

# Postgraduate Certificate Intervention Techniques





## Postgraduate Certificate Intervention Techniques

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

Website: [www.techtute.com/us/education/postgraduate-certificate/intervention-techniques](http://www.techtute.com/us/education/postgraduate-certificate/intervention-techniques)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

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*p. 24*

# 01

# Introduction

Psychosocial problems in young people have increased considerably in recent times, and have manifested themselves through their attitudes and ways of acting, affecting their environment considerably. Teachers, from their educational field, may have the opportunity to intervene in the psychological process. Intervention processes require a series of knowledge, techniques and methodologies that are constantly evolving, but which respond to educational needs and demands. That is why TECH has designed this program for the professional in the education sector, full of audiovisual material, informative readings and self-knowledge exercises, all in a 100% online format, which will allow the professional to accommodate their schedules and develop the qualification in the best possible way.



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*A 100% online program that will allow you to accommodate your time so that you can develop your different activities, both professional and personal"*

Young people can be defined as a social group that is constantly changing, since their attitudes and actions are often manifested from emotion and are reprehensible in the eyes of society. That is when the educators have to intervene, since their role is fundamental to understand the behaviors they acquire and from the intervention to give a possible solution to their different problems.

That is why studies to understand the behaviors of human behavior, require constant updates and results of previously conducted exercises. At this point, the educator's duty will be to identify the direct problems that affect young people, which can influence at the family, school and social level.

In this context arises the present TECH program, a Postgraduate Certificate for the educator who wishes to delve and intervene into all psychosocial processes presented by their students, helping them from a therapeutic practice to manage their behavior when facing the problems that surround them in their daily lives.

A 100% online program that will provide the student with all the necessary information regarding Intervention Techniques. In addition to this, the Postgraduate Certificate will have audiovisual material, high-level reading material and self-knowledge exercises, which will facilitate the learning process.

This **Postgraduate Certificate in Intervention Techniques** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ Practical cases presented by experts in 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



*The practical exercises will help you to clarify doubts during the different processes, since you will learn to develop techniques from real situations"*

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*Take this program and be part of the different school processes of large institutions that need trained teachers to intervene with young people”*

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 arise during the academic year. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

*Download all the material of the program and review it whenever you want, this way, you will be able to delve into the topics that catch your attention.*

*A 100% online program in which you will not have to move from one place to another, you will only need a device and an internet connection.*



# 02

# Objectives

The main objective of TECH, for this particular Postgraduate Certificate, is to provide students with all the information from practical cases that have served to change the behavior of troubled youth. Filled with educational, informative, and above all accurate content, this program is an opportunity for professionals in the education sector, as it will allow them to improve their relationship with young people, many of them students in schools that are going through difficulties of different kinds.







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*Identify the main problems that distress young people and provide possible solutions for their better school performance”*



## General Objectives

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- ♦ Describe the therapeutic bond between the psychotherapist and the minor patient
- ♦ Analyze the changes in behavior during the life cycle
- ♦ Differentiate between the evolutionary adaptation and adaptability of human beings
- ♦ Explain the framing of the family system in a single-therapist, single-patient psychotherapy
- ♦ Master psychodiagnosis and evaluation in the child and adolescent framework
- ♦ Control personality assessment at these ages
- ♦ Identify the role of the family in child and adolescent diagnosis
- ♦ Specify the intervention in clinical psychology at these age groups
- ♦ Develop sufficient skills to manage a child and adolescent clinic





## Specific Objectives

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- ♦ Establish different intervention tools in order to treat children and adolescents
- ♦ Get to know the theoretical principles of play, metaphor and storytelling as intervention techniques
- ♦ Apply certain intervention tools taking into account the social and emotional situation of the child and adolescent



*Access high-quality teaching materials, including audiovisual content, practical exercises, and complementary readings"*

# 03

## Structure and Content

The syllabus of this Postgraduate Certificate was designed by TECH together with its teaching staff, providing each topic with as much information as possible, which will help students to clarify concepts and reinforce weak points. Enriched with first-hand material, this program is one of the most important in the sector, as it reflects its success in the different intervention processes that the qualified teachers have had with their young patients.





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*A 100% online program that will provide the best tools and techniques for professionals in the education sector”*

## Module 1. Intervention Techniques

- 1.1. Beck's Cognitive Therapy
  - 1.1.1. Who Is Beck?
  - 1.1.2. Fundamentals of Cognitive Therapy
  - 1.1.3. Clinical Use
- 1.2. Problem-Solving Therapy
  - 1.2.1. Introduction to Problem-Solving Therapy
  - 1.2.2. Relevant Authors
  - 1.2.3. Clinical Use
- 1.3. Exposure Therapy
  - 1.3.1. Types of Exposure
  - 1.3.2. Relevant Authors
  - 1.3.3. Clinical Use
- 1.4. Modeling Techniques
  - 1.4.1. Origin of Modeling
  - 1.4.2. Techniques and Application
- 1.5. Ellis Rational Emotive Behavior Therapy
  - 1.5.1. Fundamentals of Rational Emotive Behavior Therapy
  - 1.5.2. Clinical Use
- 1.6. Humanistic Techniques
  - 1.6.1. Fundamentals of Humanistic Therapy
  - 1.6.2. Most Common Techniques
- 1.7. Cognitive-Behavioral Techniques
  - 1.7.1. Fundamentals of Rational Emotive Behavior Therapy
  - 1.7.2. Clinical Use





- 1.8. Gestalt Therapy
  - 1.8.1. Fundamentals of Gestalt Therapy
  - 1.8.2. Clinical Use
- 1.9. Piaget's School
  - 1.9.1. Fundamentals of Piaget's School
  - 1.9.2. Clinical Use
- 1.10. Mindfulness
  - 1.10.1. Origin of Mindfulness
  - 1.10.2. Mechanisms of Action
  - 1.10.3. Clinical Use

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*This Postgraduate Certificate will allow you to apply the latest mindfulness techniques in minor patients"*

04

# Methodology

This training program offers 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 Education 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 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.*

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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. 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.



## 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.*

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.



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.



05

# Certificate

The Postgraduate Certificate in Intervention Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Intervention Techniques** 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 Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Intervention Techniques**

Official N° of hours: **150 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



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