Postgraduate Diploma
Psychological Assessment and Intervention with Adults

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Postgraduate Diploma
Psychological Assessment and Intervention with Adults

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

18 ECTS Credits

Teaching Hours: **450 hours.**

Website: www.techtitute.com/psychology/postgraduate-diploma/postgraduate-psychological-assessment-intervention-adults

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01

Introduction

Learn about the main mental and behavioral disorders in adults, with this intensive training carefully designed by professionals in the field. You will update your knowledge and skills in Psychological Assessment and Intervention with Adults, in a practical way, thanks to its 100% online modality.

A deep and comprehensive dive into strategies and approaches in Psychological Assessment and Intervention with Adults"

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.

This Postgraduate Diploma 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 Diploma in Psychological Assessment and Intervention with Adults** has the most complete and up-to-date academic program on the market. The most important features of the program include:

- More than 100 practical cases presented by experts in Psychological Assessment and Intervention with Adults.
- 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 the self-assessment process can be carried out 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"

Access deep insights into Psychological Assessment and Intervention with Adults and its multiple implications, in a comprehensive Postgraduate Diploma designed to propel you to another professional level"

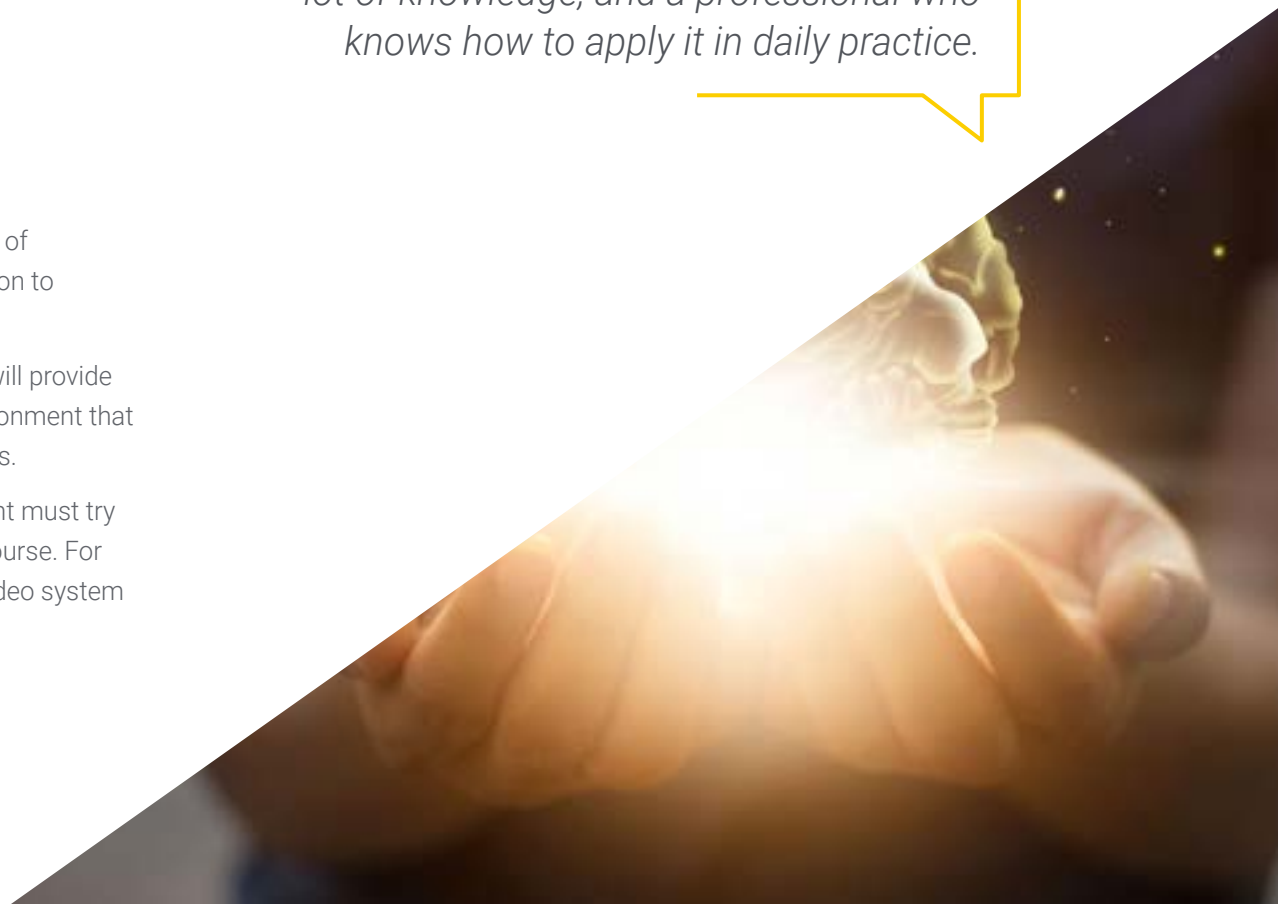
Increase your confidence as a healthcare psychiatrist by updating your knowledge through this Postgraduate Diploma degree.

