

# Postgraduate Certificate Update in Psychosomatic Disorders





## Postgraduate Certificate Update in Psychosomatic Disorders

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

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/update-psychosomatic-disorders](http://www.techtitute.com/us/psychology/postgraduate-certificate/update-psychosomatic-disorders)

# 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

Today's society lives in an increasingly fast-paced world that causes citizens to neglect their least visible but most important facet: Mental Health. The frenetic day to day life ends up taking its toll on the population, which is more and more accustomed to suffer from Anxiety or Chronic Stress. This becomes the trigger for Psychosomatic Disorders, whose nature complicates the effectiveness of medical treatments. In this sense, Psychological Intervention is essential to achieve a balance in users that minimizes physical symptoms. TECH responds to this need with this program, which psychologists will be able to study from home with total flexibility.



“

*Get highly trained in Psychological Intervention in psychosomatic illnesses to alleviate the suffering of your patients”*

When people suffer from stress or any psychological disorder, they run the risk of suffering from a psychosomatic disorder. Despite their origin in the mind, these diseases cause physical ailments that can worsen the quality of life of those affected. In this regard, some of the most common are headache, irritable bowel syndrome, frequent dizziness or back pain, limiting the usual capabilities of users.

It is well known that a visit to the family doctor rarely solves these conditions in the patient, given its psychological nature, so more and more psychologists demand to specialize in this area and have the necessary tools to intervene. This is where the Postgraduate Certificate in Psychosomatic Disorders comes into play, which offers professionals in this field the most up-to-date knowledge for the treatment of these disorders. Based on the interaction between Psyche and Soma, psychologists will delve into the profile of the psychosomatic patient to determine the best way to act.

This TECH program is perfectly compatible with the professional performance of those who take it. Its 100% online format allows students to complete it from home or wherever they wish, with all the flexibility to manage their learning time as they see fit. They will also have unlimited access to a Virtual Campus 24 hours a day, with all the resources at their disposal from the very first moment.

This **Postgraduate Certificate in Update in Psychosomatic Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Case studies presented by experts in Psychological Intervention in Psychosomatic Disorders
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*This Postgraduate Certificate will make a difference when it comes to updating your knowledge, placing you at the forefront of Psychosomatic Disorders”*

“

*Update your knowledge in the approach to Psychosomatic Disorders with the number 1 online university”*

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

*Discover the experience of specializing with the latest educational methodologies and interactive tools.*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

The design of the objectives of this own program revolves around the high qualification of psychologists in the approach to Psychosomatic Disorders, for which the program will provide them with the latest knowledge on the subject, adapted to a changing reality. In this program we propose the specialization of professionals perfectly prepared to face the challenges of the future, so the Postgraduate Certificate offers a global perspective in the contents.

