

# Postgraduate Certificate

Time Limited Psychotherapy  
in the Treatment of Neurosis  
and Psychosomatic Disorders



## Postgraduate Certificate Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 10 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psicologia/postgraduate-certificate/time-limited-psychotherapy-treatment-neurosis-psychosomatic-disorders](http://www.techtute.com/us/psicologia/postgraduate-certificate/time-limited-psychotherapy-treatment-neurosis-psychosomatic-disorders)

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# 01

# Introduction

Time Limited Psychotherapy (LTP) is valued for its effectiveness in offering therapeutic solutions in short periods of time, which is very useful due to the increasing demand for mental health services and the need for cost-effective approaches. Moreover, its flexible structure allows it to adapt to individual needs and can be effectively integrated with other treatments, including pharmacotherapy and other forms of psychological intervention, therefore favoring a more holistic and personalized approach to the treatment of these disorders. In this situation, TECH has implemented a complete and versatile online program, which requires only an electronic device with Internet connection to access all educational resources. In addition, it uses the revolutionary learning methodology known as Relearning.



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*With this 100% online program, it will provide you with solid specialization in brief, focused intervention models, preparing you to address complex conditions in varied clinical contexts”*

With a structured and goal-focused approach, Time Limited Psychotherapy (LTP) seeks to provide patients with tools and strategies to cope with their symptoms in a defined period of time. Through cognitive-behavioral, psychodynamic or integrative techniques, therapists work collaboratively with patients to identify and modify dysfunctional patterns of thinking and behavior.

This is how this program is born, which will emphasize being present, attuning and, crucially, intervening in traumatic emotional memory. In doing so, professionals will master techniques and methods to identify and access the patient's traumatic memories effectively and safely, facilitating their processing and resolution. In addition, psychologists will be able to create a therapeutic environment where the affected person feels safe enough to execute the healing process, assuming an active role in their therapy.

Likewise, the relevance of love and emotion as catalyzing elements in the resolution of psychological disorders will be emphasized. In this sense, it will be analyzed how the ability to express and experience emotions, within the therapeutic relationship, can be a powerful tool to overcome emotional and psychological barriers. It will also include the development of skills to foster an empathic and loving therapeutic bond that supports the patient's recovery through a genuine emotional connection.

Finally, it will address how patterns of thinking and behavior can maintain symptoms or dysfunction. Therefore, graduates will be able to design therapeutic strategies that not only address the overt symptoms, but also modify the underlying conditions that sustain the problem.

Therefore, TECH has launched a fully online and adaptable program, designed to meet the specific needs of the student body, eliminating the need to travel to a physical location or follow a set schedule. Additionally, it includes the Relearning methodology, which consists in the reiteration of key concepts for an optimal and organic assimilation of the contents.

This **Postgraduate Certificate in Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative 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



*You will acquire skills in the accurate assessment of Neurosis and Psychosomatic Disorders, as well as in the implementation of therapeutic strategies adapted to the specific needs of each patient”*

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*You will equip yourself with the ability to manage emotions in therapy, in a way that promotes introspection and emotional growth of patients, through the best didactic materials in the educational market”*

The program’s teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading 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 immersive education programmed to learn in real situations.

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

*Bet on TECH! You will equip patients with tools and mechanisms to manage their own conflict, therefore facilitating a more autonomous and sustainable approach to the management of their long-term psychological well-being.*

*You will focus on the importance of love and emotion in the resolution of psychological conflicts, promoting an empathic and compassionate approach that favors therapeutic connection and patient progress.*



# 02

# Objectives

The main objective of this program will be to specialize mental health professionals in effective and focused techniques for the diagnosis and treatment of Neurosis and Psychosomatic Disorders in a defined time frame. Therefore, psychologists will develop skills to intervene directly in traumatic emotional memory, promoting patient autonomy in the management of their therapeutic process. In addition, the importance of emotional and affective factors in recovery, identifying and modifying the elements that perpetuate the problem.



