

# Postgraduate Diploma

## Psychological Assessment and Intervention in Relationship Issues



## Postgraduate Diploma Psychological Assessment and Intervention in Relationship Issues

- » 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-psychological-assessment-intervention-relationship-issues](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-psychological-assessment-intervention-relationship-issues)

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# 01

# Introduction

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





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*A deep and comprehensive dive into strategies and approaches in Psychological Assessment and Intervention in Relationship Issues”*

Psychologists play a fundamental role in healthcare when it comes to improving physical, mental and social well-being of people, becoming nowadays an essential pillar in the resolution of different psychological disorders.

This Postgraduate Diploma provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in the health field. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this educational program, the student will go through all the current approaches in the work carried out by health psychologists. The correct approach to psychological evaluations and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology, will be some of the many topics of work and study that students will be able to integrate in their education with this comprehensive program.

We will not only take you through the theoretical knowledge we offer, but we will show you another way to study and learn, more organic, simpler 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 in Relationship Issues** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of more than 100 practical cases presented by experts in Psychological Assessment and Intervention in Relationship Issues
- ♦ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- ♦ New developments 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
- ♦ The availability of access to the contents from any device, fixed or portable, with internet connection



*An educational program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively”*





*Access to in-depth knowledge of Psychological Assessment and Intervention in Relationship Issues and its multiple implications, in a comprehensive Postgraduate Diploma university designed to propel you to another professional level”*

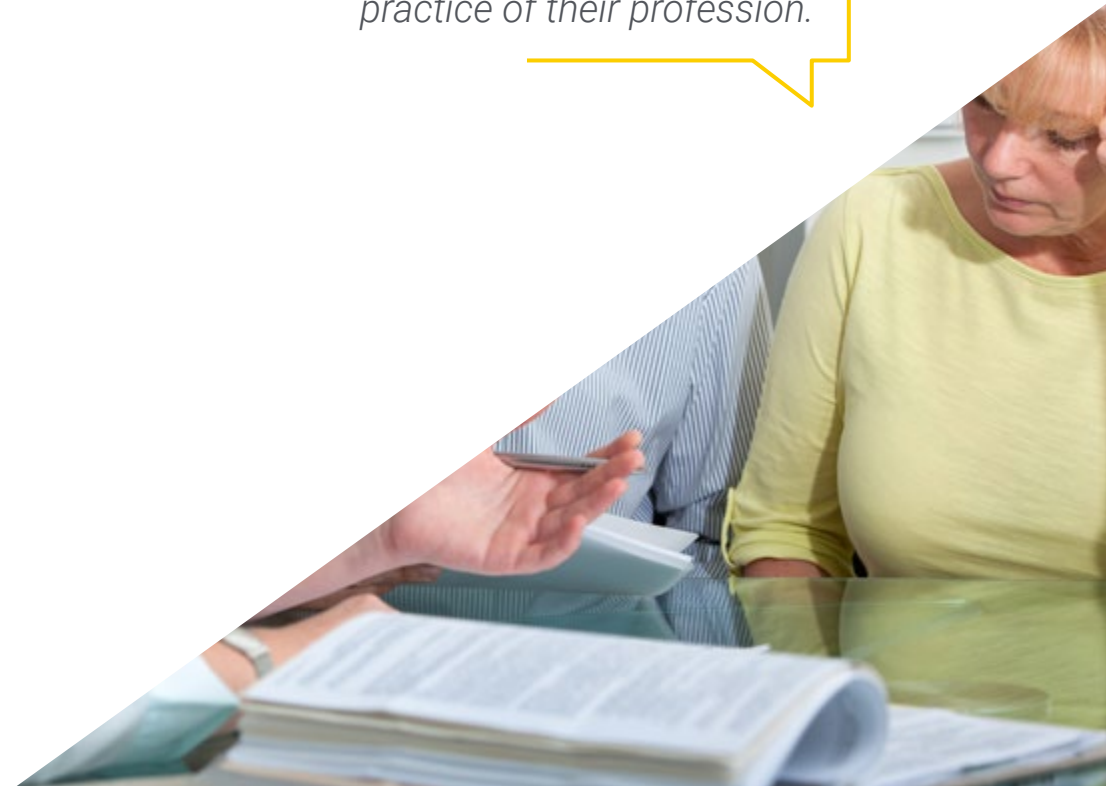
It includes a very broad teaching staff of professionals belonging to the field of psychology, who bring to this program the experience of their work, in addition to recognized specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will enable the professional to contextual and situated learning, i.e., a simulated environment that will provide immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, where the student must try to solve the different professional practice situations that may arise. For this purpose, the professional will be assisted by an innovative interactive video system developed by recognized experts in the field of research.

*Increase your confidence as a healthcare psychologist by updating your knowledge through this Postgraduate Diploma.*

*This Postgraduate Diploma makes the difference between a professional with a lot of knowledge and a professional who knows how to apply it in the daily practice of their profession.*



# 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. Only with the right preparation will you be able to successfully achieve your objectives.





