

Postgraduate Diploma Dialectical Behavioral Therapy



Postgraduate Diploma Dialectical Behavioral Therapy

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

Website: www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-dialectal-behavioral-therapy

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01

Introduction

The WHO considers suicide a global mental health problem that affects all population groups. Given the high numbers detected in recent years, actions have been taken to prevent it, in this scenario, the psychology professional plays a decisive role. The correct diagnosis of the patient and the application of the appropriate therapy will facilitate the reduction of this number of deaths. This program, taught exclusively online, is an advanced proposal for professionals who wish to update their knowledge through didactic material that uses the latest technology applied to academic teaching.





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This Postgraduate Diploma provides you with a theoretical and practical approach to Dialectical Behavior Therapy and its appropriate application"

Although the causes that lead a person to suicide can be several, it is certain that Borderline Personality Disorder generates impulses and emotional instability in the person that derive in suicidal and parasuicidal acts. In this situation, Dialectical Behavioral Therapy has scientifically demonstrated its effectiveness. Psychology professionals need to be aware of the latest lines of research that support or deepen the techniques used in this type of treatment.

This is the reason for the creation of this Postgraduate Diploma, in which, during 6 months, the professional will delve into the bases of Dialectical-Behavioral Therapy, the different stages and strategies, as well as the formulation of therapeutic objectives. An online program where, in addition, students will update their knowledge in the techniques and skills most commonly used by the therapist in their clinical practice with patients suffering from lack of self-control or going through difficult processes after the loss of a loved one. This will be possible thanks to multimedia content and a *Relearning* system, which will allow students to progress through the course in a more dynamic way.

An extensive tour of Dialectical-Behavioral Therapy that will provide the professional with a more advanced and updated knowledge. All this with the ease that TECH offers to take their high-level programs wherever and whenever they want. Thanks to the online mode that allows access to all content 24 hours a day, students can consult the agenda at any time with just an electronic device with an Internet connection. A university program that gives students the opportunity to combine quality education with their professional and/or personal responsibilities.

This **Postgraduate Diploma in Dialectical Behavioral Therapy** contains the most complete and up-to-date program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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



The multimedia resource library will be available 24 hours a day for you to access at your convenience"

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A 100% online teaching that brings you renewed knowledge in the field of techniques used in consultation by therapists who treat impulsive patients”

The program's teaching staff includes professionals from the sector 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.

Delve into interdisciplinary treatment and the figure of the psychologist with this university program.

This Postgraduate Diploma gives you the opportunity the opportunity to recycle knowledge without neglecting other areas of your life.



02

Objectives

This university program provides the psychologist with a deep and extensive knowledge about Dialectical-Behavioral Therapy so that, at the end of the six months of this degree, they will have obtained a renewed knowledge about the techniques and practices currently used in group or individual therapies, the role of the family, as well as the application in different types of disorders. The case studies provided in this Postgraduate Diploma are a very useful tool for the professional who wishes to apply it in their daily practice.





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TECH provides you with the most recent scientific studies so that you are up to date with the latest in this Third Generation therapy”



General Objectives

- ♦ Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- ♦ Know the different types of Third Generation Therapies
- ♦ Delve into the past, present and future of this area in psychology
- ♦ Study the evolution of the different types of therapies
- ♦ Learn about the main developments and treatments related to Third-Generation Therapies



Delve into this Postgraduate Diploma in Dialectical Behavioral Therapy and its application in the treatment of multiple disorders"





Specific Objectives

Module 1. Evolution of Cognitive-Behavioral Psychology

- ◆ Become familiar with the origins and development of Cognitive - Behavioral Psychology
- ◆ Gain a general understanding of the starting point of Third Generation Therapies
- ◆ Learn about the beginnings and theoretical foundations of Cognitive-Behavioral psychology

Module 2. Therapist Skills

- ◆ Develop the different skills all therapists must master
- ◆ Differentiate between the different types of skills
- ◆ Learn how and when to use these different skills

Module 3. Dialectical Behavioral Therapy

- ◆ Learn about the basics of Dialectical Behavioral Therapy
- ◆ Master the most common techniques within the therapy
- ◆ Contextualize the origin and emergence of therapy

03

Structure and Content

The syllabus of this Postgraduate Diploma has been developed by a highly qualified faculty with extensive experience in the application of Third Generation Therapies. In this way, through video summaries, videos in detail or complementary readings, the professional will go through the 3 modules that make up this degree and that will allow them to achieve a much more agile updating of knowledge in the field of Dialectical-Behavioral Therapy. Likewise, having the entire syllabus at your disposal from the beginning of the program will allow you to distribute the teaching load according to your needs.





