

# Postgraduate Diploma Psychological Mediation and Coaching



## Postgraduate Diploma Psychological Mediation and Coaching

- » 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-mediation-coaching](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-psychological-mediation-coaching)

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# 01

# Introduction

Among the most important fields covered by Forensic Psychology is mediation, a strategy through which we try to negotiate with the people involved in legal conflicts by means of a specialized intervention that limits emotional and social damage to a minimum. This way, professionals assume a leading and active role in the consensus, a procedure in which psychological coaching is highly effective. Based on this, TECH and its team of professionals in this field have developed a program based on its innovations, focusing on mediation through psychodiagnosis and psychological evaluation. Therefore, students will be able to keep abreast of the latest developments in the resolution of different conflicts through a 100% online program that will guarantee the perfection of their professional practice.



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*Do you want to know, in-detail, the most effective mediation and coaching strategies for psychological conflict resolution? If the answer is yes, you will find everything you need in this program”*

In psychology, when we talk about mediation, in most cases, the first thing that comes to the mind of most people is the typical kidnapping situation, when professionals in this field have to act as negotiators to get the offender to release the victims through a strategic plan based on the psychic management of the situation. These specialists have the necessary tools to convince individuals and bring them back to reality, not only in emergency contexts, but also in everyday situations like those that can occur at work or school. For this reason, it is becoming more and more common for various entities to have psychologists specialized in mediation and coaching as part of their staff, in order to guarantee the mental stability of their workers and to promote an optimal climate for the correct psychosocial development of any person.

For this reason, TECH has considered it necessary to develop a program focused on this field, thanks to which students will be able to learn, in detail, the most innovative and effective guidelines for mediation intervention in different contexts. This is a 400-hour Postgraduate Diploma, during which you will be able to delve into the latest advances related to psychodiagnosis and psychological evaluation, focusing on aspects such as anxiety and fear management, psychologists' code of ethics or the considerations to be taken into account when dealing with the different cases that may be encountered in their practice. It also covers new developments in the notion of conflict and the best strategies for resolving it, through modern, comprehensive and effective coaching guidelines.

All this over 6 months of a 100% online program, during which students will have access to a state-of-the-art Virtual Campus, where all the content will be available from the very first day, giving them the opportunity to design their academic calendar according to their own availability. In addition, it can be downloaded to any device with internet connection, for consultation, even after completing the program. Therefore, this is an incomparable academic experience that will not only help students to improve their practice, but will also provide them with the tools they need to become a leader in the field of psychological mediation.

This **Postgraduate Diploma in Psychological Mediation and Coaching** contains the most complete and up-to-date program on the market. Its most notable features are:

- » The development of practical cases presented by experts in Forensic 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 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



*A dynamic and avant-garde program with which you will be able to perfect your skills in psychodiagnosis in only 6 months of 100% online education"*



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*The program includes an exclusive section dedicated to the different psychological evaluation methods, so you can delve deeper into each of them through the additional material included in the course”*

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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*If what you are looking for is, among other things, to get up to date with the best strategies for family mediation, in this program you will find the tools to achieve it.*

*The curriculum also includes a section focused on corporate coaching, so that students will be able to intervene as mediators in the different conflicts that may arise in the company.*



# 02

# Objectives

TECH is committed to ensuring that all students have access to programs adapted to their needs and professional requirements. Therefore, this type of program is designed with the objective of providing them with the latest and most comprehensive information related to their field of action, which will serve to update their practice, as well as to implement the most innovative and effective strategies that are marking the forefront of specialized practice due to their effectiveness and efficiency.







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*A program that, in addition to perfecting your professional skills, will provide you with an experience that will contribute to your personal growth as a mediation specialist"*



## General Objectives

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- » Provide students with the most comprehensive and cutting-edge information related to mediation and psychological coaching in different contexts
- » Provide specialists with the tools they need to master the different types of situations through an accurate and effective psychodiagnosis



*If you have clear goals, it will be easier for you to guarantee that you will achieve your objectives thanks to the quality and completeness of the theoretical, practical and additional material included in this Postgraduate Diploma"*





## Specific Objectives

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### **Module 1. Psychodiagnostics and Psychological Evaluation**

- » Development of the diagnostic itinerary both from the D.S.M. 5 as well as by ICD-10
- » Address new perspectives of psychological assessment
- » Be comfortable with the basics of the patient's right and the psychologist's code of ethics

### **Module 2. Mediation and Coaching**

- » Ensure that the professional is prepared to defend their report in a tribunal
- » Incorporate expertise into a global framework of psychological intervention
- » Review with standardized protocols the entire appraisal procedure
- » Incorporate the expertise process into the framework of a welfare society framed by the rights and duties of citizens



# 03

# Course Management

Students who access this Postgraduate Diploma will have the support of a teaching team with expertise in psychology, specifically in the fields of mediation and psychological coaching. As a result, students will be able to update their practice based on the recommendations of these professionals, using their experience as a guide towards achieving professional excellence. Therefore, in just a 6-month program, you will have achieved even your most ambitious goals, having implemented the most effective clinical strategies for the mastery of different complex situations.