“

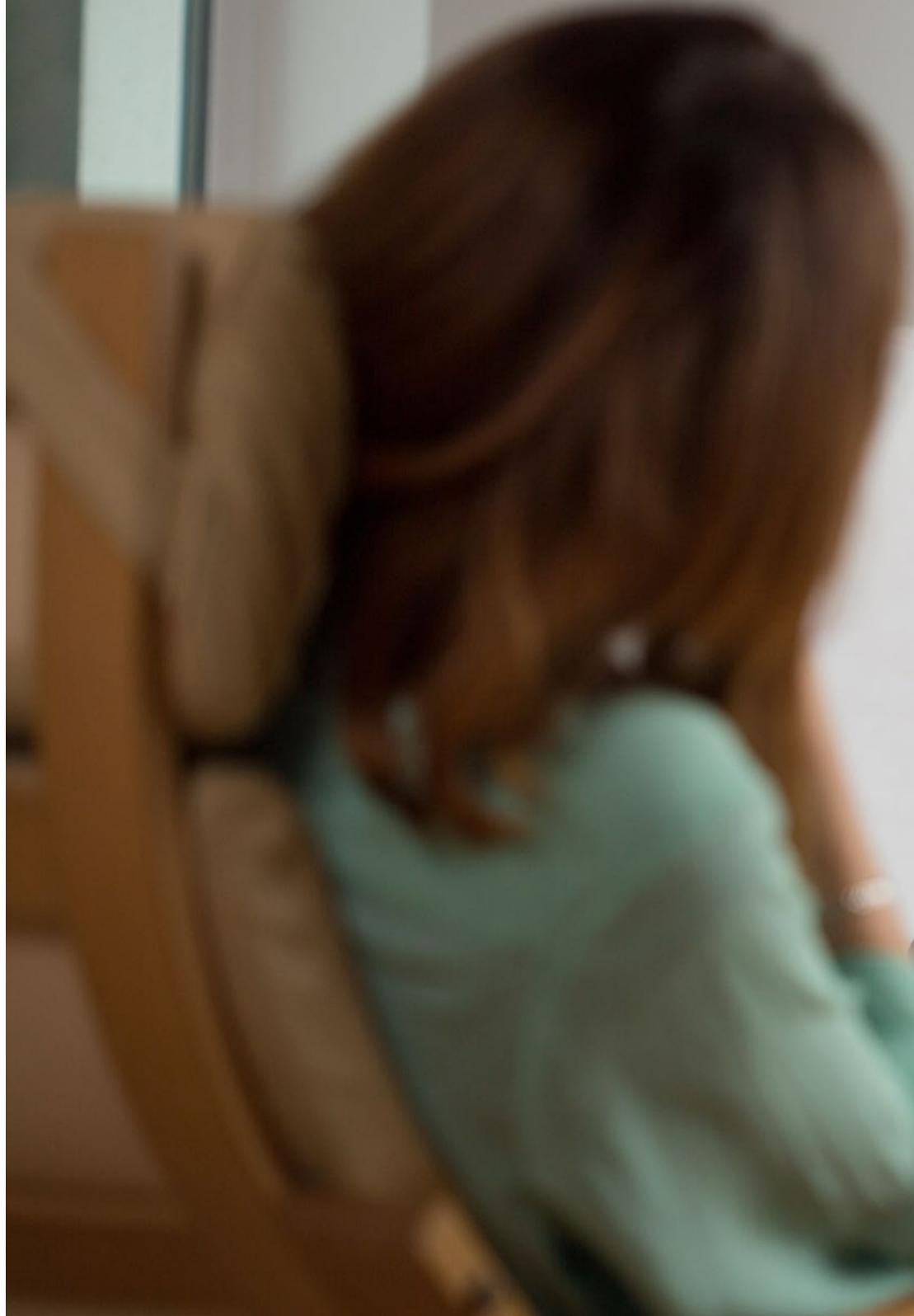
*The objective of TECH is for you to successfully face all the challenges that may arise during your professional career in the future”*



## General Objectives

---

- ♦ Explain the relation between psychic conflict and its psychosomatic expression
- ♦ Train the professional as a specialist in the identification of the aspects of psychism that do not allow emotional expression through psychological means.
- ♦ Recognize the natural stressors that affect the different systems that make up our organism
- ♦ Compare the behavior of bodily disorders the basic patient conflicts
- ♦ Train the psychologist to as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- ♦ Explain the biochemical functioning of the affected system, as well as the antidotes for improvement





## Specific Objectives

---

- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Describe all the research done in the last twenty years

“

*The best professionals in psychology will accompany you on this educational journey so that you can easily achieve the program's objectives”*

03

# Course Management

TECH has in this program a powerful teaching team made up of psychologists who have made great contributions in the field of Clinical and Health Psychology. In fact, they treasure a significant experience in the psychological intervention of psychosomatic disorders through the Cognitive-Behavioral Model, the Limited Time Model of Psychotherapy or the Gestalt Model. In addition, they will closely follow the progress of each student and will remain at their disposal through the Virtual Campus.