This Postgraduate Diploma marks the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in 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

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 Objectives

- Train professionals qualified to practise in Psychological Assessment and Intervention with Adults, 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 by Modules

- Identify the phases of the psychological evaluation process and the different actions carried out by a General Health Psychologist in each of them.
- Know the types of evaluation techniques that exist in health psychology.
- Describe the characteristics of psychological interviews, their stages and the peculiarities of the different types of interviews, especially the initial interview and the return interview.
- Mention the main changes and controversies in the latest edition of the DSM.
- Detail the assessment techniques necessary for problem identification and psychopathological diagnoses.
- Understand the usefulness of a clinical formulation within the psychological assessment process, as well as the different formulation models that exist.
- Know the most commonly used instruments for evaluating quality of life, lifestyles and stress.
- Understand the characteristics of the most common chronic conditions and the most commonly used assessment tools for these problems.
- Know the criteria for diagnosing the main mental and behavioral disorders.
- Study the most commonly used assessment instruments for the main mental and behavioral disorders.
- Understand the importance of the therapeutic relationship in the practice of health psychology and the factors that help to establish it.
- Explain the different phases of the therapy process and the main obstacles that may be encountered in each one.
- Know the skills necessary for practising General Health Psychology, especially communication and listening skills.
- Mention the most feared scenarios of the therapy process and the most frequent mistakes made by psychologists and propose concrete strategies for dealing with them.
- Possess working knowledge of the different therapeutic orientations in Psychology and acquire an attitude of respect towards the knowledge and techniques coming from each one of them.
- Understand the contribution of psychodynamic, phenomenological-existential and humanistic models to General Health Psychology.
- Understand the contribution of cognitive-behavioral, contextual, and systemic models to General Health Psychology and their main techniques.
- Identify the benefits of positive psychology in promoting and improving individuals' health status.
- Describe the etiology, course, and prevalence of major mental and behavioral disorders in adults.
- Know the most commonly used psychological intervention techniques for adult patients with mental disorders.

- Discover the latest recommendations of scientific evidence for treating adults with different psychological problems.
- Review the characteristics of the most important physical health problems and the psychological factors related to their onset and continuation.
- Know the main psychological intervention techniques for patients with different physical health problems.
- Present the latest recommendations from scientific evidence for the treatment of adults with different physical health problems.

This Postgraduate Diploma is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector"

03

Structure and Content

The structure of the contents has been designed by a team of professionals in Psychological Assessment and Intervention with Adults, who are conscious of the importance of up-to-date training in order to be able to delve deeper into this field of knowledge and produce publications of academic quality.

This Postgraduate Diploma in Psychological Assessment and Intervention with Adults has the most complete and up-to-date scientific program on the market"

Module 1. Evaluation in General Health Psychology

1.1. Psychological Evaluation Process
- 1.1.1. Descriptive-Predictive Process.
- 1.1.2. Intervention-Evaluation Process.

1.2. Evaluation Techniques in Health Psychology
- 1.2.1. Features of the Evaluation Techniques.
- 1.2.2. Types of Evaluation Techniques.

1.3. The Interview as an Evaluation Technique
- 1.3.1. Conceptualization of the Psychological Interview
- 1.3.2. Interview Process.

1.4. Observation
- 1.4.1. Observation Features.
- 1.4.2. Observation Process.

1.5. Diagnosis in Health Psychology
- 1.5.1. Features and Limitations of the DSM-5.
- 1.5.2. Evaluation for Problem Identification.

