

Master's Degree

Family Therapy and Stress

Accreditation/Membership

European Association
of Applied Psychology

Psychologia - accessibilitas, praxis, adhibitio



tech global
university





Master's Degree Family Therapy and Stress

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitude.com/us/psychology/master-degree/master-family-therapy-stress



Index

01

Introduction to the Program

p. 4

02

Why Study at TECH?

p. 8

03

Syllabus

p. 12

04

Teaching Objectives

p. 20

05

Study Methodology

p. 26

06

Teaching Staff

p. 36

07

Certificate

p. 42

01

Introduction to the Program

The increasing incidence of stress-related disorders and the complexity of current family dynamics demand highly trained professionals to intervene from a comprehensive perspective. As stated by the World Health Organization, more than 60% of adults experience high levels of stress, which directly impacts their well-being and family environment. In light of this, it is essential to have advanced tools to address contemporary emotional challenges. In response, TECH has designed this cutting-edge postgraduate program, aimed at providing specialists with an updated clinical approach, tailored to the social challenges of today. Thanks to its innovative 100% online methodology, professionals will have access to a flexible, dynamic academic experience with international reach.



“

A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our affiliation with the European Association of Applied Psychology”

The therapeutic approach to family relationships and stress requires a specialized perspective that considers both scientific advancements and the emotional complexity of human bonds. Currently, the impact of chronic stress on mental and physical health has reached alarming levels, directly interfering with the quality of life for millions of people and disrupting family dynamics.

In this context, TECH has designed this comprehensive program to meet the sector's demands. Through an integrated and specialized syllabus, contemporary therapeutic models, emotional diagnostic tools, relational dynamics, and evidence-based clinical resources will be explored, with a focus on interdisciplinary work. Additionally, emerging topics such as relational trauma, post-pandemic stress, parenting in high-demand contexts, and the use of new technologies in therapeutic processes will be addressed.

Furthermore, the completely online methodology will foster flexible immersion, tailored to current needs. From anywhere and with only a device with internet access, graduates will be able to access TECH's Virtual Campus, where they will find a variety of materials such as specialized readings, videos, and interactive summaries. On the other hand, thanks to the exclusive Relearning method, key content will be presented in a repetitive and intelligent way, ensuring natural and lasting assimilation. As an added benefit, this university experience includes 10 unmatched Masterclasses, which will be delivered by a renowned international Guest Director.

Therefore, thanks to membership in the European Association of Applied Psychology (EAAP), the student will have access to specialized resources, continuing education, and an annual seminar at no additional cost. Moreover, the student will have the opportunity to collaborate with professionals and like-minded organizations, integrate into an international network, and benefit from various membership levels that recognize both professional commitment and outstanding contributions to applied psychology.

This **Master's Degree in Family Therapy and Stress** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Development of practical cases presented by experts in Family and Stress Therapy
- ♦ 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
- ♦ Special emphasis on innovative methodologies in Family Therapy and Stress
- ♦ 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 prestigious International Guest Director will deliver 10 rigorous Masterclasses to analyze the latest trends in Family Therapy and Stress management"

“

You will master the most modern techniques for assessing stress factors in family contexts, identifying dysfunctional dynamics and stress-inducing factors”

The teaching staff includes professionals from the field of Family Therapy and Stress, who contribute their work experience to this program, alongside recognized 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

With TECH's revolutionary Relearning methodology, you will integrate all concepts in a natural and progressive manner. Forget about memorizing!

You will gain a deep understanding of the approaches to Family Therapy and their application in the treatment of Stress.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it relies on an enormous faculty of more than 6,000 professors of the highest international renown.



“

*Study at the world's largest online university
and guarantee your professional success.
The future starts at TECH”*

The world's best online university, according to FORBES

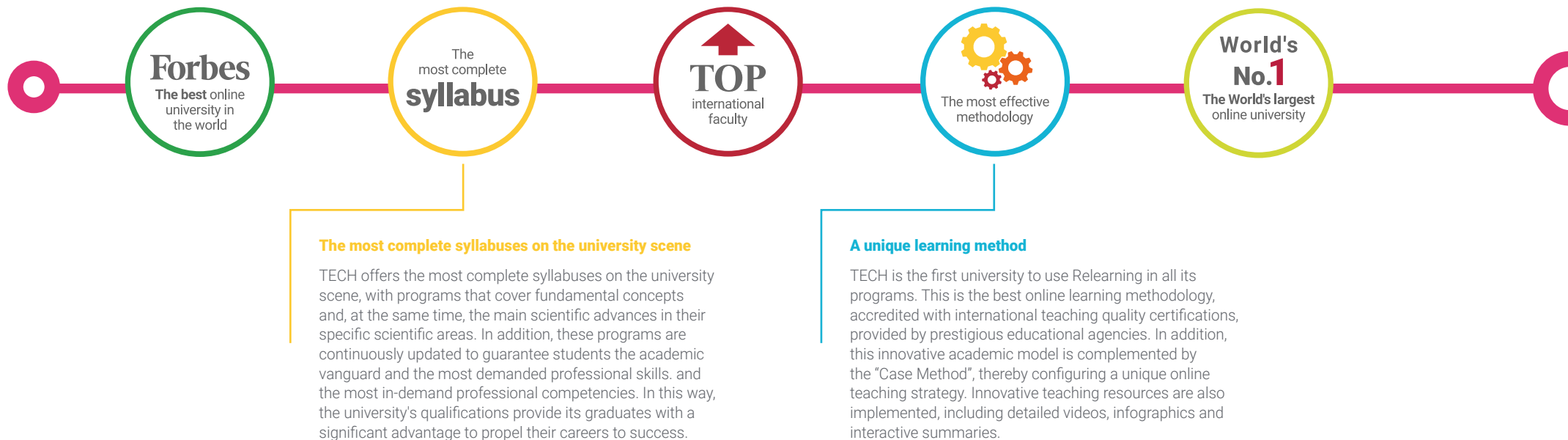
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