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*You will gain the ability to establish an effective and compassionate therapeutic relationship, implementing interventions that alleviate symptoms and promote lasting and meaningful change in patients' lives”*



## General Objectives

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- ♦ Describe and develop intervention models for Time Limited Psychotherapy
- ♦ Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- ♦ Describe the arsenal of technology that allows patients to change their traumatic memories into memories of remembrance
- ♦ Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)





## Specific Objectives

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- Propose from the very beginning to be present, to accompany and intervene in the traumatic emotional memory In return, the patient is the one who executes the whole process
- Appreciate the importance of love and emotion in the solution
- Take into account not only what produced the problem, but also what maintains it
- Organize the patient's own mechanisms to manage their conflict



*You will become familiar with specific intervention techniques, which will enable you to identify, understand and treat the symptoms of Neurosis and Psychosomatic Disorders effectively. What are you waiting for to enroll?"*

03

# Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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*TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”*

## International Guest Director

Dr. Robin Gay is a clinical psychologist specialized in the treatment of substance use disorders and co-occurring conditions. With a particular focus on the effects of these conditions on cognitive functioning, her work has sought to understand how these influences impact treatment outcomes. In addition, her interest in enhancing the recovery of her patients has led her to develop innovative programs in mental health and addiction care.

Throughout her professional career, she has held significant roles in prestigious institutions. As such, she has been the Director of Psychological Services at Fernside, an addiction recovery program unique to McLean Hospital, which specializes in the treatment of substance use disorders and co-occurring conditions, where she has led diverse teams to provide comprehensive and personalized treatment. Likewise, her research work has been presented at numerous congresses and conferences, having received the prestigious Sidney Orgel Award, given by the New York State Psychological Association, where she has also been elected Secretary and served on the board of directors, demonstrating her commitment to the development and promotion of mental health.

In turn, she has published several articles in peer-reviewed journals, exploring the relationship between substance use and cognitive functioning. In fact, her research has brought new approaches to addiction treatment and has significantly influenced clinical practice nationally and internationally. On the other hand, her academic career has included a doctorate in Clinical Psychology from the New School for Social Research in New York, as well as a pre-doctoral internship at Mount Sinai Hospital in Manhattan, where she acquired valuable skills in the management of complex disorders.



## Dr. Gay, Robin

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- ♦ Director of Psychological Services at the Fernside Program at McLean Hospital, Boston, United States
- ♦ Secretary of the New York State Psychological Association.
- ♦ Ph.D. in Clinical Psychology from the New School for Social Research
- ♦ B.A. in Psychology from Marlboro College
- ♦ Sidney Orgel Award of the New York State Psychological Association
- ♦ Member of: Commonwealth of Massachusetts Board of Registration of Psychologists

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

# 04

## Structure and Content

The topics of this academic program will include a detailed review of the theoretical bases of Neurosis and Psychosomatic Disorders, with a particular focus on psychodynamic, attachment theory and cognitive-behavioral models. In addition, specific intervention techniques such as exposure therapy, cognitive restructuring and working with traumatic emotional memory will be explored in depth. Emphasis will also be placed on the development of skills to establish an effective therapeutic alliance, interviewing and diagnostic techniques, as well as strategies to promote patient autonomy.





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*You will develop practical skills for the application of brief and focused interventions, building a strong therapeutic alliance and promoting patient autonomy in their recovery process”*

**Module 1. Universe of Intervention with PTL**

- 1.1. Simple Phobias
- 1.2. Agoraphobia
- 1.3. Panic Disorders
- 1.4. Generalized Anxiety Disorder
- 1.5. Obsessive Compulsive Disorder
- 1.6. Post-Traumatic Stress Disorder
- 1.7. Affective Disorders
- 1.8. Eating Disorders
- 1.9. Psychosomatic Disorders
- 1.10. Tobacco Use
- 1.11. Chronic Pain
- 1.12. Intervention in the Operating Room
- 1.13. Labor and Delivery Preparation





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*This program will prepare you to deliver effective, patient-centered treatment in the context of Time Limited Psychotherapy. Don't wait any longer and enroll in the world's best digital university, according to Forbes!”*

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.