1.6. Clinical Formulation
- 1.6.1. Clinical Case Formulation.
- 1.6.2. Functional Analysis (Conceptual and Empirical Foundations).
- 1.6.3. Functional Analysis (Strategies).

1.7. Communication of Results in Health Psychology
- 1.7.1. Return Interview.
- 1.7.2. Written Report.

1.8. Quality of Life, Lifestyle and Stress Assessment
- 1.8.1. Evaluation of Quality of Life and the Intervention Process.
- 1.8.2. Lifestyle and Self-Efficacy for Health Assessment.
- 1.8.3. Stress Evaluation.

1.9. Assessment in Chronic Conditions.
- 1.9.1. Psychological Assessment in HIV.
- 1.9.2. Psychological Assessment in Chronic Pain.
- 1.9.3. Psychological Assessment in Oncology Patients.

1.10. Assessment in Schizophrenia Spectrum Disorders
- 1.10.1. Theoretical and Conceptual Aspects in the Assessment of Schizophrenia Spectrum Disorders.
- 1.10.2. Assessment Tools for Schizophrenia Spectrum Disorders.

1.11. Assessment in Depressive and Bipolar Disorders
- 1.11.1. Theoretical and Conceptual Aspects in the Assessment of Depressive and Bipolar Disorders.
- 1.11.2. Assessment Tools in Depressive and Bipolar Disorders.

1.12.2. Assessment in Anxiety Disorders
- 1.12.1. Theoretical and Conceptual Aspects in the Assessment of Anxiety Disorders.
- 1.12.2. Anxiety Disorders Assessment Tools.

1.13. Assessment in Trauma-Related, Dissociative, Somatic Symptom and OCD Disorders
- 1.13.1. Trauma-Related Disorders and Dissociative Disorders.
- 1.13.2. Somatic Symptom Disorders.
- 1.13.3. Obsessive-Compulsive Disorder and Related Disorders.

1.14. Assessment of Eating Disorders, Sleep, and Excretion Disorders
- 1.14.1. Eating Disorders.
- 1.14.2. Sleep Disorders.
- 1.14.3. Excretory Disorders.

1.15. Assessment in Sexual and Paraphilic Disorders
- 1.15.1. Sexual Dysfunctions.
- 1.15.2. Paraphilic Disorders

1.16. Assessment in Addiction Disorders
- 1.16.1. Diagnostic Criteria for Addictive Disorders.
- 1.16.2. Addictive Disorders Assessment Tools.
- 1.16.3. Personality Disorders.

Module 2. Skills and Techniques of a General Health Psychologist

2.1. The Therapeutic Relationship and the Therapeutic Process
- 2.1.1. Therapeutic Process.
- 2.1.2. Therapeutic Relationship.

2.2. Health Psychologist's Basic Skills and Competencies
- 2.2.1. Therapist's Basic Skills.
- 2.2.2. Therapist's Characteristics.
- 2.2.3. General Health Psychologist Competencies.

2.3. Listening Skills
  2.3.1. Listening.
  2.3.2. Listening Techniques.
2.4. Verbal and Non-Verbal Communication
  2.4.1. Non-Verbal Communication.
  2.4.2. Verbal Communication Techniques.
2.5. Obstacles and Feared Scenarios in the Therapeutic Process
  2.5.1. Obstacles in Initiation and Assessment.
  2.5.2. Obstacles in Implementing Treatment.
2.6. Most Frequent Errors Made by Psychologists
  2.6.1. Risk of Dual Relationship.
  2.6.2. Other Obstacles in the Therapeutic Process.
2.7. Psychotherapy and Therapeutic Components
  2.7.1. Models in Psychotherapy.
  2.7.2. Integration in Psychotherapy.
2.8. Contribution of Psychodynamic, Phenomenological-Existential, and Humanistic models.
  2.8.1. Psychodynamic Models.
  2.8.2. Phenomenological-Existential and Humanistic Models.
2.9. Behavioral Techniques
  2.9.1. Relaxation Techniques.
  2.9.2. Exposure Techniques.
  2.9.3. Operative Techniques.
2.10. Cognitive Techniques
  2.10.1. Skills Training.
  2.10.2. Cognitive Restructuring.
2.11. Third Generation Therapies
  2.11.1. Therapies Based on Mindfulness.
  2.11.2. Dialectical Behavior Therapy.
  2.11.3. Behavioral Activation Therapy.
  2.11.4. Functional Analytic Psychotherapy.