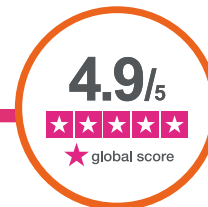
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



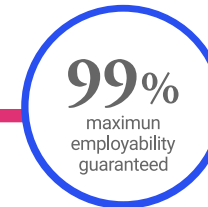
Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03

Syllabus

This university program will provide psychologists with the most advanced tools to intervene in complex family environments, developing skills in the therapeutic approach to Stress. Throughout the syllabus, they will explore fundamental aspects such as family bonds, parental roles, the most effective intervention models, and conflicts that require specialized attention. Moreover, they will delve into Family interview techniques, systemic organization, and psychological expertise. In this way, graduates will understand emotional dynamics from an integral perspective, being able to design therapeutic strategies tailored to the contemporary challenges of Family mental health.



“

By training with this comprehensive syllabus, you will address the emotional challenges of the family environment with precise clinical tools and an integrative vision”

Module 1. Psychodiagnosis and Assessment of the Family System

- 1.1. Anthropological, Historical, Sociological and Psychological Perspective of the Family
- 1.2. Diagnosis as a Catalyst for the Therapeutic Bond
- 1.3. Evaluator Skills
 - 1.3.1. Being Helpful in the Process
 - 1.3.2. Understanding What Is Happening
 - 1.3.3. Being Open and Understanding
 - 1.3.4. Becoming an Authority
- 1.4. Psychodiagnosis and Assessment of the Family System
 - 1.4.1. Language
 - 1.4.2. Pathological and Healthy Bonds
 - 1.4.3. Utilizing Others
 - 1.4.4. Rejection and Abandonment
 - 1.4.5. Stress, Distress and Eustress
 - 1.4.6. Conflicts and Tensions
 - 1.4.7. Family Psychopathology
- 1.5. Place in the Sibling Group and Social Desirability
 - 1.5.1. Family Composition
 - 1.5.2. The Right to Have Siblings
 - 1.5.3. Twins
 - 1.5.4. The Sick Sibling
 - 1.5.5. Grandparents and Uncles
 - 1.5.6. Other Components
- 1.6. Objectives of Psychodiagnosis
 - 1.6.1. Evaluator and Evaluated Bond
 - 1.6.2. Discovering What Exists
 - 1.6.3. Clarifying the Facts
 - 1.6.4. Explaining the State of the Subject with Scientific Facts
 - 1.6.5. Understanding the Relationship Between the Study Participants and the Situation They Have Experienced





- 1.7. Millon Clinical Multiaxial Inventory (MCMI-III)
 - 1.7.1. Modifier Scales: Desirability and Alteration Index
 - 1.7.2. Basic Personality Scales: Schizoid, Avoidant, Depressive, Dependent, Histrionic, Narcissistic, Antisocial, Aggressive-Sadistic, Compulsive, Passive-Aggressive, Self-Destructive
 - 1.7.3. Severe Personality Scales: Schizotypal, Borderline, and Paranoid
 - 1.7.4. Moderate Clinical Syndromes: Anxiety, Hysteriform, Hypomania, Depressive Neurosis, Alcohol Abuse, Drug Abuse, PTSD
 - 1.7.5. Severe Clinical Syndromes: Psychotic Thinking, Major Depression, and Psychotic Delirium
- 1.8. Cattell's 16 PF-5
 - 1.8.1. Affability, Reasoning, Stability, Dominance, Animation, Attention to Norms, Boldness, Sensitivity, Vigilance, Abstraction, Privacy, Apprehension, Openness to Change, Self-Sufficiency, Perfectionism, and Tension. Includes Scales for "Social Desirability" (MI), "Infrequency" (IN), and "Acquiescence" (AQ) to Control Response Biases
- 1.9. Behavior Assessment System for Children BASC
 - 1.9.1. Internalizing Problems: Depression, Anxiety, Social Anxiety, Somatic Complaints, Obsession-Compulsion, and Post-Traumatic Symptomatology
 - 1.9.2. Externalizing Problems: Hyperactivity and Impulsivity, Attention Problems, Aggression, Defiant Behavior, Anger Control Issues, Antisocial Behavior
 - 1.9.3. Specific Problems: Antisocial Behavior, Eating Disorders, Schizotypy, Substance Abuse
- 1.10. Questionnaire for Evaluating Adopters, Caregivers, Tutors, and Mediators (CUIDA)
- 1.11. Personality Assessment Inventory PAI
 - 1.11.1. Validity Scales: Consistency, Infrequency, Negative Impression, Positive Impression
 - 1.11.2. Clinical Scales (Somatic Complaints, Anxiety, Anxiety-Related Disorders, Depression, Mania, Paranoia, Schizophrenia, Borderline Traits, Antisocial Traits, Alcohol Problems, Drug Problems)
 - 1.11.3. Considerations for Treatment Scales (Aggression, Suicidal Ideations, Stress, Lack of Social Support, Treatment Rejection)
 - 1.11.4. Two Interpersonal Relationship Scales (Dominance and Affability)
 - 1.11.5. 30 Subscales Providing More Detailed Information
- 1.12. Study of the Credibility of the Narrative
 - 1.12.1. CBCA System (Criteria-Based Content Analysis)
 - 1.12.2. Statement Validity Assessment (SVA) Udo Undeutsch
 - 1.12.3. SVA = Interview + CBCA + Validity Checklist

