Postgraduate Diploma
Psychological First Aid

Postgraduate Diploma
Psychological First Aid

- » Modality: **Online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Dedication: **8h/week**
- » Schedule: **at your own pace**
- » Exams: **Online**

Website: **www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-psychological-first-aid**

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01
Introduction

Restoring mental equilibrium in patients who have been victims of a traumatic situation is a complex task that psychology professionals have to carry out with great care and in a specific manner according to the individual's specific needs. An immediate and effective intervention can greatly benefit the early recovery of the person's emotional, physical, cognitive and behavioral stability. For that reason, specialists need a degree like this one offered by TECH Technological University to get up to speed on the most effective psychological first aid strategies. This is a 100% online program through which these professionals will be able to work on the concept of stress as a human response associated with critical situations and on the improvement of their basic skills of intervention through 450 hours of comprehensive and multidisciplinary training.

" TECH Technological University presents this University Expert as a unique opportunity to perfect basic psychological first aid management skills through a 100% online academic experience"

Among the main objectives of Psychological First Aid is to provide immediate emotional relief to those affected by a traumatic or crisis situation. It is a strategy through which professionals in this sector can intervene effectively in the emotional control of complex contexts such as accidents, suicides, sudden deaths or catastrophes, as well as in the prevention of possible post-traumatic effects over time.

It is a complex area that requires a broad and specialized knowledge for its mastery, something that graduates will be able to work on with this course. Through exhaustive research for the improvement of their basic analytical and communication skills, graduates will be able to implement in their practice the most innovative and effective psychological strategies based on the physiological, cognitive and motor modification and activation techniques that have had the best results to date.

All this through 450 hours of the best theoretical, practical and additional content including: detailed videos, research articles, complementary readings, self-knowledge exercises and dynamic summaries. In addition, its convenient 100% online format will allow specialists to connect from any device with an internet connection, without schedules or face-to-face classes. It is, therefore, a perfect academic option to achieve excellence in the field of psychology through the in the field of psychology through a degree course adapted to your needs and those of the current to your needs and those of today's industry.

This **Postgraduate Diploma in Psychological First Aid** contains the most complete and up-to-date program on the market. The most important features include:

- The development of practical cases presented by experts in Emergency Psychology
- 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 the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

You will be able to deepen in the concept of stress as a human response associated with the aftermath of a critical situation and in the most effective psychological strategies for its management"

"*You will have access to 450 hours of the best theoretical, practical and additional content selected by a team of experts in emergency psychological intervention*"

Many professionals are not aware of the importance of psychosocial support in emergencies and catastrophes.

Knowing in detail the most common mistakes in psychological crisis intervention will allow you to avoid them in a guaranteed way.

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.

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

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this , purpose, students will be assisted by an innovative interactive video system developed by renowned experts.
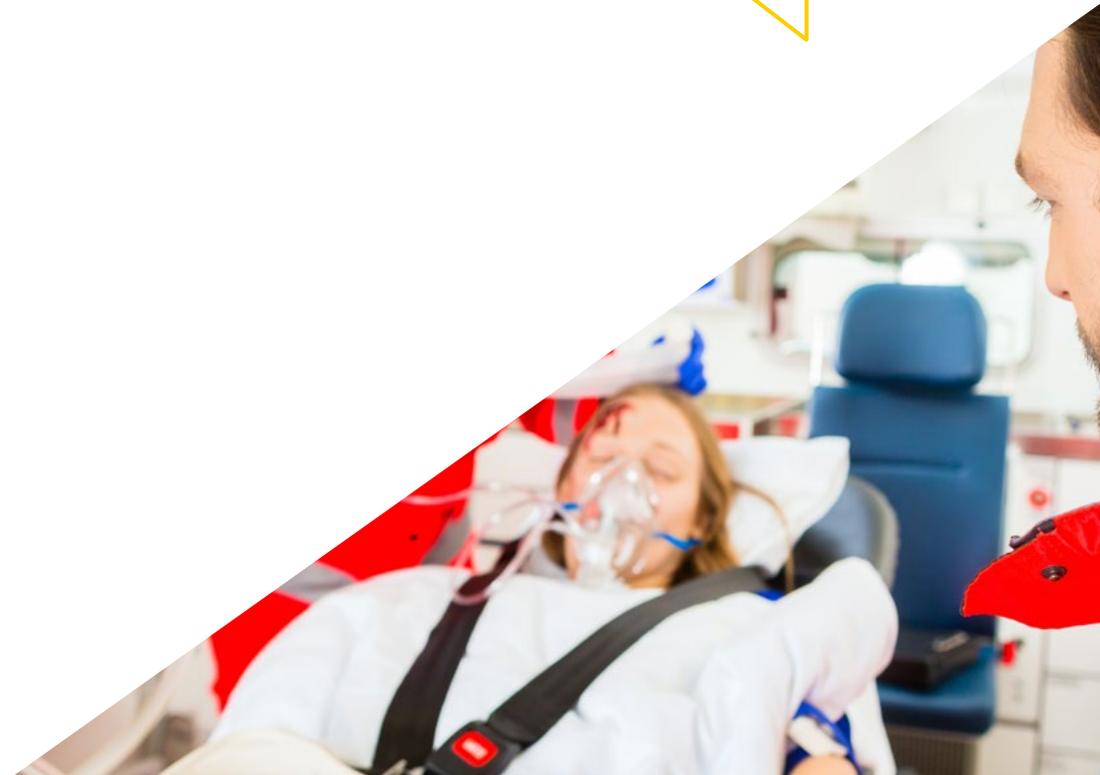
02
Objectives