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The clinical cases provided in this Postgraduate Diploma will bring you closer to situations that you will be able to apply in your daily practice”

Module 1. Evolution of Cognitive-Behavioral Psychology

- 1.1. Emergence and Advancement of New Psychological Treatments
 - 1.1.1. The Beginnings and Contextual Framework to the Change
 - 1.1.2. The Beginnings of New Treatments
 - 1.1.3. Paradigm Shift
- 1.2. Emergence of the First and Second Waves
 - 1.2.1. The Beginnings of Change
 - 1.2.2. Introduction to the Process of Change
 - 1.2.3. The First and Second Waves
- 1.3. Cognitive-Behavioral Techniques as Foundation
 - 1.3.1. The Importance of Cognitive-Behavioral Basis
 - 1.3.2. Introduction to Cognitive-Behavioral Techniques
- 1.4. Applied Operant Conditioning
 - 1.4.1. Authors and Foundations of Operant Knowledge
 - 1.4.2. Operant Knowledge First Steps
 - 1.4.3. Applied Operant Conditioning
- 1.5. Coping Styles and Techniques
 - 1.5.1. Coping Styles: Definition and Introduction
 - 1.5.2. Main Theories
 - 1.5.3. Measuring Tools
 - 1.5.4. Intervention Techniques
- 1.6. Relaxation Techniques
 - 1.6.1. Relaxation Techniques: Introduction and Biological Foundation
 - 1.6.2. Predominant Techniques
 - 1.6.3. Use in Clinical Psychology
- 1.7. Rational Psychotherapies
 - 1.7.1. Basis for Rational Psychotherapy
 - 1.7.2. Relevant Authors
 - 1.7.3. Clinical Use

- 1.8. Problem-Solving Techniques
 - 1.8.1. Emergence of Problem-Solving Strategies
 - 1.8.2. Most Commonly Used Techniques
 - 1.8.3. Learning and Using Problem-Solving Techniques
- 1.9. Social Skills Training
 - 1.9.1. The Importance of Social Skills
 - 1.9.2. Soft and Hard Skills
 - 1.9.3. Training and Work in Social Skills
- 1.10. Emergence of Third Generation Therapies
 - 1.10.1. First Steps
 - 1.10.2. What Are Third Generation Therapies?
 - 1.10.3. Progress and Current Situation

Module 2. Therapist Skills

- 2.1. Therapist Factors in Clinical Intervention
 - 2.1.1. Therapists as Modulating Agents
 - 2.1.2. What Are the Factors to Consider?
- 2.2. Therapist Emotional Control
 - 2.2.1. Basic Emotions
 - 2.2.2. Why Should Emotions be Controlled?
 - 2.2.3. Emotional Intelligence
 - 2.2.4. How Are Emotions Controlled?
- 2.3. Counseling in Health Care Settings
 - 2.3.1. What is Counseling?
 - 2.3.2. How Is It Used in Health Care Settings?
- 2.4. Basic Communication Skills
 - 2.4.1. Introduction to and the Importance of Communication Skills
 - 2.4.2. Basic Communication Techniques
- 2.5. Applied Communication Skills
 - 2.5.1. Communication Skills Applied to Clinical Intervention
 - 2.5.2. Communication Skills Applied to Crisis Intervention

- 2.6. Communication, Ethics and Decision-Making
 - 2.6.1. Communicating Bad News
 - 2.6.2. Ethical Factors
 - 2.6.3. Introduction to Decision-Making
 - 2.7. Grief Accompaniment Techniques
 - 2.7.1. Introduction to the Concept of Grief
 - 2.7.2. Intervention Methods
 - 2.7.3. Accompaniment Techniques
 - 2.8. Handling Difficult Discussions and Conversations
 - 2.8.1. Introduction to Emotional Control
 - 2.8.2. Guidelines for Action
 - 2.8.3. Handling Difficult situations
 - 2.9. Managing Patient Emotions and Self-Control Techniques
 - 2.9.1. How Can We Manage Patient Emotions?
 - 2.9.2. Basis for Intervention
 - 2.9.3. Self-Control Techniques
 - 2.10. Termination Techniques and Family Accompaniment
 - 2.10.1. Introduction to Therapy Termination Techniques
 - 2.10.2. Family Accompaniment
 - 2.10.3. Monitoring
- Module 3. Dialectical Behavioral Therapy**
- 3.1. The Introduction and History of Dialectical Behavioral Therapy
 - 3.1.1. The Introduction and Beginnings of Dialectical Behavioral Therapy
 - 3.1.2. The Emergence of Dialectical Behavioral Therapy
 - 3.1.3. Most Representative Authors
 - 3.2. Therapeutic Stages, Strategies and Objectives
 - 3.2.1. Stages and Strategies
 - 3.2.2. Formulating Therapeutic Objectives
 - 3.3. Dialectical Behavioral Therapy in Personality Disorders
 - 3.3.1. Interpreting Personality Disorders in Dialectical Behavioral Therapy
 - 3.3.2. Personality Disorder Intervention and Treatment
 - 3.3.3. DBT and Borderline Personality Disorder
 - 3.4. Group Therapy vs Individual Therapy
 - 3.4.1. Introduction to Group Therapy
 - 3.4.2. Advantages and Disadvantages
 - 3.4.3. What to Use It?
 - 3.5. Beginnings and Considerations of Group Therapy
 - 3.5.1. The Origins of Group Therapy
 - 3.5.2. Group Dialectical Behavioral Therapy
 - 3.5.3. Considerations to Consider
 - 3.6. Group Therapy: Capacity Modules
 - 3.6.1. Capacity Work in Dialectical Behavioral Therapy
 - 3.6.2. How to Put It into Practice?
 - 3.7. Dialectical Behavioral Therapy in Families
 - 3.7.1. The Concept of Family
 - 3.7.2. Attachment as a Foundation
 - 3.7.3. Using Dialectical Behavioral Therapy in Families
 - 3.8. Dialectical Behavioral Therapy Applied to Other Disorders
 - 3.8.1. Other Disorders Worth Mentioning
 - 3.8.2. Working from a Dialectical Behavioral Perspective
 - 3.9. Interdisciplinary Treatment
 - 3.9.1. Forming Interdisciplinary Teams
 - 3.9.2. The Figure of the Psychologist
 - 3.9.3. Advantages and Disadvantages
 - 3.10. The Current Situation and Future of Dialectical Behavioral Therapy
 - 3.10.1. Current Lines of Research
 - 3.10.2. The Future of Dialectical Behavioral Therapy