Module 2. The Family Interview

- 2.1. Active Interview
 - 2.1.1. Information Theory
 - 2.1.2. Communication Channels
 - 2.1.3. Communication System
- 2.2. Axioms of the Interview
 - 2.2.1. It Is Impossible Not To Communicate
 - 2.2.2. Content and Relationship
 - 2.2.3. Affective Value
 - 2.2.4. Digital and Analog Communication
 - 2.2.5. Symmetry & Asymmetry
- 2.3. Exploration of Communication
 - 2.3.1. Verbal Communication
 - 2.3.2. Non-Verbal Communication
 - 2.3.3. Double Bind
 - 2.3.4. Psychopathology of Communication
 - 2.3.5. A Gesture is Worth a Thousand Words
- 2.4. Clinical History
 - 2.4.1. Personal
 - 2.4.2. Family
 - 2.4.3. Generational
- 2.5. Anamnesis
 - 2.5.1. Psychopathological Biography
 - 2.5.2. Medical History
 - 2.5.3. Social Problems Biography
- 2.6. General Structure of the Mental Examination
 - 2.6.1. Non-Verbal Communication and Emotions
 - 2.6.2. Communication Around the Table

- 2.7. Semiology, Signs and Symptoms
 - 2.7.1. Signs
 - 2.7.2. Symptoms
- 2.8. Epistemology of Diagnosis
 - 2.8.1. Syndromic Descriptive Diagnosis vs. Disease
 - 2.8.2. Nosology. Categorical Diagnosis vs. Dimensional Diagnosis
- 2.9. Multiple Diagnoses and Comorbidity
- 2.10. Clinical vs. Research Criteria
- 2.11. Expert Interview

Module 3. Family Stress

- 3.1. New Ways to Define Stress
- 3.2. Common Stressors in the Family
 - 3.2.1. Relational
 - 3.2.2. Environmental
 - 3.2.3. Economic
 - 3.2.4. Affective
 - 3.2.5. Pathologies of Family Members
 - 3.2.6. Abuse and Violence
 - 3.2.7. Separation and/or Abandonment
- 3.3. Interpersonal Stress
- 3.4. Toxic Substances and the Family
 - 3.4.1. With Substances
 - 3.4.2. Without Substances
 - 3.4.3. Dependencies
- 3.5. The Information Recovery Process: The Transfer of Learning
- 3.6. Occupational Stress
- 3.7. Learning and Family Events
- 3.8. Family Crises

