



Postgraduate Certificate Couples Therapy

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Global University

» Credits: 6 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/education/postgraduate-certificate/couples-therapy

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tech 06 | Introduction

Life as a couple is an exciting journey full of challenges and opportunities to grow together. However, at times, differences and conflicts can overwhelm individuals, leading them to experience emotional exhaustion and relationship difficulties. This is where Couples Therapy plays a crucial role in problem solving and building a healthy and lasting relationship.

According to a study conducted by the American Psychological Association in 2021, approximately 42% of couples in therapy experienced significant improvements in relationship and mutual satisfaction after receiving therapy. This specialized data demonstrates the importance and impact of Couples Therapy in people's lives.

This Postgraduate Certificate in Couples Therapy aims to provide students with a solid theoretical and practical foundation to understand the dynamics of couple relationships and how to apply best practices in therapy to help couples face and overcome their difficulties. Through this program, students will learn about the psychological theories, intervention techniques and communication skills needed to help couples improve their relationship and achieve greater emotional well-being.

At the end of the course, students will be able to apply techniques and strategies for conflict resolution, as well as methods of approach and accompaniment after a breakup. All this, through a 100% online methodology, which will allow students to access the contents at any time and place, preparing them to face the emotional and ethical challenges involved in working with couples and promoting healthy and enriching relationships for their patients.

Furthermore, through an innovative pedagogical methodology based on Relearning, the student will acquire the theoretical and practical keys to expand their knowledge in this important area, based on repetition.

This **Postgraduate Certificate in Couples Therapy** contains the most complete and upto-date educational program on the market. The most important features include:

- The development of case studies presented by experts in Psychology and Sexology
- The graphic, schematic, and practical contents with which they are created, provide 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 work
- Content that is accessible from any fixed or portable device with an Internet connection



A program designed in detail for you, with a complete multimedia material and the possibility of accessing it from any device with Internet connection"



Study through real cases, simulations and constant reiteration of information, thanks to TECH's Relearning pedagogical methodology"

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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 This will be done with the help of an innovative system of interactive videos made by renowned experts.

Delve into the different attachment styles in couples and how they affect the dynamics of the relationship"

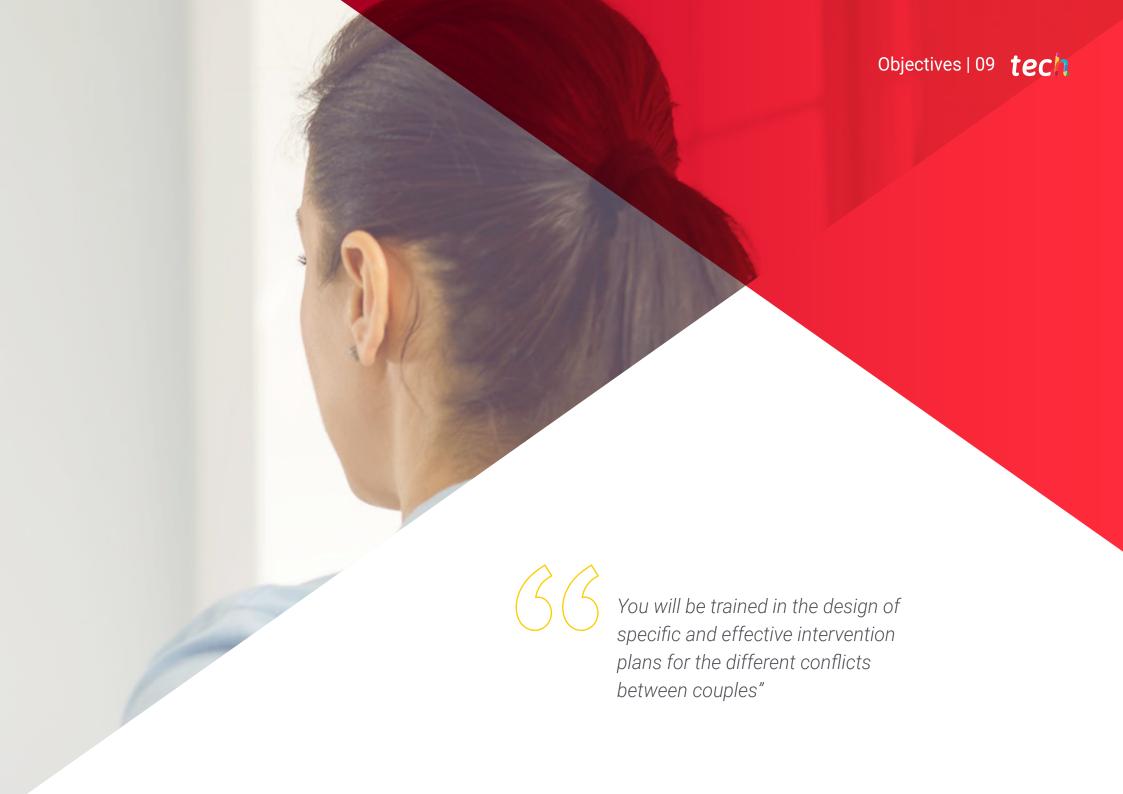
Become an expert in the accompaniment and approach to couple breakups through this 100% online program.