“

*A powerful teaching team, a reference in the best psychotherapies to address psychosomatic disorders, will be in charge of specializing you"*

## Address



### Mr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

## Professors

### Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine

**Mr. Gandarias Blanco, Gorka**

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

**Dr. Espinoza Vázquez, Oscar**

- ♦ Pediatrician in IMSalud
- ♦ Director of the Psychopharmacology Unit of the CEP
- ♦ Medical specialist in Psychiatry and Pediatrics
- ♦ Head of the public health service in the southern district of Madrid
- ♦ Master's Degree in Psychological Intervention in Disorders that Impair Learning and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

**Dr. Fernandez Agis, Inmaculada**

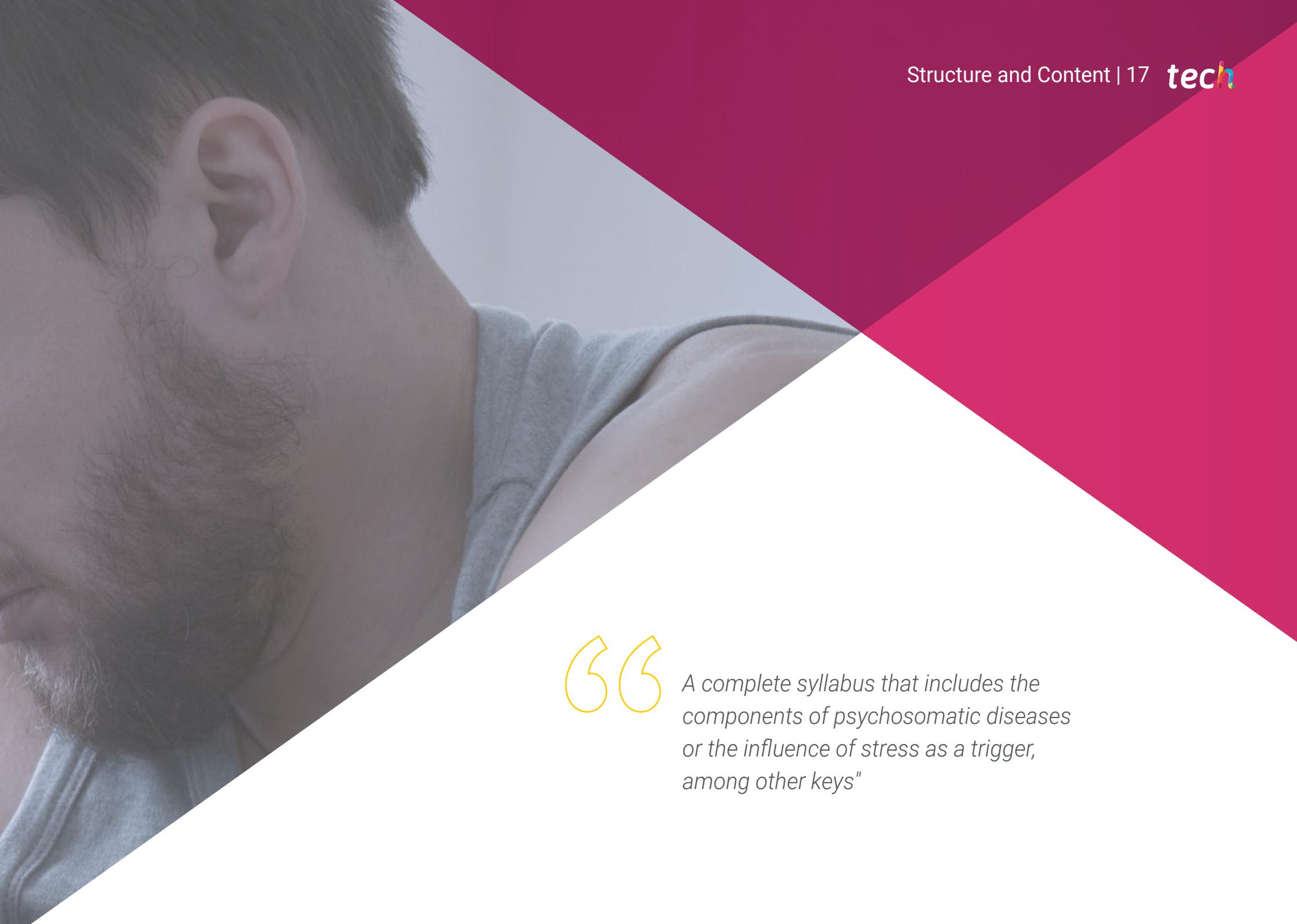
- ♦ Specialist in Neuropsychology, and Cognitive Therapy
- ♦ President of the Andalusian Society of Neuropsychology
- ♦ Director of the Unit of Sexological Studies (UESX)
- ♦ Director of the Neuropsychological Evaluation and Rehabilitation Center (CERNEP) of the University of Almeria
- ♦ Professor of the Department of Neuropsychology, University of Almeria
- ♦ Professor of Psychology of Sexuality in the Official Master's Degree in Sexology at the University of Almeria
- ♦ Doctor in Psychology from the University of Almeria
- ♦ Psychologist specialized in Clinical Psychology
- ♦ Expert in Cognitive Therapy based on Mindfulness
- ♦ Expert in Time Limited Psychotherapy
- ♦ Expert in Clinical Neuropsychology
- ♦ Member of:itdUPM and GENET Working Group on Basic Income SANP, SEIS y FANPSE