Module 4. Family Bonds and Systemic Organization

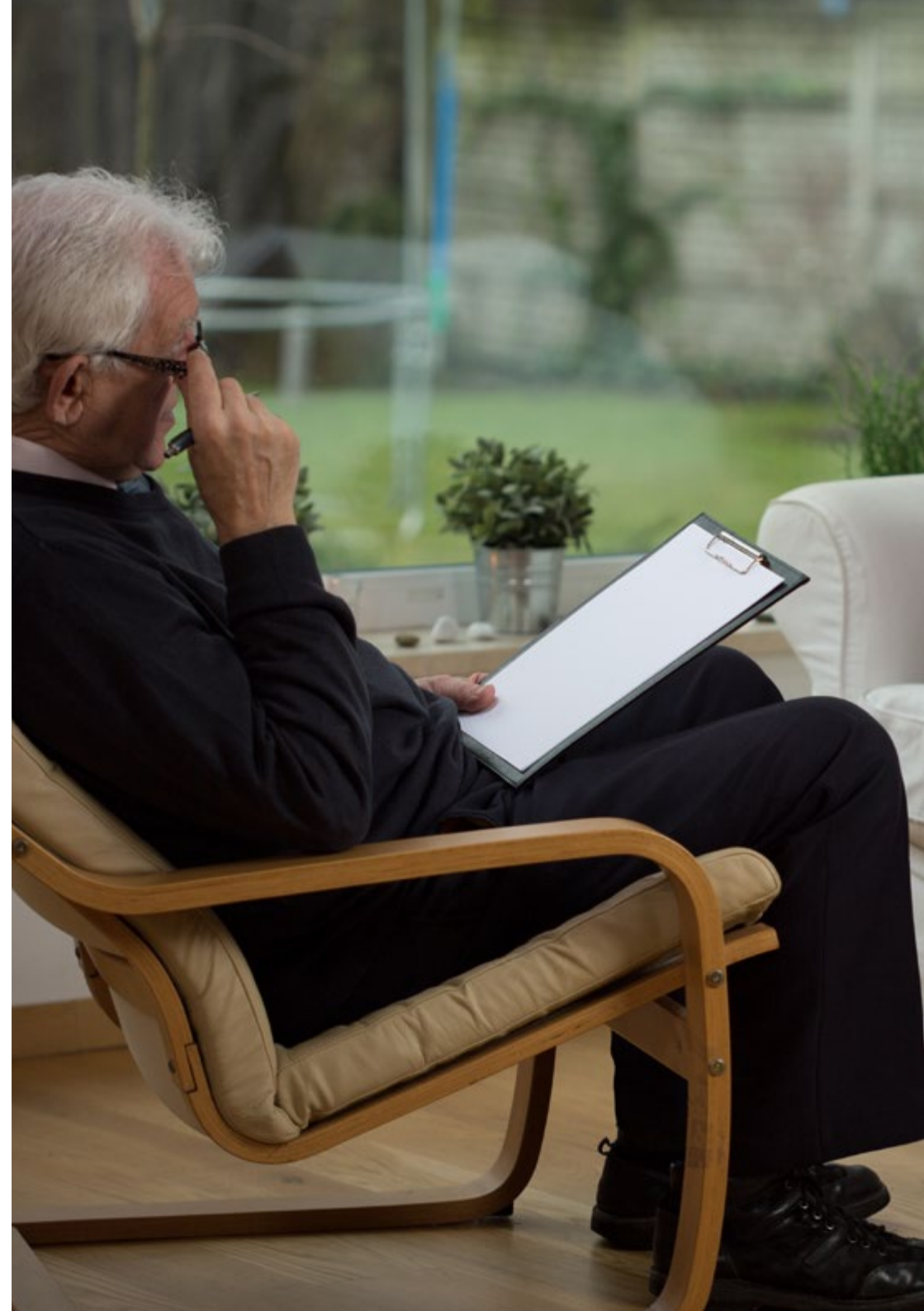
- 4.1. Functions of the Family
- 4.2. The Family Institution
 - 4.2.1. Family Life Cycle
 - 4.2.2. Family Law
 - 4.2.3. Legal Nature
 - 4.2.4. Characteristics of the Family
- 4.3. Types of Families
 - 4.3.1. Marital Family
 - 4.3.2. Matriarchal Family
 - 4.3.3. Patriarchal Family
 - 4.3.4. Gang Family
 - 4.3.5. Inverted Family
 - 4.3.6. Extended Family
- 4.4. Family Characteristics That Promote or Hinder Learning
- 4.5. Structural Variables of the Family
- 4.6. The Dysfunctional Family
- 4.7. Family Reactions to Illness
- 4.8. Pathological Management of Children by the Family
- 4.9. Impact of Family Composition
- 4.10. Family Morphology and Its Implication in Psychopathology
- 4.11. Family and the Socialization Process
- 4.12. Psychotherapeutic Intervention in the Dysfunctional Family
- 4.13. The Inheritance of Conflict
- 4.14. Concept of Accompaniment, Containment and Escort

Module 5. Family Models and Parental Roles

- 5.1. Separation, Divorce, and Annulment
- 5.2. Work Incapacity from Expert Testimony
 - 5.2.1. Deficiency, Disability, and Impairment
 - 5.2.2. Civil Incapacity and Work Incapacity
 - 5.2.3. Degrees of Permanent Incapacity
 - 5.2.4. Severe Disability
- 5.3. Gender-Based Violence
 - 5.3.1. Psychological Violence
 - 5.3.2. Psychological Consequences of Violence
- 5.4. Mistreatment
 - 5.4.1. Establishing the Facts
 - 5.4.2. Psychological Consequences
 - 5.4.3. The Causal Link
- 5.5. Secondary Victimization
 - 5.5.1. Credibility of the Testimony
 - 5.5.2. Difficulty of the Psychological Report
- 5.6. Psychopedagogical Expert Evaluation of Substance Abuse
- 5.7. Expert Evaluation in the Elderly
- 5.8. Profile of the Basic Emotion "Guilt" in Current Research

Module 6. Modes of Intervention in Family Therapy

- 6.1. Concept of Conflict
 - 6.1.1. Changing the Attitude Towards Team Cooperation
 - 6.1.2. Improving the Attitude
 - 6.1.3. Emphasizing Performance
- 6.2. Types of Conflict
 - 6.2.1. Attraction-Attraction
 - 6.2.2. Avoidance-Avoidance
 - 6.2.3. Attraction-Avoidance
- 6.3. Family Mediation
 - 6.3.1. Mediator is Present, Does Not Influence
 - 6.3.2. Arbitration. Making Decisions by Listening to Both Parties
 - 6.3.3. Neutral Evaluation. Drawing Conclusions from the Data Collected
- 6.4. Family Coaching
 - 6.4.1. Similarities
 - 6.4.2. Differences
 - 6.4.3. Contradictions
 - 6.4.4. Intrusiveness
- 6.5. Learning in Coaching
 - 6.5.1. Declaring Bankruptcy
 - 6.5.2. Shedding the Masks
 - 6.5.3. Reengineering Ourselves
 - 6.5.4. Focusing on the Task
- 6.6. Improvement Habits in Coaching
- 6.7. Focusing on the Activity
 - 6.7.1. Focusing Techniques
 - 6.7.2. Thought Control Techniques





