

# Postgraduate Certificate

## The Therapist's Role in the Patient's Emotional Well-Being





## Postgraduate Certificate

### The Therapist's Role in the Patient's Emotional Well-Being

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/therapist-role-patient-emotional-well-being](http://www.techtute.com/us/psychology/postgraduate-certificate/therapist-role-patient-emotional-well-being)

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01

# Introduction

Professionals who complete this program will acquire the knowledge required to offer their patients a more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated, the 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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*Supported by the latest scientific research, this Postgraduate Certificate gives emotion the value it really has in psychological distress and illness and in the functioning of the person in general”*



The limbic system is fully functioning from before birth, so we start to know and learn what the world is from subcortical structures within a brain that is mainly emotional. It is for all these reasons that, in the words of psychologist Roberto Aguado: "Emotion decides and reason justifies".



*Expand your knowledge through the Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being, in a practical way and adapted to your needs"*

This **Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being** 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 and therapeutic developments on the performance of specific techniques on emotional processing in therapy
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology
- ♦ All of this will be complemented by 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

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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 *The Therapist's Role in the Patient's Emotional Well-Being*, you will obtain a qualification endorsed by TECH Technological 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.

The design of this program is based on Problem-Based Learning, through which the physician must try to solve the different professional practice situations that arise throughout the academic course. 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 the opportunity to update your knowledge in *The Therapist's Role in the Patient's Emotional Well-Being* 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, in a way that is both practical and rigorous, the content of the Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being.







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*This 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



## Specific Objectives

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- ♦ Understand how the three brain systems function from a physiological and functional perspective
- ♦ Learn how the brain functions throughout a person's development
- ♦ Relate brain function to stress response and survival
- ♦ Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model. Functionality, dominance and limitations
- ♦ Learn about the different intelligences that develop in the mammalian brain, their functionality dominance and limitations
- ♦ Learn about the different intelligences that develop in the human brain, their functionality dominance and limitations
- ♦ 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
- ♦ Know secondary desires as compensatory mechanisms for deficiencies in basic desires



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*Make the most of this opportunity and take the step to get up to date on the latest developments in the intervention of therapists through their role in the dynamics with the patient in the emotional work”*



# 03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of study of The Role of the Therapist to intervene appropriately in the patient's well-being from the emotional management, and who pour into this training the experience of their work.

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





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*Learn the latest advances in The Therapist's Role in the Patient's Emotional Well-Being from leading professionals"*



## 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 Almería
- 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 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 aware of the implications of training in daily psychological practice and the therapist's essential role in the patient's emotional well-being and, from here, they recognize the current relevance of specialization to be able to act before the patient and improve their emotional well-being and are committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being contains the most complete and up-to-date program on the market”*

## Module 1. The Emotional Well-Being Therapist

- 1.1. Intrapersonal Intelligence (Gardner)
- 1.2. Self-Knowledge
- 1.3. Self-Management
- 1.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 1.5. The Therapist-Patient Bond
  - 1.5.1. Therapist as Escort and Referrer
  - 1.5.2. U Techniques
- 1.6. Approach to Neuro Linguistic Programming (NLP)
- 1.7. Motivational Interview

## Module 2. Techniques for Emotional Processing in Therapy

- 2.1. Emotional Memories
  - 2.1.1. Creation of Memories
  - 2.1.2. Classification and Types of Memory
  - 2.1.3. Difference Between Memories and Reminiscences
- 2.2. Traumatic Memory
- 2.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 2.4. *Brainspotting*
- 2.5. Emotional Freedom Technique. EFT
- 2.6. Writing-Based Techniques. Written Ventilation
- 2.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices
- 2.8. Clinical Hypnosis
- 2.9. Hypnotic Induction Techniques
- 2.10. Techniques for Children







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*A unique, key, and decisive training 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 The Therapist's Role in the Patient's Emotional Well-Being Patient guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it, also tilted. The caps are black with a maroon top. The background is split into a blue sky on the left and a white and pink geometric shape on the right.

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

This Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding Postgraduate Certificate issued by TECH Technological University via tracked delivery\*.

The diploma issued by TECH Technological University will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Certificate in The Therapist's Role in the Patient's Emotional Well-Being

Official N° of hours: 300 h.



\*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  
development language  
virtual classroom



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