02 Objectives

Couples Therapy is a discipline that requires specific skills and knowledge to effectively address the complexities and challenges that may arise in romantic relationships. In order to provide students with comprehensive and practical training in this area, this TECH Postgraduate Certificate, establishes a series of general and specific objectives for the satisfaction of the future graduate, being the following:





tech 10 | Objectives



General Objectives

- Obtain tools to be able to accompany cases related to difficulties related to sexuality
- Acquire skills to be able to share information about sexuality in a clear way
- Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- Describe the dynamics of couple relationships and factors that generate alterations in them
- Achieve skills to face the multiple incidences and decision making that may arise in the exercise of their profession
- Gain an in-depth knowledge of the deontology of sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would undermine the therapeutic work







Specific Objectives

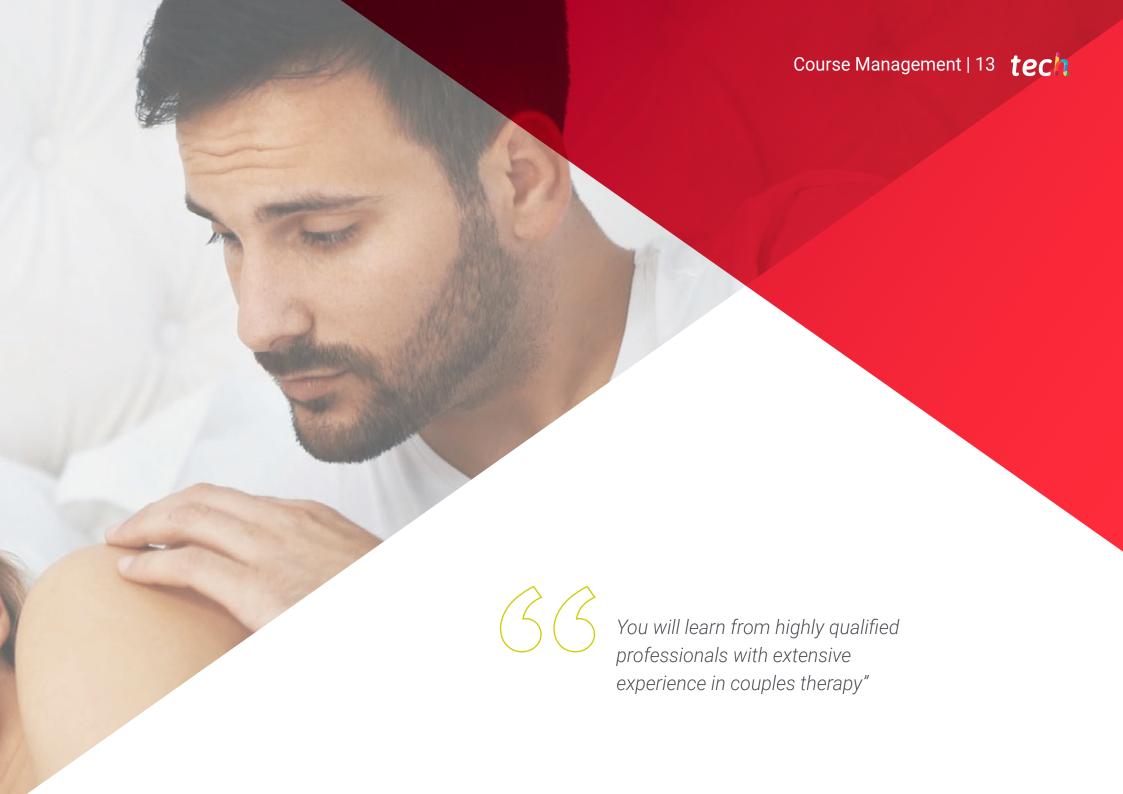
- Gain an in-depth knowledge of how couple bonds are formed
- Understand the functioning of attachment
- Learn how to deal with the most common couple difficulties
- Know how to approach transversal aspects to work on in couple relationships