- 6.8. Clear Goals
 - 6.8.1. Defining Where We Are
 - 6.8.2. Defining Where We Want to Go
- 6.9. Taking the Reins of Your Life: Proactivity
- 6.10. Positive Psychology
- 6.11. Conflict Management with the Conscious Emotional Bonding Model (CEB)
 - 6.11.1. Identifying Emotions
 - 6.11.2. Identifying the Right Emotions
 - 6.11.3. Changing One Emotion for Another
- 6.12. Training to Deal with Conflicts in the Family

Module 7. Family Problems Requiring Intervention

- 7.1. Behavior Modification Techniques
- 7.2. Cognitive-Behavioral Therapy
- 7.3. Family-Oriented Treatments
- 7.4. Other Systemic Family Treatment Approaches
- 7.5. Strategic Therapy and Constructivism

Module 8. Types of Expert Evaluations and Contexts Surrounding Expert Psychological Testimony

- 8.1. Definitions Regarding Expert Evaluation
- 8.2. Adoptions
- 8.3. Guardianship and Custody
- 8.4. Simulation

04

Teaching Objectives

Throughout the academic journey, professionals will acquire specialized competencies to intervene effectively in family contexts affected by Stress and Relational Dysfunction. In this way, psychologists will begin to develop skills in systemic psychological evaluation, clinical diagnosis of family bonds, and the application of therapeutic models adapted to various social realities. They will also be capable of designing effective intervention strategies, managing emotional conflicts in family settings, and preparing psychological expert testimony with technical rigor. Thanks to this approach, they will respond ethically, empathetically, and with up-to-date knowledge to the emotional challenges posed by the complexity of contemporary family dynamics.





“

You will master cutting-edge strategies to act in family contexts characterized by conflict, Anxiety, or Structural Dysfunction”



General Objectives

- ♦ Analyze in-depth the psychological dynamics that structure the Family system and their influence on the emotional development of its members
- ♦ Apply advanced psychodiagnostic techniques and systemic evaluation to detect relational and emotional conflicts in the family environment
- ♦ Master tools and effective therapeutic strategies to address Family Stress in its various manifestations
- ♦ Design therapeutic intervention plans suited to different family models and sociocultural contexts
- ♦ Professionally intervene in family conflict cases with an ethical, empathetic approach based on scientific evidence
- ♦ Integrate the use of interdisciplinary resources in the preparation of psychological expert testimony related to family environments
- ♦ Develop competencies to conduct family interviews in different clinical or legal settings
- ♦ Understand and apply the organizational principles of the family system from a systemic and integrative perspective





Specific Objectives

Module 1. Psychodiagnosis and Assessment of the Family System

- ♦ Identify the structural and functional components of the family system using advanced psychodiagnostic tools
- ♦ Interpret relevant emotional and relational indicators to develop clinical diagnoses in family contexts

Module 2. The Family Interview

- ♦ Apply specific techniques for conducting clinical interviews with families in various contexts
- ♦ Establish an effective therapeutic alliance through communication strategies adapted to the family group

Module 3. Family Stress

- ♦ Analyze the impact of Stress on Family dynamics and its implications for collective mental health
- ♦ Design psychotherapeutic strategies to mitigate Family Stress from a systemic perspective

Module 4. Family Bonds and Systemic Organization

- ♦ Evaluate the types of emotional bonds present in the Family organization
- ♦ Understand the hierarchical and functional structure of the Family system from a therapeutic approach

Module 5. Family Models and Parental Roles

- ♦ Differentiate the predominant family models in various cultural and social contexts
- ♦ Analyze parental roles in the emotional development of children and their impact on Family dynamics

Module 6. Modes of Intervention in Family Therapy

- ♦ Apply appropriate systemic intervention models to different types of Family conflict
- ♦ Design therapeutic plans adapted to the specific needs of each Family system

Module 7. Family Problems Requiring Intervention

- ♦ Identify common problematic situations in the Family realm that require clinical intervention
- ♦ Establish therapeutic criteria for addressing issues such as violence, grief, dependency, or separation

Module 8. Types of Expert Evaluations and Contexts Surrounding Expert Psychological Testimony

- ♦ Recognize the types of psychological evaluations applicable to judicial contexts related to the Family domain
- ♦ Prepare expert reports based on relevant technical, ethical, and legal criteria





“

Specialized readings will allow you to further expand the precise information provided in this university program. What are you waiting for to enroll in the most complete and up-to-date program?”