04

Methodology

This 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.



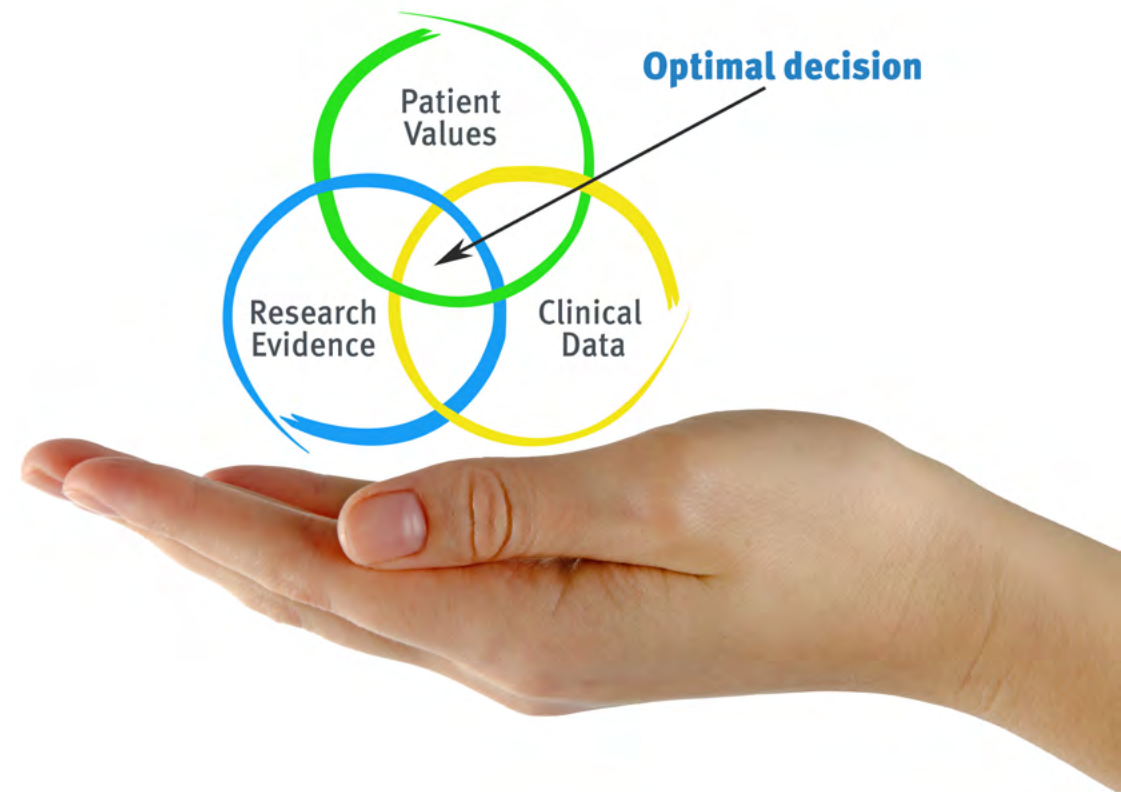
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

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 assess 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 adapted in 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 assess and re-assess 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.



05

Certificate

This Postgraduate Diploma in Dialectical Behavioral Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



The image features two graduation caps against a blue sky with light clouds. One cap is black with a black tassel, and the other is maroon with a black tassel. The background is split into a white diagonal section and a magenta section.

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

This **Postgraduate Diploma in Dialectical Behavioral Therapy** 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Dialectical Behavioral Therapy**

Official N° of Hours: **450 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.

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