You will study real cases and analyze their treatment, which will allow you to expand your skills in the therapeutic management of couple relationships"







tech 14 | Course Management

International Guest Director

Dr. Paola Zamperini has a long career as a researcher and educator in the area of Gender and Sexuality. Furthermore, in her PhD she specialized in Chinese Literature and Women's and Gender Studies at the University of California at Berkeley. With this interdisciplinary approach, she maintains a keen interest in creating learning environments marked by feminist and Queer theory, while delving into Chinese and East Asian cultural traditions.

After joining the Department of Asian Languages and Cultures at Northwestern University, she has served as Associate Director of the Gender and Sexuality Program at Northwestern. As a professor, she has taught introductory courses on sexuality studies, sexual subjects and traditions of feminist thought. In the field of Asian cultures, she has focused on pre-modern Chinese literature, fashion theory and history, Buddhist literary cultures in East Asia, contemporary Chinese fiction, film and popular culture.

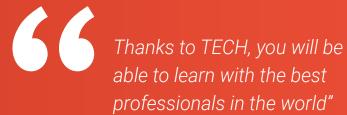
With her commitment to demonstrating the relevance of China studies to society and politics, Dr. Paola Zamperini has worked in Europe, developing intellectual and research connections with leading sinological centers. In this regard, she has collaborated as a mentor for undergraduate and graduate students at the Center for Asian and Transcultural Studies, which is considered the leading Asian studies center in Europe at the University of Heidelberg in Germany.

Also throughout her career she has written and published numerous books and articles on representations of prostitution, female suicide, fashion theory and history, and spiritual resonance. She has also related many of these topics to Chinese literature and culture.



Dr. Zamperini, Paola

- Associate Director of the Gender and Sexuality Program at Northwestern University, United States
- Director of the Department of Asian Languages and Culture, Northwestern University
- Associate Professor of Asian Languages and Civilizations at Amherst College
- Researcher and Mentor at the Center for Asian and Transcultural Studies at the University of Heidelberg, Germany
- Ph.D. in Chinese Literature and Women's and Gender Studies from the University of California at Berkeley
- Graduate in Chinese Language and Literature from Ca' Foscari University, Venice



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Management



Ms. Ramos Escamilla, María

- Sexologist and Couples Therapist
- Director of Destino Kink
- Degree in Psychology from the Complutense University of Madric
- Master's Degree in Sexology, Sex Education and Sexological Counseling from the Camilo José Cela University