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*If you have any questions, you can count on the teaching team to answer them through the direct communication tool that you will find in the Virtual Campus”*

## Management



### Ms. Gascón Martín, Laura

- » Director of the assessment and psychotherapy center of Talavera de la Reina.
- » Specialist in Forensic and Legal Psychology
- » Psychologist of the Courts 1 and 2 of Toledo
- » Coordinator in Toledo of emergency intervention and psychological assistance plan
- » Director of the Postgraduate Diploma in Psychodiagnosis and Legal Expertise from the European Institute of Time-Limited Psychotherapies
- » Coordinator of the gender violence plan of the Society for Time-Limited Psychotherapies
- » Master's Degree in Time-Limited Psychotherapy and Health Psychology
- » Adult Psychotherapy Expert



## Professors

### **Aguado Romo, Roberto**

- » Psychologist specializing in Clinical Psychology
- » Psychologist European specialist in Psychotherapy
- » Managing Director of the evaluation and psychotherapy centers in Madrid, Bilbao and Talavera de la Reina
- » Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies

### **D. De Dios González, Antonio**

- » Director of Avatar Psychologists
- » Director of the Psychology Department of Hospital Quirón de Marbella
- » Transpersonal Therapist by the Spanish School of Transpersonal Development
- » Specialist in Clinical Hypnosis and Relaxation
- » Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- » EFT Specialist by the World Center for EFT
- » Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming

### **Gandarias, Gorka**

- » Health Psychologist
- » European specialist psychologist in Psychotherapy by the EFPA in Vitoria, Spain
- » Master in Time-Limited Psychotherapy and Health Psychology
- » Expert in intervention in bizarre behavior and drug addiction

### **Ms. González, Mónica**

- » Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital and Avatar Psychologists in Marbella
- » Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL)

### **Fernández Sánchez, Angel**

- » European specialist psychologist in Psychotherapy from the EFPA
- » Health Psychologist
- » Director of the Evaluation and Psychotherapy Center of Madrid
- » Specialist in Clinical Hypnosis and Relaxation
- » Master's Degree in Clinical and Health Psychology

### **Dr. Martínez-Lorca, Manuela**

- » Health Psychologist
- » Specialist in Clinical Hypnosis and Relaxation
- » Lecturer in the Department of Psychology at the UCLM
- » Doctorate in Psychology from the University of Castilla-La Mancha
- » Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies

### **Ms. Roldán, Lucía**

- » Health Psychologist
- » Cognitive-behavioral intervention specialist
- » Master's Degree in Time-Limited Psychotherapy and Health Psychology
- » Expert in energy therapy intervention

# 04

## Structure and Content

The syllabus of this program has been designed by TECH with the support of its teaching staff, which, being made up of specialists of the highest level within the field of Psychology, knows, in-detail, what information students must master in order to succeed in this sector through an incomparable praxis. Thanks to this, it has been possible to create the 400 hours of content included in the program, allowing students to not only broaden their knowledge, but also to improve their skills in a dynamic, avant-garde and confident manner. In addition, its convenient 100% online format allows students to do it from wherever they want, without timetables and through any device with internet connection.



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*On the Virtual Campus, you will find hours of additional material presented in different formats: in-depth videos, research articles, further reading and much more!"*

## Module 1. Psychodiagnostics and Psychological Evaluation

- 1.1. Substantive Considerations
  - 1.1.1. Psychodiagnostics
  - 1.1.2. Scientific Method
  - 1.1.3. Experimental Method
  - 1.1.4. Correlational Method
  - 1.1.5. Longitudinal Method
  - 1.1.6. Models
  - 1.1.7. Manifest Behavior Observation
- 1.2. Diagnosis as a Mobilizer of the Expert-Subject Connection
- 1.3. Reason for Diagnosis
  - 1.3.1. Phases
  - 1.3.2. The Interview as a First Encounter and Framing
  - 1.3.3. Purposes of the Interview
  - 1.3.4. Factors Affecting the Process
- 1.5. Assessor/Permittee's Anxieties, Hopes and Needs. Causing Harm and Making Mistakes
  - 1.5.1. Anxieties and Fears
- 1.6. Needs and Anxieties of the Evaluated Person
  - 1.6.1. Expectations
  - 1.6.2. Anxieties
- 1.7. Psychodiagnostics Objectives
  - 1.7.1. Differences and Interactions
  - 1.7.2. Procedure Structure
  - 1.7.3. Diagnostic Process Framework
  - 1.7.4. Main Objectives
  - 1.7.5. Secondary Objectives
  - 1.7.6. Achieve a Singular Bond
  - 1.7.7. Encourage the Subject's Resources
  - 1.7.8. Gather Valid Information for the Process