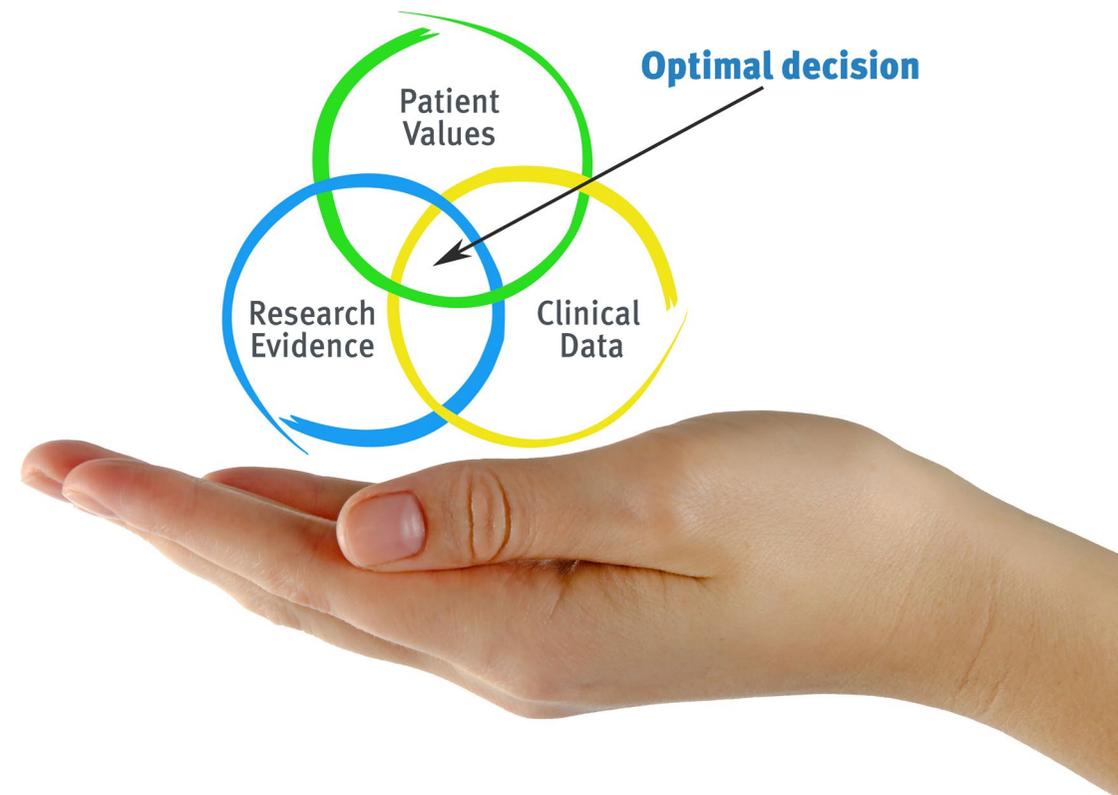
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

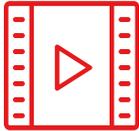
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