2.12. Group Intervention and Family Therapy
- 2.12.1. Group Intervention.
- 2.12.2. Family Therapy.

2.13. Positive Psychology
- 2.13.1. Positive Psychology: Concepts.
- 2.13.2. Positive Psychology: Techniques.

2.14. Psychological Assessment and Intervention with Adults
- 2.14.1. Prevention and Health Promotion.
- 2.14.2. Counseling.

Module 3. Psychological Intervention in Adults

3.1. Psychological Intervention in Psychotic Disorders
- 3.1.1. Psychotic Disorders: Etiology, Course, and Prevalence.
- 3.1.2. Psychotic Disorders: Scientific Evidence.
- 3.1.3. Psychotic Disorders: Psychological Intervention Techniques.

3.2. Psychological Intervention in Depressive and Bipolar Disorders
- 3.2.1. Intervention in Depressive Disorders.
  - 3.2.1.1. Depressive Disorders: Etiology, Course, and Prevalence.
  - 3.2.1.2. Depressive Disorders: Scientific Evidence.
  - 3.2.1.3. Depressive Disorders: Psychological Intervention Techniques
- 3.2.2. Intervention in Bipolar Disorder.
  - 3.2.2.1. Bipolar Disorder: Etiology, Course, and Prevalence.
  - 3.2.2.2. Bipolar Disorder: Scientific Evidence.
  - 3.2.2.3. Bipolar Disorder: Psychological Intervention Techniques

3.3. Psychological Intervention in Anxiety Disorders
- 3.3.1. Anxiety Disorders: Etiology, Course, and Prevalence.
- 3.3.2. Anxiety Disorders: Scientific Evidence.
- 3.3.3. Anxiety Disorders: Psychological Intervention Techniques.

3.4. Psychological Intervention in OCD, PTSD, and Related Disorders
- 3.4.1. Intervention in OCD and Related Disorders.
- 3.4.2. Intervention in PTSD and Related Disorders.

3.5. Psychological Intervention in Eating Disorders
- 3.5.1. Eating Disorders: Etiology, Course and Prevalence.
- 3.5.2. Eating Disorders: Scientific Evidence.
- 3.5.3. Eating Disorders: Psychological Intervention Techniques.

3.6. Psychological Intervention in Sleep Disorders
- 3.6.1. Sleep Disorders: Etiology, Course and Prevalence.
- 3.6.2. Sleep Disorders: Scientific Evidence.
- 3.6.3. Sleep Disorders: Psychological Intervention Techniques.

3.7. Psychological Intervention in Sexual Dysfunctions
- 3.7.1. Sexual Dysfunctions: Etiology, Course and Prevalence.
- 3.7.2. Sexual Dysfunctions: Scientific Evidence.
- 3.7.3. Sexual Dysfunctions: Psychological Intervention Techniques.

3.8. Psychological Intervention in Addictive Disorders
- 3.8.1. Addictive Disorders: Etiology, Course and Prevalence.
- 3.8.2. Addictive Disorders: Scientific Evidence.
- 3.8.3. Addictive Disorders: Psychological Intervention Techniques.

3.9. Psychological Intervention in Personality Disorders
- 3.9.1. Personality Disorders: Etiology, Course and Prevalence.
- 3.9.2. Personality Disorders: Scientific Evidence.
- 3.9.3. Personality Disorders: Psychological Intervention Techniques.

3.10. Psychological Intervention in Physical Health Problems
- 3.10.1. Physical Health Problems: Etiology, Course and Prevalence.
- 3.10.2. Physical Health Problems: Scientific Evidence.
- 3.10.3. Physical Health Problems: Psychological Intervention Techniques.

04

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.

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.