- 1.8. Psychodiagnostics Scenarios
  - 1.8.1. Subject's Mental Functions
  - 1.8.2. Biological Imbalances
  - 1.8.3. Interaction of the Subject in their Microcontext, Mesocontext and Macrocontext
- 1.9. Analysis of Suffering Through its Symptoms
  - 1.9.1. Suffering and the Mind
- 1.10. Psychodiagnostics in a Legal Setting
  - 1.10.1. Expert Evidence
  - 1.10.2. Fields of Action of the Legal Psychologist

## Module 2. Mediation and Coaching

- 2.1. Family Mediation
  - 2.1.1. Pre-Mediation
  - 2.1.2. Mediation
  - 2.1.3. Mediator Techniques
- 2.2. Notion of Conflict
  - 2.2.1. Psychological Conflicts
  - 2.2.2. Communication Conflicts or Conflicts Related to the Communication Channel
  - 2.2.3. Substantive Conflicts
  - 2.2.4. Ways of Dealing with Conflicts
- 2.3. Types of Conflict and Methods of Resolution
  - 2.3.1. Attraction-Attraction
  - 2.3.2. Evasion-Evasion
  - 2.3.3. Attraction-Evasion
  - 2.3.4. Negotiation, Mediation, Arbitration and Neutral Evaluation
- 2.4. Mediation in Parent/Child Relationships
  - 2.4.1. Conflict Resolution in the Parent-Child Relationship
  - 2.4.2. "I am the Father so I Win and you are the Son so you Lose."
  - 2.4.3. "You as a Son Win and I as a Father Lose"
  - 2.4.4. Concertation: Nobody Loses

- 2.5. Coaching and Psychology
  - 2.5.1. Similarities and Differences?
  - 2.5.2. Contradictions
- 2.6. How to Work with Coaching and Psychotherapy
- 2.7. Learning in Coaching
  - 2.7.1. Stripping Off the Masks
  - 2.7.2. Coaching and Psychologists
- 2.8. Coaching in the Company
  - 2.8.1. Facing Challenges that can be Taken on
  - 2.8.2. The Life of Managers
  - 2.8.3. Self-Deception
- 2.9. All Psychological Therapy Involves Personal Growth
  - 2.9.1. Coach or Psychologist, According to the Coaches
  - 2.9.2. Conflict and Coaching
- 2.10. Clear Goals
  - 2.10.1. Definition of Where One Is
  - 2.10.2. Definition of Where One Wants to Go
- 2.11. Feeding Back on the Activity
  - 2.11.1. Placing the Attitude in Action and not in Anticipatory Thinking
  - 2.11.2. Verbalizing Small Achievements
  - 2.11.3. Be Flexible and Allow for Frustration
- 2.12. Working on Self-Deception
  - 2.12.1. The Coach as a Trainer
  - 2.12.2. The Coach as an Advisor
  - 2.12.3. The Coach as a Corrector
- 2.13. Obstacles in Coaching
  - 2.13.1. Feedback
  - 2.13.2. Coaching Through Rewards
  - 2.13.3. Coaching and Leadership
- 2.14. Emotional Management Through the C.E.B Model (Conscious Emotional Bonding)
  - 2.14.1. What is Proposed?
  - 2.14.2. Identity Marks of the Emotional Bonding Model. Conscious (C.E.B)
  - 2.14.3. Basic Assumptions of the C.E.B Model
  - 2.14.4. Conclusions
- 2.15. Dialogue With Beliefs
  - 2.15.1. A Critique of Goleman's Work
  - 2.15.2. Intelligence and Emotional Intelligence
- 2.16. Emotional Neuroanatomy
  - 2.16.1. The Brain and its Messengers
- 2.17. Intrapersonal Skills
  - 2.17.1. Self-Concept
  - 2.17.2. Basic Emotions



*Including real cases in the content of this program will help you to build your knowledge, as well as demonstrate how effective the mediation strategies included in this Postgraduate Diploma can be"*



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 re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

This Postgraduate Diploma in Psychological Mediation and Coaching guarantees you, in addition to the most rigorous and up-to-date 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 in Psychological Mediation and Coaching** 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 Mediation and Coaching**

Official N° of hours: **400 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  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Diploma Psychological Mediation and Coaching

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



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