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*If your goal is to improve in your profession and acquire a qualification that will enable you to compete with the best, then look no further. This program will give your career the boost it needs"*



### General objective

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- ◆ Train professionals qualified for the performance of Psychological Assessment and Intervention in Relationship Issues, according to current legislation, with the ability to carry out effective assessments and interventions in people's behavior and activity in order to promote and improve their general state of health



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





## Specific objectives

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### Module 1. Scientific and Professional Foundations of Psychology General Health Psychology

- ◆ Understand the definition and characteristics of Clinical and Health Psychology, its historical background and its relationship with other disciplines
- ◆ Know the legal framework that regulates the practice of General Health Psychology in Spain and other countries, as well as the main controversies
- ◆ Study ethical and deontological standards in the practice of both the health profession and research, with emphasis on data protection obligations
- ◆ Provide a biopsychosocial perspective on health problems and comment on the theories that explain the relationship between psychological factors and health status
- ◆ Detail the different explanatory theories of stress and its impact on health and disease in individuals
- ◆ Understand the importance of interprofessional communication in General Health Psychology and to detail how it is carried out and the health care settings in which it is most frequently performed
- ◆ Know the main models of psychopathology and the current classification systems and understand their usefulness for health psychology
- ◆ Describe what evidence-based clinical practice consists of, the benefits it provides, the methodology it uses, the skills needed to develop it, and its limitations and future challenges



- ◆ Discover how outcome assessment and evaluation of the therapeutic process is carried out
- ◆ Delve into the phases of the research process in psychology and the different research designs that can be used
- ◆ Present the main ways of applying new technologies to psychological treatment, as well as their main advantages and disadvantages

### Module 2. Skills and Techniques of a General Health Psychologist

- ◆ 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





### Module 3. Intervention in Couple Problems

- ◆ Know the fundamental psychological variables of couple relationships
- ◆ Understand the types of attachment, their development and influence on couple relationships in adulthood
- ◆ List the most frequent dysfunctions that occur in couples, as well as their consequences
- ◆ Teach students about the peculiarities of the evaluation interview in couples counseling and the special situations that may arise
- ◆ Study the main evaluation methods in couples counseling
- ◆ Detail the main techniques used in relationship counseling
- ◆ Specify the characteristics of psychological intervention in different problems and couple dysfunctions

03

# Course Management

The high degree of specialization of the contents found in this Postgraduate Diploma requires a teaching staff that is up to the task. For this reason, the entire syllabus has been written with a clear practical approach, taking into account the latest scientific postulates, as well as the teacher's own professional experience. In this way, a modern and ideal content is achieved to update the psychologist on the latest developments regarding the Assessment and Psychological Intervention in Relationship Issues.





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*Let a professional teaching team guide you through the most up-to-date and in-depth content on the Intervention in Relationship Issues”*

## Management



### **Ms. Sánchez Padrón, Nuria Ester**

- ♦ Psychologist with experience in educational attention to children at risk, teaching and training
- ♦ Degree in Psychology from the University of La Laguna
- ♦ Master's Degree in General Health Psychology from the University of La Rioja
- ♦ Training in Emergency Psychological Care
- ♦ Training in Psychological Care in Penitentiary Institutions





04

# Structure and Content

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





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*This Postgraduate Diploma in Psychological Assessment and Intervention in Relationship Issues contains the most complete and up-to-date program on the market”*

## Module 1. Scientific and Professional Foundations of Psychology General Health Psychology

- 1.1. Clinical and Health Psychology
  - 1.1.1. Clinical Psychology
  - 1.1.2. Health Psychology
- 1.2. Legal Framework for Psychology as a Health Profession
  - 1.2.1. History of Health Psychology in Spain
  - 1.2.2. Current Legislation of Health Psychology in Spain
  - 1.2.3. Controversies and Future Challenges in Health Psychology
- 1.3. Ethical and Deontological Aspects of Health Psychology
  - 1.3.1. Basic Concepts of Ethics and Deontology
  - 1.3.2. Ethical-Deontological Aspects of Psychology as a Scientific Discipline
  - 1.3.3. Ethical-Deontological Aspects of Psychology as a Scientific Discipline
  - 1.3.4. Data Protection in Psychology
- 1.4. Health: Conceptualization and Models
  - 1.4.1. Conceptualization of Health
  - 1.4.2. Health Models
  - 1.4.3. Theories of Behavior and Health
- 1.5. Stress and Psychosocial Factors in the Health-Disease Process
  - 1.5.1. Theories of Stress
  - 1.5.2. Relationship between Stress and Disease
  - 1.5.3. Personality and Health
- 1.6. Interprofessional and Health Outcomes Communication
  - 1.6.1. Psychosocial Rehabilitation
  - 1.6.2. Health Care from the Community and Hospital Settings
  - 1.6.3. Results Communication
- 1.7. Diagnostic Classifications: Basic and Differential Aspects
  - 1.7.1. Concepts and Models in Psychopathology
  - 1.7.2. Diagnostic Classifications in Psychopathology
  - 1.7.3. New Classification Systems in Psychopathology