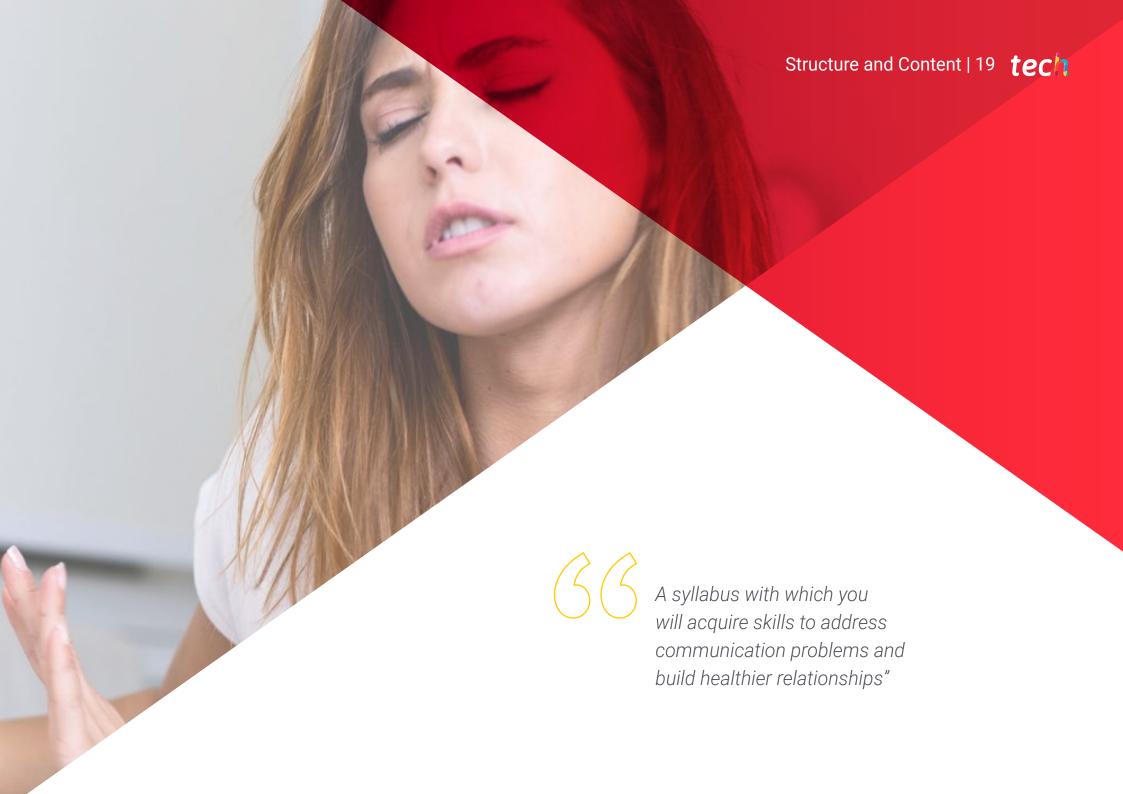
Professors

Ms. Rodríguez Sastre, Laura

- Psychologist, Sexologist and specialist in Sexual and Couple Therapy
- Specialist in Sex and Couple Therapy
- General Health, Emergency, Crisis and Catastrophe Psychologist
- Psychologist in Psychology and Sexology Offices