The importance of psychological first aid in crisis or emergency contexts and the need for professionals in this sector to have a program that gathers all the information on the subject, is what has led TECH Technological University to develop this program. For this reason, the objective is to guide them in the exhaustive knowledge of the most effective intervention strategies and techniques in different traumatic situations, providing them with all the information they need to handle in order to act with the utmost diligence and professionalism.

If among your objectives with the course of this program is to know in detail the responses to stress and the best strategies to combat it, do not hesitate and enroll now"

General Objectives

- Develop a broad and specialized knowledge of the importance of preventive psychological intervention in crisis situations
- Know in detail the latest strategies and therapeutic techniques for the management of the patient victim of an emergency context
- Serve as a guide for graduates to update their knowledge in a comprehensive and guaranteed manner

Specific Objectives

**Module 1. The Importance of Psychosocial Support in Emergencies and Catastrophes**

- Learn about the origins of Emergency Psychology
- Study the differences between emergencies, disasters and urgent care situations, and the most common types
- Be aware of the importance of the psychologist in emergencies, and distinguish the different roles involved when an emergency event occurs

Module 2. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

- Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- Study the types of basic emotions and their role when the organism is in a stressful situation
- Know how the stress response progresses in the individual
- Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation

Module 3. Basic Skills and Psychological First Aid

- Learn about therapeutic techniques to provide targeted psychological support
- Be aware of the importance of emotional support in situations of loss and bereavement
- Know the differences between normal grief and pathological grief
- Study the role of first aid in crises and emergencies

If you still do not have a perfect command of the ABC model, this University Expert will give you the keys to master each of its intricacies"

03
Structure and Content

TECH Technological University and its team of experts in emergency psychology have developed this University Expert taking into account the latest developments in the sector. For this purpose, they have spent hours of exhaustive analysis and search for information, guaranteeing the creation of a dynamic, intensive and highly capacitating syllabus. In addition, they have included dozens of hours of varied additional material, so that graduates can contextualize the content and delve in a personalized manner in different aspects of the syllabus. All this has been condensed in a convenient, 100%-online program with complete accessibility from any device with an Internet connection.

"

Have you ever taken a degree developed through the Relearning methodology? Choose this program and attend an update of your knowledge in a natural and progressive way"

Module 1. The Importance of Psychosocial Support in Emergencies and Disasters

1.1.   Introduction and History of Emergency Psychology
   1.1.1.   Introduction to the Concept of Emergency Psychology
   1.1.2.   How did Emergency Psychology Arise?
   1.1.3.   Emergency Psychology Today
1.2.   Emergencies, Urgencies and Catastrophes
   1.2.1.   Differences between the Concepts of Emergencies, Urgent Care and Disasters
   1.2.2.   Main types of Emergencies, Urgent Care and Disasters
1.3.   Different Phases and Roles Involved in Emergencies
   1.3.1.   Emergency Phases
   1.3.2.   Roles Involved in Emergencies
1.4.   The Importance of Psychological Support in Emergencies
   1.4.1. Introduction to Psychological Support
   1.4.2.   Psychological Support in Emergency Psychology
   1.4.3.   The Importance of Psychological Support in Emergencies
1.5.   Instances of Psychosocial Intervention
   1.5.1.   Introduction to the Concept of Psychosocial Intervention
   1.5.2.   Psychosocial Intervention in Psychology
   1.5.3.   Instances or Stages of Psychosocial Intervention in Emergency Psychology
1.6.   Objectives and Purposes of Crisis Intervention
   1.6.1.   Introduction to the Concept of Crisis
   1.6.2.   Objectives and Purposes of Crisis Intervention
1.7.   Common Mistakes in Intervention
   1.7.1.   Main Errors in Emergency Intervention
   1.7.2.   Psychological Consequences of Erroneous Intervention for those Involved