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:

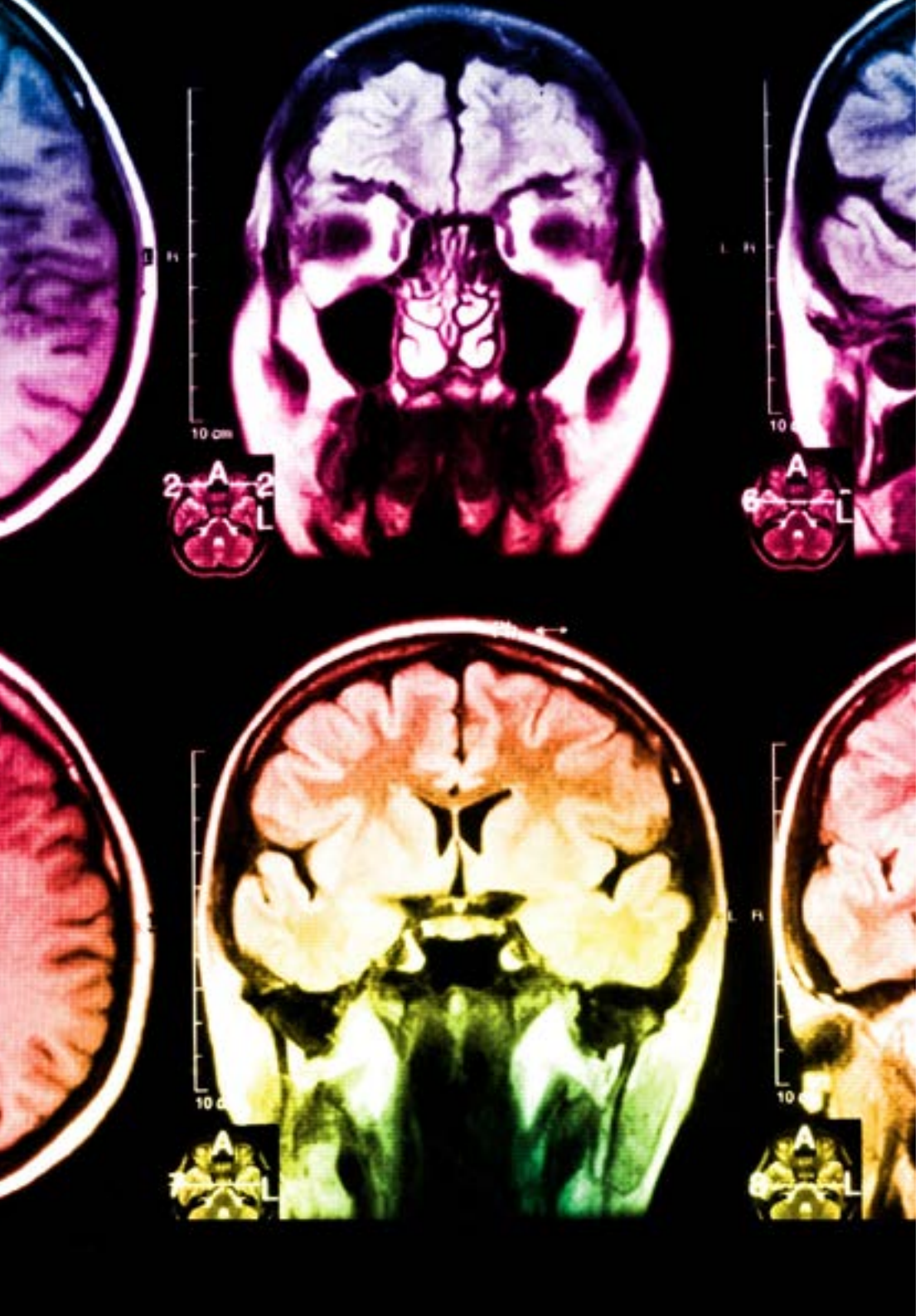
1. Psychologists who follow this method not only grasp concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. The learning is solidly focused on practical skills that allow the psychologist to better integrate the knowledge into 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.