tech 20 | Structure and Content

Module 1. Couples Therapy

- 1.1. Development of Couple Relationships
 - 1.1.1. Defining Elements
 - 1.1.2. Structure of the Couple
- 1.2. Evolution of Couples Relationships
 - 1.2.1. Search and Attraction
 - 1.2.2. Falling in Love
 - 1.2.3. Love
 - 1.2.4. Relationship Milestones
- 1.3. Attachment and Couples Relationships
 - 1.3.1. Attachment System Formation
 - 1.3.2. Secure Attachment
 - 1.3.3. Anxious Attachment
 - 1.3.4. Avoidant Attachment
- 1.4. Couples Therapy
 - 1.4.1. Features
 - 1.4.2. Indications and Contraindications for Couples Therapy
 - 1.4.3. Basic Principles
 - 1.4.4. Aspects to be Considered
- 1.5. Structure of Couples Therapy
 - 1.5.1. Different Approaches
 - 1.5.2. Initial Interviews
 - 1.5.3. Establishment of Hypotheses and Return
 - 1.5.4. Intervention
 - 1.5.5. Follow-up and Contract Creation
- 1.6. Some Tools in Couples Therapy
 - 1.6.1. Myths of Romantic Love
 - 1.6.2. Positive Exchanges
 - 1.6.3. Leisure Time Management





Structure and Content | 21 tech

- 1.7. Conflict Management in Couples
 - 1.7.1. Introduction to Conflict Theory
 - 1.7.2. Factors that Influence Couple Conflict
 - 1.7.3. Defense Mechanisms
 - 1.7.4. Identification of Couples' Problems
 - 1.7.5. Negotiation Strategies
- 1.8. Infidelity
 - 1.8.1. Definition
 - 1.8.2. Etiology and Epidemiology
 - 1.8.3. Myths and Realities in Infidelity
 - 1.8.4. Specific Aspects to Assess and Work on
 - 1.8.5. Ethical and Deontological Implications
- 1.9. Jealousy Management
 - 1.9.1. Definition
 - 1.9.2. Differences Between Jealousy as an Emotion and Celotipia
 - 1.9.3. Specific Aspects to Assess and Work on
- 1.10. Couple's Breakup
 - 1.10.1. Accompanying the Breakup Process
 - 1.10.2. Reactions to the Breakup
 - 1.10.3. Love Mourning
 - 1.10.4. Traumatic Breakup
 - 1.10.5. Legal Proceedings



Enroll now and develop your skills to detect and treat emotional dependency and jealousy problems"





tech 24 | Methodology

At TECH Global University School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.



It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.



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:

- Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
- 2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
- **3.** Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
- **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.



tech 26 | Methodology

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 case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

Educators 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.



Methodology | 27 tech

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).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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.

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.

tech 28 | Methodology

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



Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really 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.



Educational Techniques and Procedures on Video

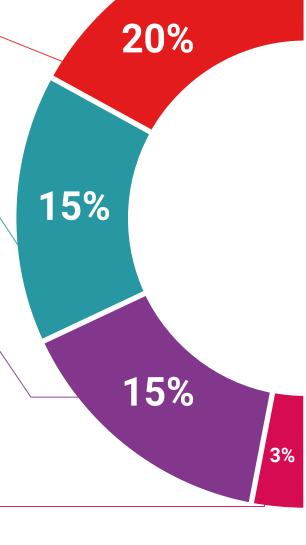
TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

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 multimedia content presentation training Exclusive system 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 your goals.



Classes

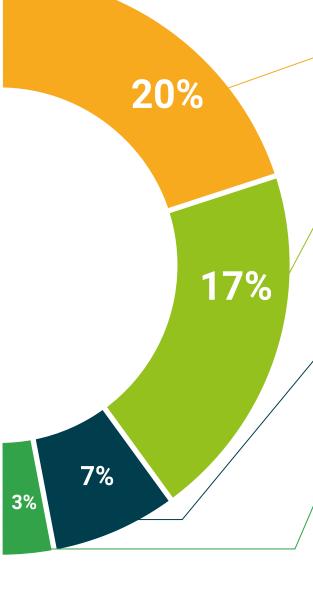
There is scientific evidence suggesting that observing third-party experts can be useful.

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







tech 32 | Certificate

This program will allow you to obtain your **Postgraduate Certificate in Couples Therapy** 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** title 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.

Title: Postgraduate Certificate in Couples Therapy

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Couples Therapy

This is a program of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



^{*}Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

tech global university Couples Therapy

Postgraduate Certificate

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