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

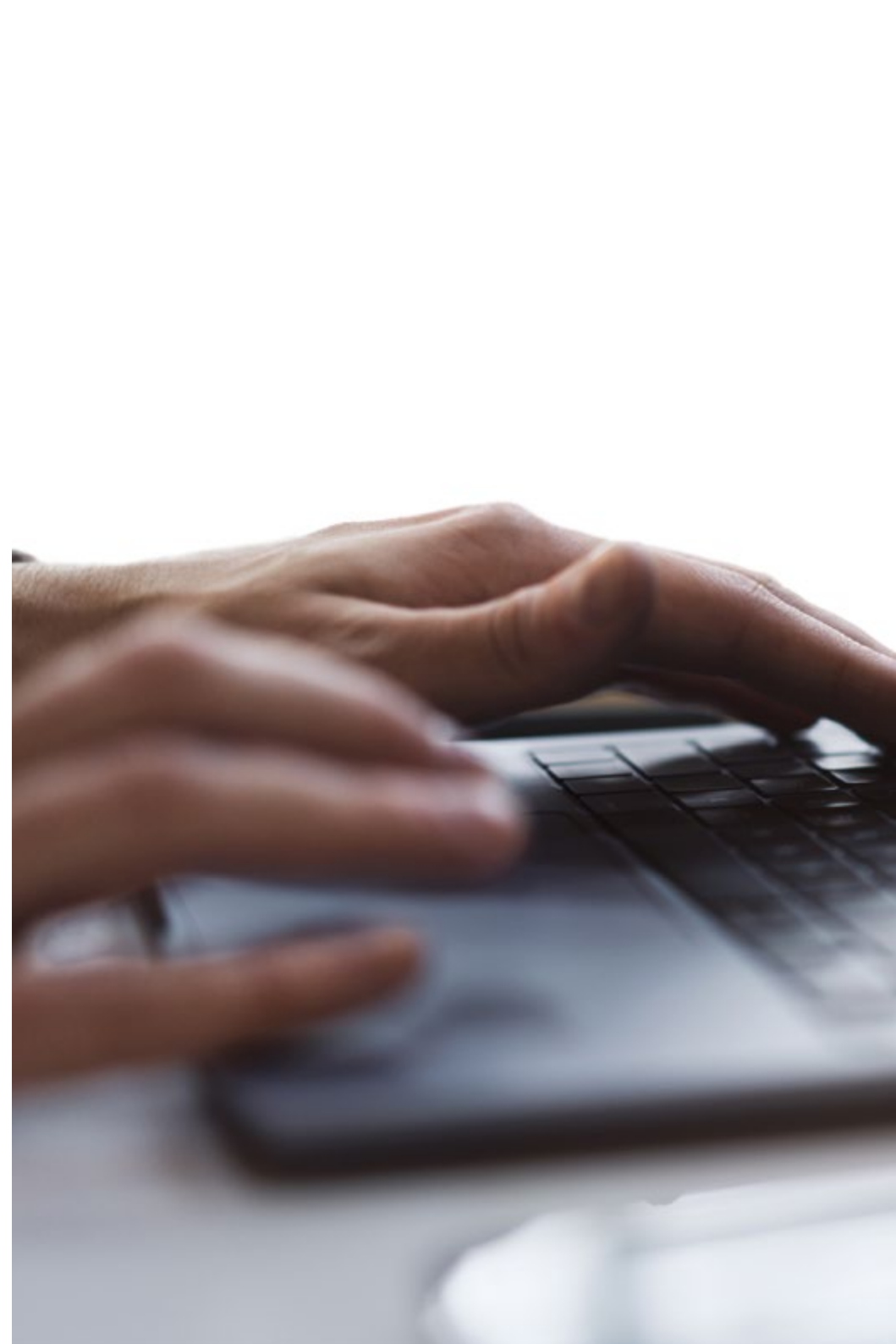
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

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.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

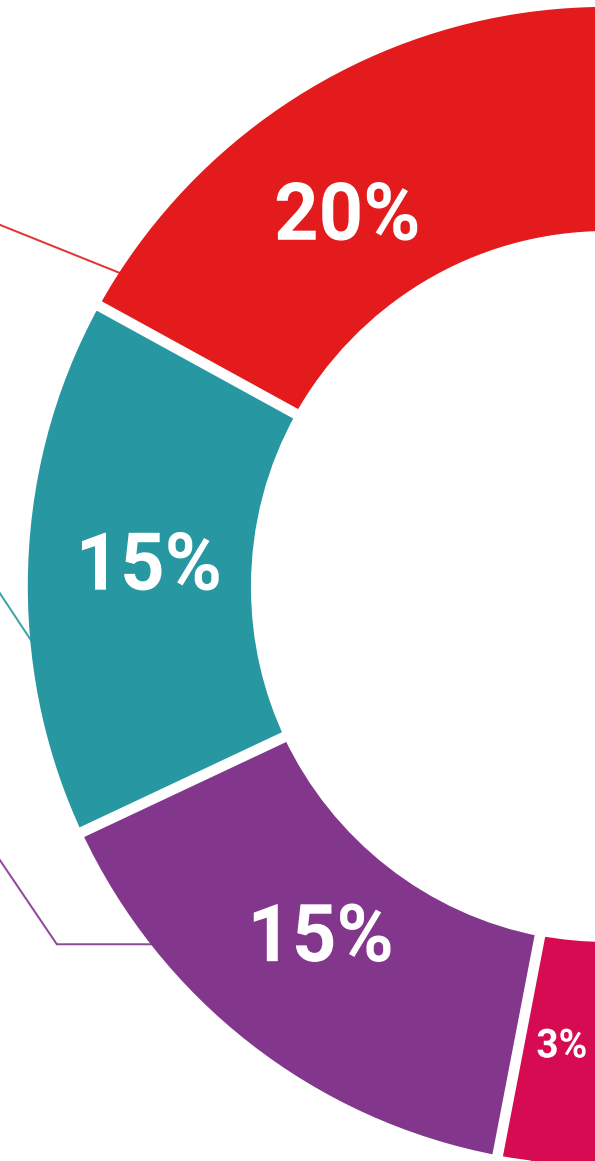
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