Module 2. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

2.1.   Basic Emotions
   2.1.1.   Introduction to the Concept of Emotion
   2.1.2.   Emotion vs. Feelings
   2.1.3.   Main Basic Emotions
2.2.   Human Behavior in Emergency Situations
   2.2.1.   The ABC Model
   2.2.2.   Context of Emergency Situations
   2.2.3.   Transactions
2.3.   What is Stress?
   2.3.1.   Introduction to the Concept of Stress
   2.3.2.   Types of Stress
   2.3.3.   Stress Characteristics and Determining Factors
2.4.   Biology and Biochemistry of the Stress Response
   2.4.1.   The Biological and Biochemical Stress Response
   2.4.2.   Arousal
   2.4.3.   Theories on Stress
2.5.   Anxiety
   2.5.1.   Definition of Anxiety
   2.5.2.   Anxiety Disorders
   2.5.3.   Differences between Stress and Anxiety
2.6.   Development of the Stress Response
   2.6.1.   How Does the Stress Response Develop?
   2.6.2.   Sources of Stress
   2.6.3.   Factor Affecting the Stress Response
2.7.   Consequences of the Stress Response
   2.7.1.   Individual Stress
   2.7.2.   Signs and Symptoms of Stress in the Individual
   2.7.3.   Main Consequences of Stress

Module 3. Basic Skills and Psychological First Aid

Go one step further and choose a program with which you will reach the communicative excellence to master the most complex crisis situations"

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.
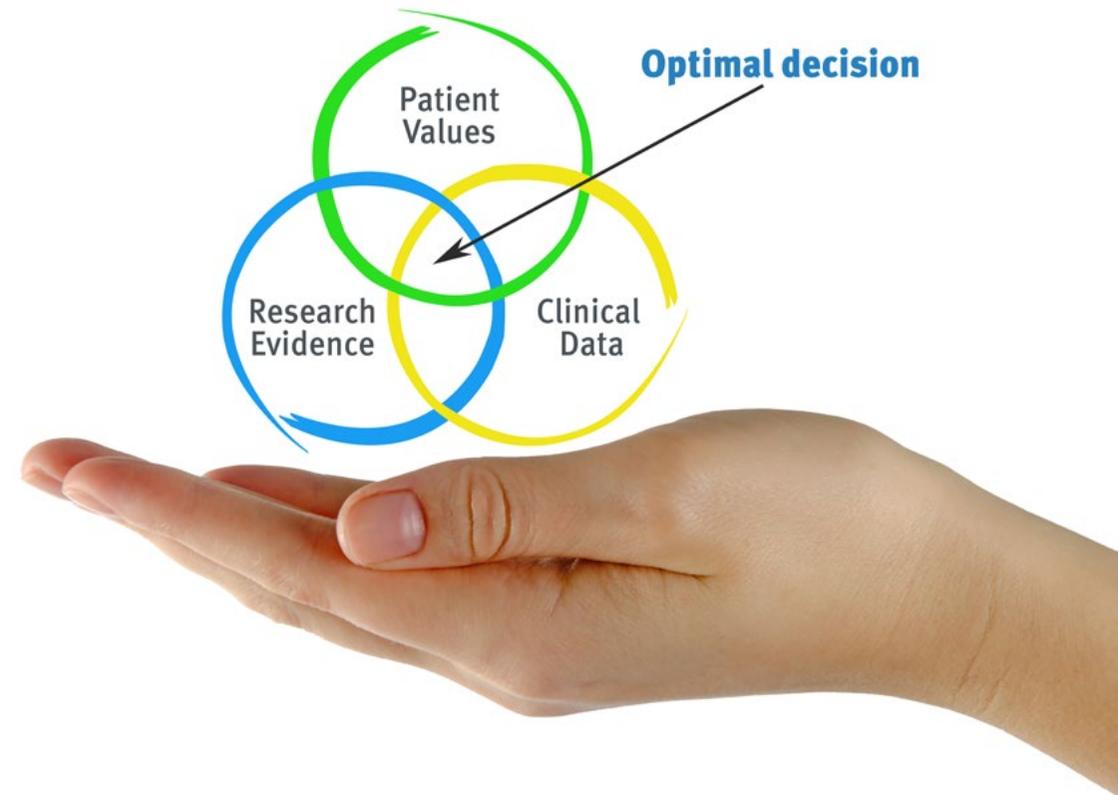
According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that 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 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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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:
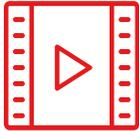
Study Material

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.