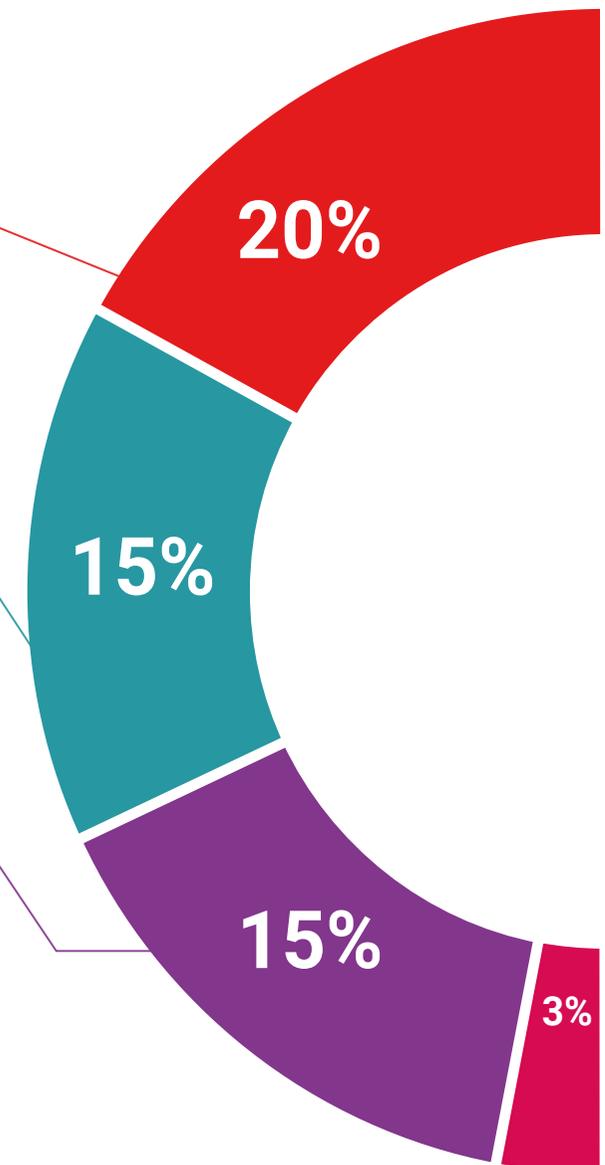
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

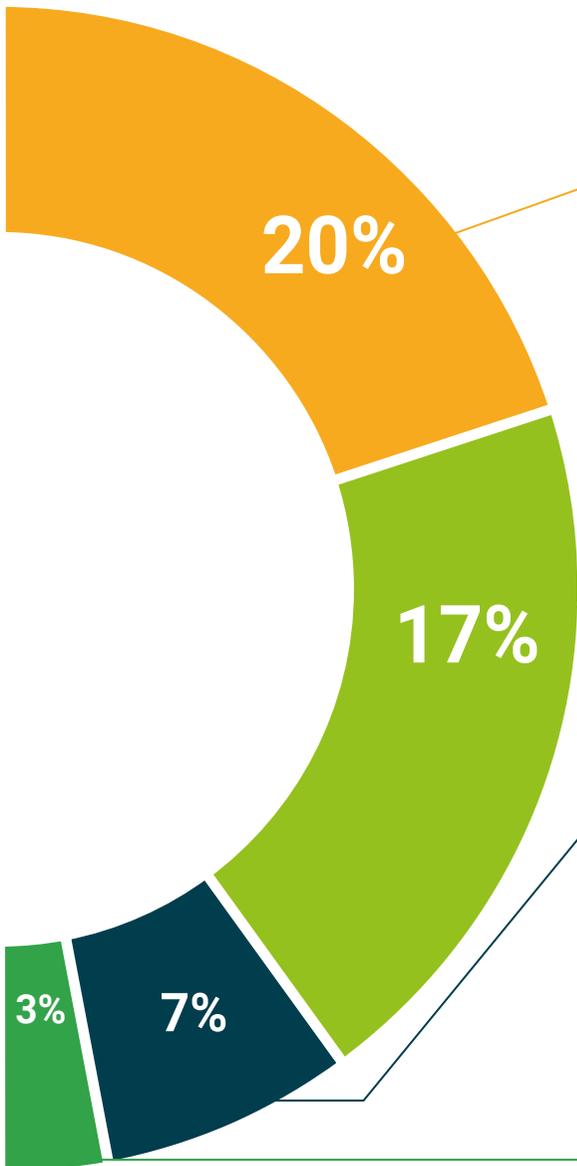
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The background is split diagonally into a white lower-left section and a magenta upper-right section.

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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 **Postgraduate Certificate in Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders** 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 Time Limited Psychotherapy in the Treatment of Neurosis and Psychosomatic Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **10 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.



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