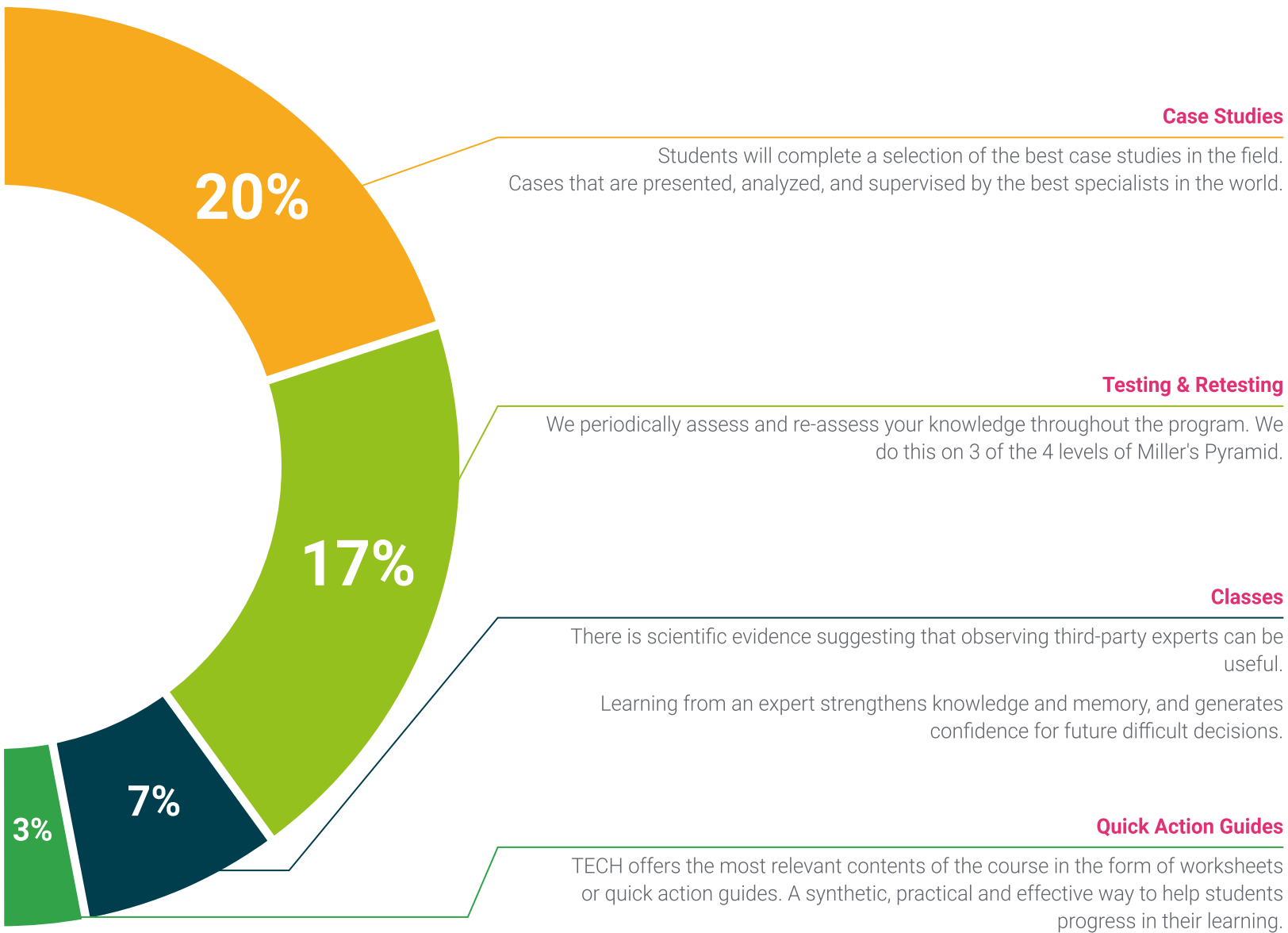
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06

Teaching Staff

The teaching staff of this program is composed of a select group of professionals with extensive clinical and academic experience. Experts in Family Psychology, Stress, and Systemic Therapy, they have a solid foundation in applied research and outstanding practical experience in various therapeutic contexts. Furthermore, their multidisciplinary approach and ability to integrate the latest trends in Family intervention and Stress management ensure that graduates will acquire cutting-edge knowledge.



“

You will be mentored by the best faculty team, made up of renowned specialists in Family Therapy and Stress management”

International Guest Director

Dr. David H. Rosmarin is a renowned **clinical psychologist** and founder of the **Center for Anxiety**, where he has led a team of more than 80 physicians who treat more than 1,000 patients annually. His specialization encompasses **intensive** and **outpatient** treatment of anxiety disorder, as well as **depression** in all ages. In addition, his approach combines **scientific evidence** with **spirituality**, seeking to transform the pathology into a strength that contributes to **personal growth**.