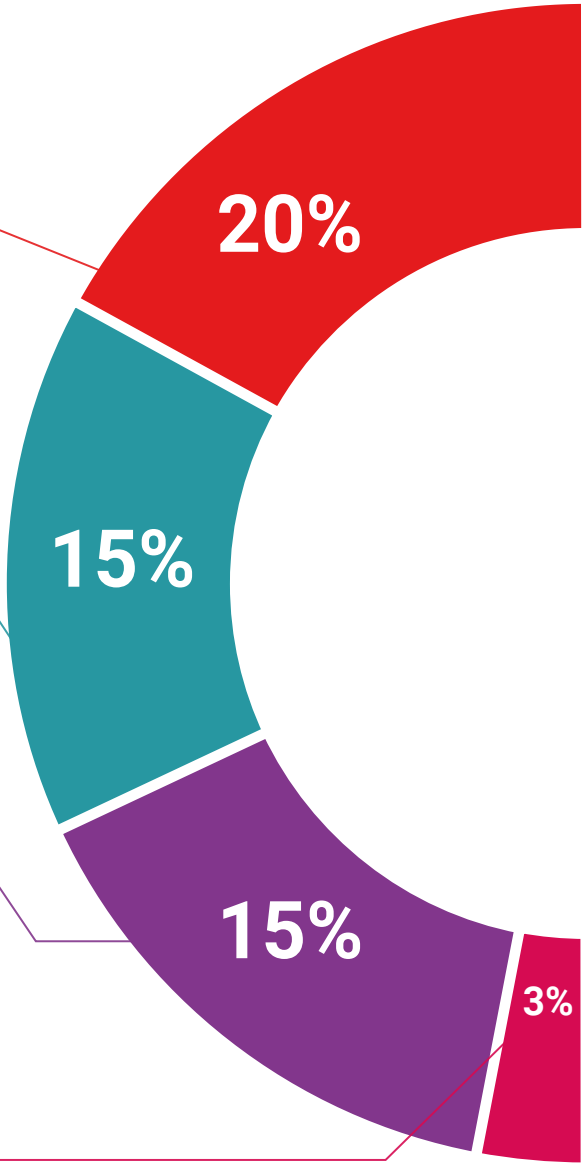
Interactive Summaries

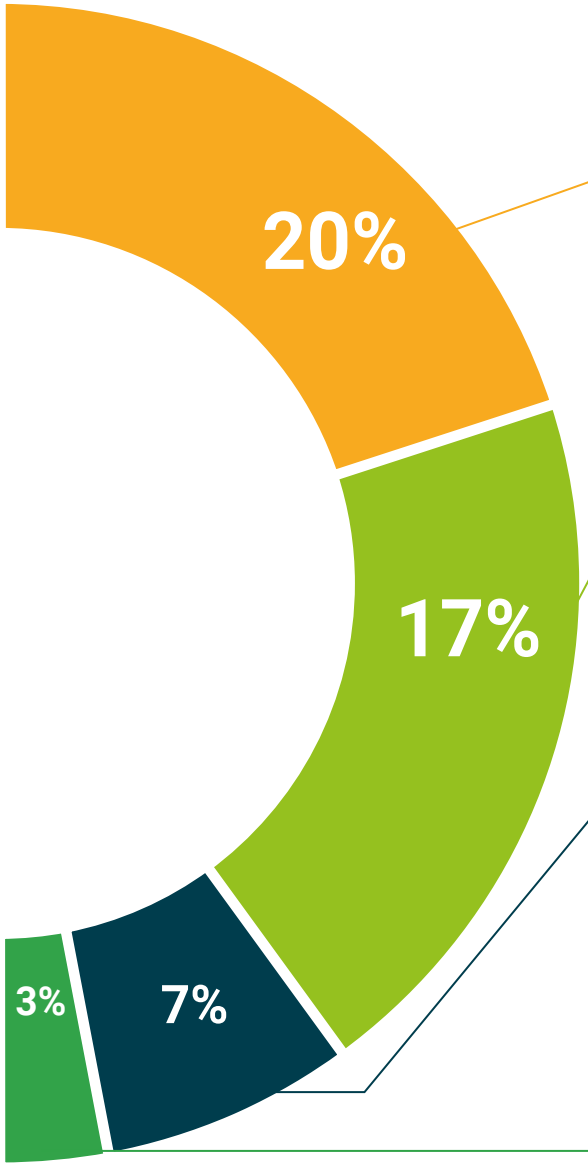
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.

05

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.

Include in your training a Postgraduate Diploma in Psychological Assessment and Intervention with Adults: A huge step forward in your competitiveness in the sector"

This **Postgraduate Diploma in Psychological Assessment and Intervention with Adults** will provide you all the knowledge of a high-level professional.