20%

15%

15%

3%

20%

17%

3%

7%
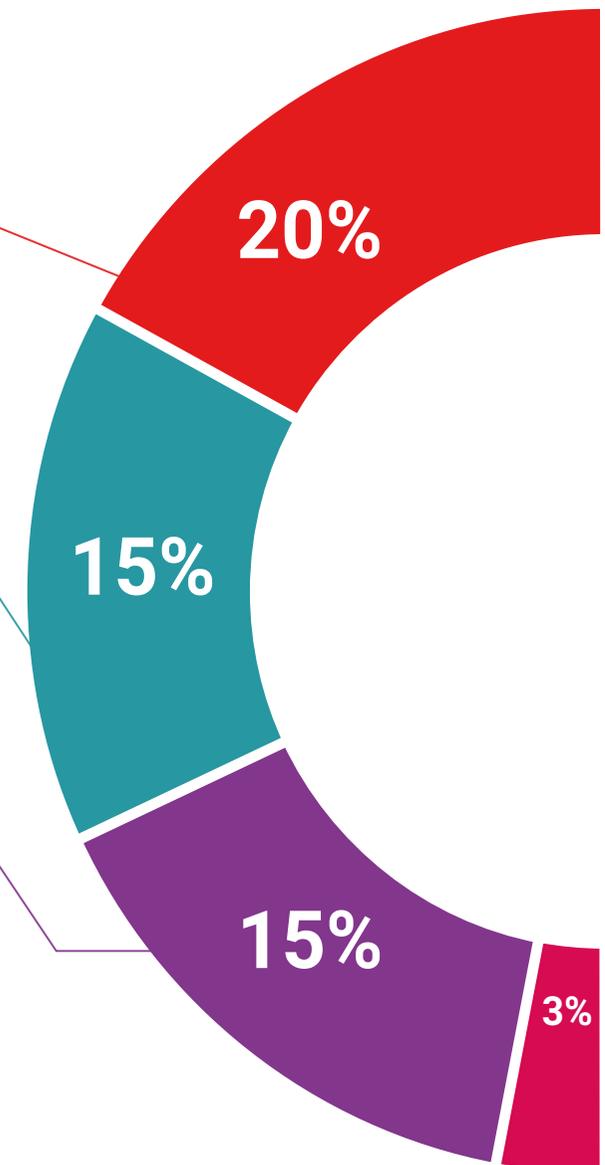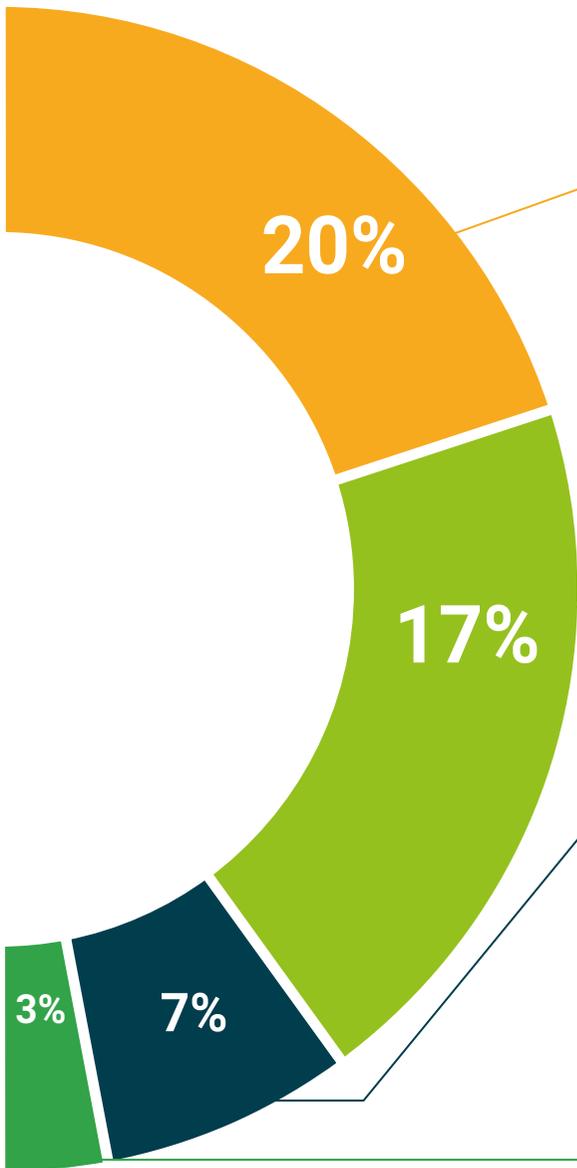
Expert-Led Case Studies and Case Analysis

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.

05
Certificate

The Postgraduate Diploma in Psychological First Aid guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

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

This **Postgraduate Diploma in Psychological First Aid** 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 Psychological First Aid**

Official Nº of Hours: **450 h.**

tech technological university

Awards the following

DIPLOMA

to

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

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Psychological First Aid

This is a qualification awarded by this University, 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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