# 04

## Structure and Content

The syllabus has been designed to update psychologists in the field of psychosomatic disorders under the supervision of the teaching team, containing this way all the necessary keys. This program provides a comprehensive perspective on these disorders: from the components of these diseases through the influence of Stress, Liaison Psychology or the resurgence of Health Psychology. These ideas will be offered in an individualized educational itinerary that uses Relearning as a methodological substrate. Through repetition, all concepts will be successfully assimilated by the students.



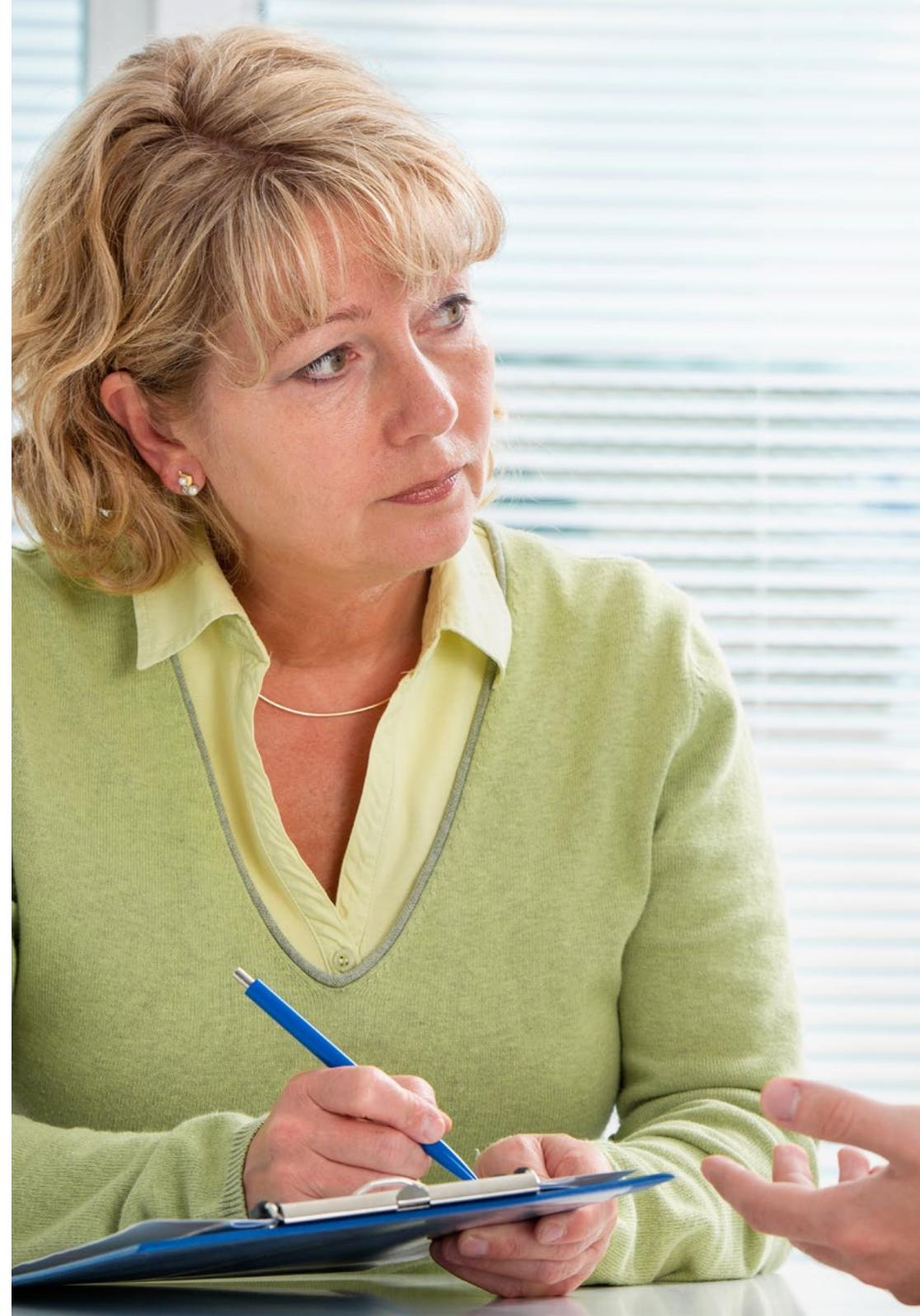


“

*A complete syllabus that includes the components of psychosomatic diseases or the influence of stress as a trigger, among other keys”*

## Module 1. Fundamentals of Psychosomatic Medicine

- 1.1. The Soma-Psyche Unit
- 1.2. Functional Symptom, Conversion and Disease
  - 1.2.1. Psychosomatic Orientation in Psychology
  - 1.2.2. Liaison Psychology
- 1.3. Resurgence of a New Discipline: Health Psychology
  - 1.3.1. Disciplinary Delimitation
- 1.4. The Alexithymia Construct
  - 1.4.1. Historical Review of the Concept
  - 1.4.2. Features
  - 1.4.3. Etiological Hypotheses
  - 1.4.4. Assessment
  - 1.4.5. Processing Emotional Stimuli in Alexithymia
- 1.5. Psychosomatic Patients
  - 1.5.1. Psychosomatic Disease Components and Characteristics
  - 1.5.2. Processes and Dynamics of Psychosomatic Disease
  - 1.5.3. Ways Psychosomatic Disorders Manifest
- 1.6. Stress and Psychosomatics Disorders
- 1.7. Personality and Psychosomatics
- 1.8. Psychosocial Aspects of Psychosomatic Disorders
- 1.9. Psychosomatic Processes: A Defense Mechanism for Integrity?
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms





“

*A program designed by a team of psychologists that has taken into account the demands of professionals in this area”*

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.



“

*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. Gervas, 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.

“

*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 Update in Psychosomatic Disorders guarantees, in addition to the most rigorous and up-to-date education, the 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 the other is slightly behind it. The background is split into a white diagonal section and a magenta section. The quote is positioned in the white section.

“

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

This **Postgraduate Certificate in Update in Psychosomatic Disorders** contains the most complete and up-to-date scientific 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 Update in Psychosomatic Disorders**

Official N° of Hours: **200 h.**



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



**Postgraduate Certificate**  
**Update in Psychosomatic**  
**Disorders**

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

# Postgraduate Certificate

## Update in Psychosomatic Disorders

