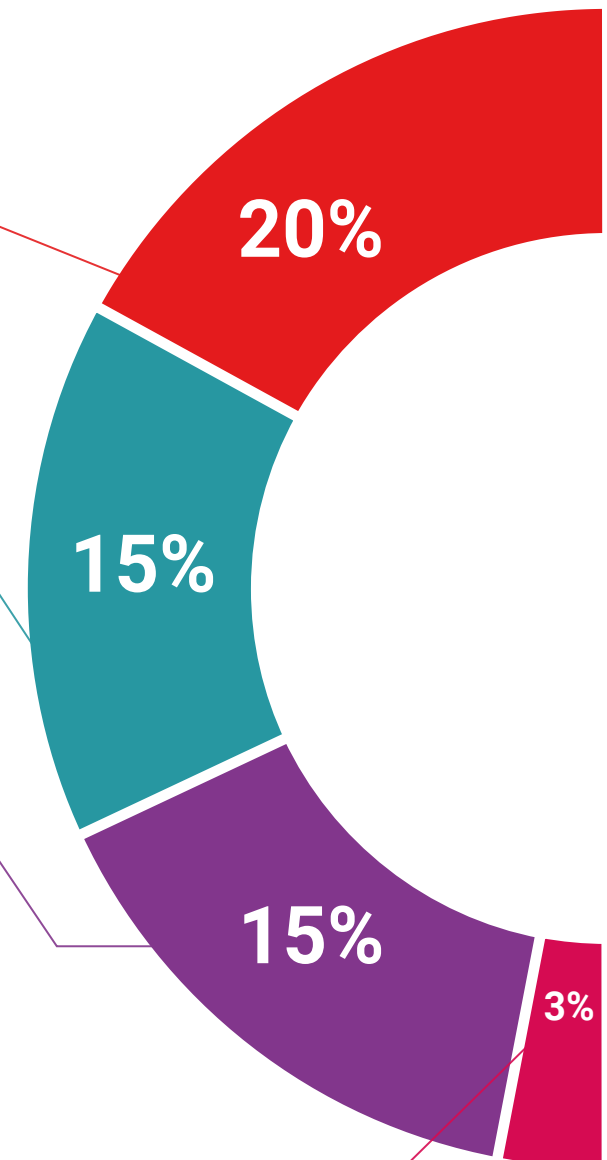
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

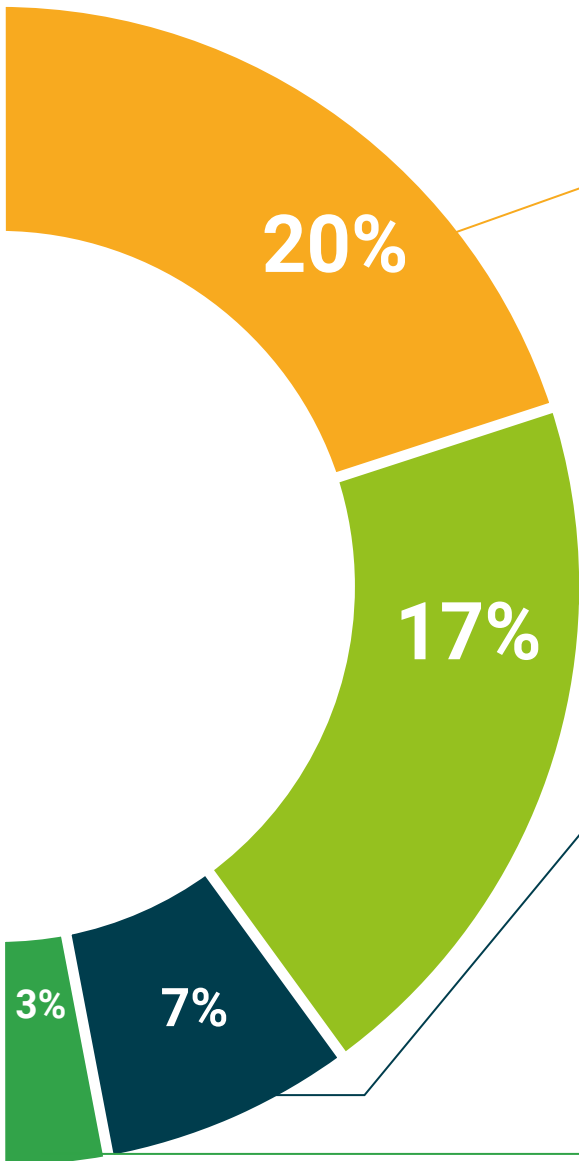
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

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





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.



06

Certificate

Through a different and stimulating learning experience, you will be able to acquire the necessary skills to take a big step in your training. An opportunity to progress, with support and monitoring of a modern and specialized university, which will propel you to another professional level.



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Include in your training a Course on the Scientific and Professional Foundations of General Health Psychology: A huge step forward in your competitiveness in the sector”

This **Postgraduate Certificate in the Scientific and Professional Foundations of General Health Psychology** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive by certified mail their corresponding **Postgraduate Certificate degree issued by TECH Technological University**.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the Course, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in the Scientific and Professional Foundations of General Health Psychology**

ECTS: **6**

Official Number of Hours: **150**



*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.

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



Postgraduate Certificate
Scientific and Professional
Foundations of General
Health Psychology

Course Modality: **Online**
Duration: **6 weeks**
Certificate: **TECH Technological University**
6 ECTS Credits
Teaching Hours: **150 hours.**

Postgraduate Certificate

Scientific and Professional Foundations
of General Health Psychology