- 1.8. Fundamentals of Evidence-Based Clinical Practice and Evidence-Based Evaluation
  - 1.8.1. Introduction to Evidence-Based Clinical Practice
  - 1.8.2. Evidence-Based Clinical Practice Methodology
  - 1.8.3. Evidence-Based Psychology
- 1.9. Evidence-Based Psychological Treatments
  - 1.9.1. History of Effectiveness Evaluation
  - 1.9.2. Clinical Practice Guidelines
  - 1.9.3. Limitations and Challenges of Evidence-Based Treatments
- 1.10. Transdiagnostic Approach and Evaluation of Processes and Outcomes
  - 1.10.1. Transdiagnostic Approach
  - 1.10.2. Evaluation of Therapeutic Results
  - 1.10.3. Evaluation of Therapeutic Processes
- 1.11. Fundamentals of Research and New Technologies in Health Psychology
  - 1.11.1. Scientific Research in Psychology
  - 1.11.2. Research Designs
  - 1.11.3. Intervention through New Technologies
- 1.12. Scientific-Professional Resources for Healthcare Practice
  - 1.12.1. Criteria and Search in Systematic Reviews
  - 1.12.2. Study Selection and Data Extraction in Systematic Reviews
  - 1.12.3. Analysis of Results in Systematic Reviews

## 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 Characteristics
  - 2.2.3. General Health Psychologist Skills
- 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 the 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. Operant Techniques
- 2.10. Cognitive Techniques
  - 2.10.1. Skill 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 in Relationship Issues
  - 2.14.1. Prevention and Health Promotion
  - 2.14.2. Counseling

### Module 3. Intervention in Couple Problems

- 3.1. Introduction to Couple Problems
  - 3.1.1. Characteristics of Couple Relationships
  - 3.1.2. Evolutionary Cycle of a Couple
  - 3.1.3. Partner Selection Process
  - 3.1.4. Components of the Couple Relationship
  - 3.1.5. Couples Crisis
- 3.2. Types of Attachment and Intimate Relationships
  - 3.2.1. Types of Attachment
    - 3.2.1.1. Types of Attachment: Definition and Influence on Couple Relationships
    - 3.2.1.2. Types of Attachment: Assessment
  - 3.2.2. Intimate Relationships and Associated Dysfunctions
    - 3.2.2.1. Differences between Healthy and Dysfunctional Couples
    - 3.2.2.2. Dysfunctions in Couples
- 3.3. Intimate Relationships and Associated Dysfunctions
  - 3.3.1. Differences between Healthy and Dysfunctional Couples
  - 3.3.2. Dysfunctions in Couples
- 3.4. Domestic Violence
  - 3.4.1. Domestic Violence: Features
  - 3.4.2. Domestic Violence: Intervention with Victims
  - 3.4.3. Domestic Violence: Intervention with Abusers
- 3.5. Substance Abuse in Couples
  - 3.5.1. Substance Abuse in Couples: Features
  - 3.5.2. Substance Abuse in Couples: Intervention





- 3.6. Ending the Relationship
  - 3.6.1. Coping with a Partner's Illness and Death
    - 3.6.1.1. Illness and Death of a Partner: Features
    - 3.6.1.2. Illness and Death of a Partner: Intervention
  - 3.6.2. Separation Processes
    - 3.6.2.1. Separation Processes: Features and Repercussions
    - 3.6.2.2. Separation Processes: Psychological Intervention
- 3.7. Jealousy and Infidelity
  - 3.7.1. Jealousy: Features and Intervention
  - 3.7.2. Infidelity: Features and Intervention
- 3.8. Assessment in Couples Counseling
  - 3.8.1. Interview in Couples Counseling
    - 3.8.1.1. Assessment Interview in Couples Counseling
    - 3.8.1.2. Obstacles in the Interview in Couples Counseling
  - 3.8.2. Assessment Tools in Couples Counseling
    - 3.8.2.1. Assessing Communication in Couples Counseling
    - 3.8.2.2. Assessing the Family Environment in Couples Counseling
    - 3.8.2.3. Assessing Partner Satisfaction and Dyadic Adjustment
    - 3.8.2.4. Assessing Other Relevant Variables in Couples Counseling
- 3.9. Couples Counseling: Intervention Strategies I
  - 3.9.1. Couples Counseling: Types of Therapy
  - 3.9.2. Couples Counseling: Empirical Evidence
- 3.10. Couples Counseling: Intervention Strategies II
  - 3.10.1. Techniques to Encourage Assertiveness and Emotional Expression
  - 3.10.2. Techniques to Encourage Negotiation Strategies and Improve the Emotional Climate
- 3.11. Infertility in Couples and Adoption
  - 3.11.1. Infertility in Couples: Features and Intervention
  - 3.11.2. Adoption: Features and Intervention



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 relearn). 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 Diploma in and Psychological Intervention Assessment in Relationship Issues guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Diploma university in Psychological Assessment and Intervention in Relationship Issues** contains the most complete and up-to-dated 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 Psychological Assessment and Intervention in Relationship Issues**

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.



future  
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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
classroom

**tech** technological  
university

**Postgraduate Diploma**  
Psychological Assessment  
and Intervention in  
Relationship Issues

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

# Postgraduate Diploma

## Psychological Assessment and Intervention in Relationship Issues