He has also held prominent positions as **Associate Director of Psychology** in the **Department of Psychiatry** at Harvard Medical School and as **Director of the Spirituality and Mental Health Program** at McLean Hospital. These positions have allowed him to develop advanced skills in **clinical treatment** and **mental health** integration. Likewise, his ability to lead teams and train new professionals has been fundamental to the advancement of **psychological practice**.

Internationally, he has been recognized for his innovative contributions in the treatment of **Anxiety** and **Depression**. In this sense, he has received multiple awards for his **clinical and academic work**, standing out as a **pioneer** in mental health. Also, his approach, which has promoted the acceptance of **human emotions** as a way to overcome the stigmas associated with these disorders, has earned him invitations to prestigious **conferences** and **events** around the world.

In addition to his **clinical practice**, he has authored numerous peer-reviewed **articles** and **publications**. His **research** has focused on the relationship between **spirituality** and **mental health**, exploring how these elements can be integrated into the treatment of **emotional disorders**. Additionally, his commitment to professional development has been reflected in the **APPIC-approved Anxiety Center Psychology program**.



Dr. Rosmarin, David H.

- Director of the Mental Health Program at McLean Hospital, Massachusetts, United States
- Associate Director of Psychology in the Department of Psychiatry at Harvard Medical School
- Director of the Spirituality and Mental Health Program at McLean Hospital
- Assistant, Department of Psychiatry, Harvard University
- Postdoctoral Fellowship in Clinical Psychology at Harvard University
- Ph.D. in Clinical Psychology from Bowling Green State University
- Master's Degree in Counseling Psychology from the University of Toronto

“

Thanks to TECH, you will be able to learn with the best professionals in the world"

Management



Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time-Limited Psychotherapy
- ♦ Guidance team coordinator for many educational centers
- ♦ Author of several books on Psychology
- ♦ Expert communicator in Psychology in the media
- ♦ Professor in university courses and postgraduate studies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Specialist in Selective Dissociation Targeting

Professors

Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Specialist in Cognitive Behavioral Intervention
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirónsalud Hospital in Marbella
- ♦ Director of the Clinical and Health Area of Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Freedom Technique by the World Center for EFT
- ♦ Transpersonal Therapist in the Spanish School of Transpersonal Development
- ♦ Bachelor in Psychology at the Complutense University of Madrid
- ♦ Master in Time-Limited Psychotherapy and Health Psychology at the European Institute of Time-Limited Psychotherapies
- ♦ Master in Neurolinguistic Programming at Richard Bandler's SNLP-The Society of NLP

Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Professor in the Department of Psychology at the University of Castilla-La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Bachelor's Degree in Psychology
- ♦ Doctor of Medicine

Mr. Gandarias Blanco, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Bachelor's Degree in Psychology. University of Deusto
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

07

Certificate

This Master's Degree in Family Therapy and Stress guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Master's Degree issued by TECH Global University. Master's Degree



“

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

This private qualification will allow you to obtain a **Master's Degree in Family Therapy and Stress** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

TECH is a member of the European Association of Applied Psychology (EAAP), an organization that brings together the best specialists and experts in psychology from more than 120 countries. Thanks to this, students will have access to panel discussions, forums, exclusive material and connections with professionals and research centers from all over the world, thereby expanding their opportunities for learning and professional development.

TECH is a member of:

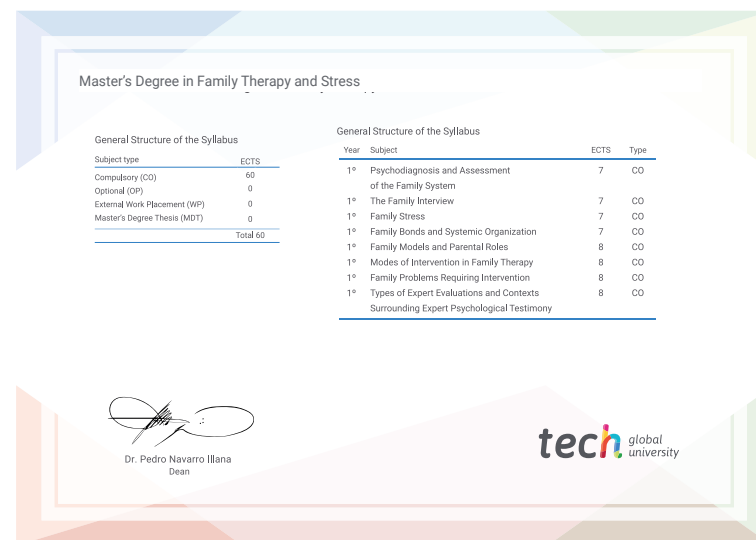


Title: **Master's Degree in Family Therapy and Stress**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



Master's Degree
Family Therapy
and Stress

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree

Family Therapy and Stress

Accreditation/Membership

European Association
of Applied Psychology

Psychologia - accessibilitas, praxis, adhibitio



tech global
university