After passing the assessments, students receive their **Postgraduate Diploma** issued by **TECH Technological University posted by certified mail.**

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

Title: **Postgraduate Diploma in Psychological Assessment and Intervention with Adults**

ECTS: **18**

Official Number of Hours: **450 hours.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Psychological Assessment and Intervention with Adults

This is a qualification awarded by this University, with 18 ECTS credits and equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates

*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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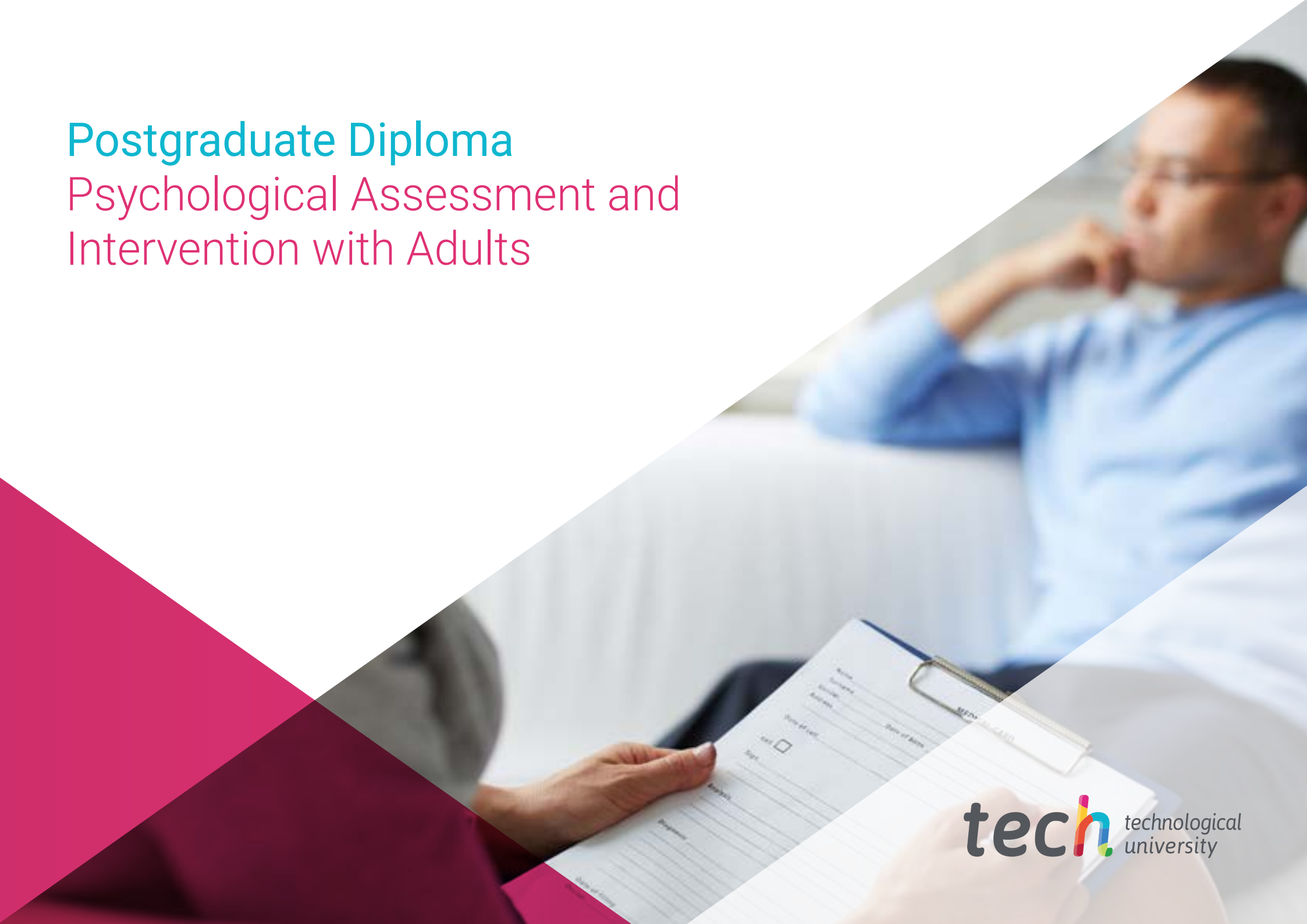
Postgraduate Diploma
Psychological Assessment and Intervention with Adults



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