

# Postgraduate Diploma

## Bullying and Child and Adolescent Mental Health





## Postgraduate Diploma Bullying and Child and Adolescent Mental Health

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/education/postgraduate-diploma/bullying-child-adolescent-mental-health](http://www.techtute.com/us/education/postgraduate-diploma/bullying-child-adolescent-mental-health)

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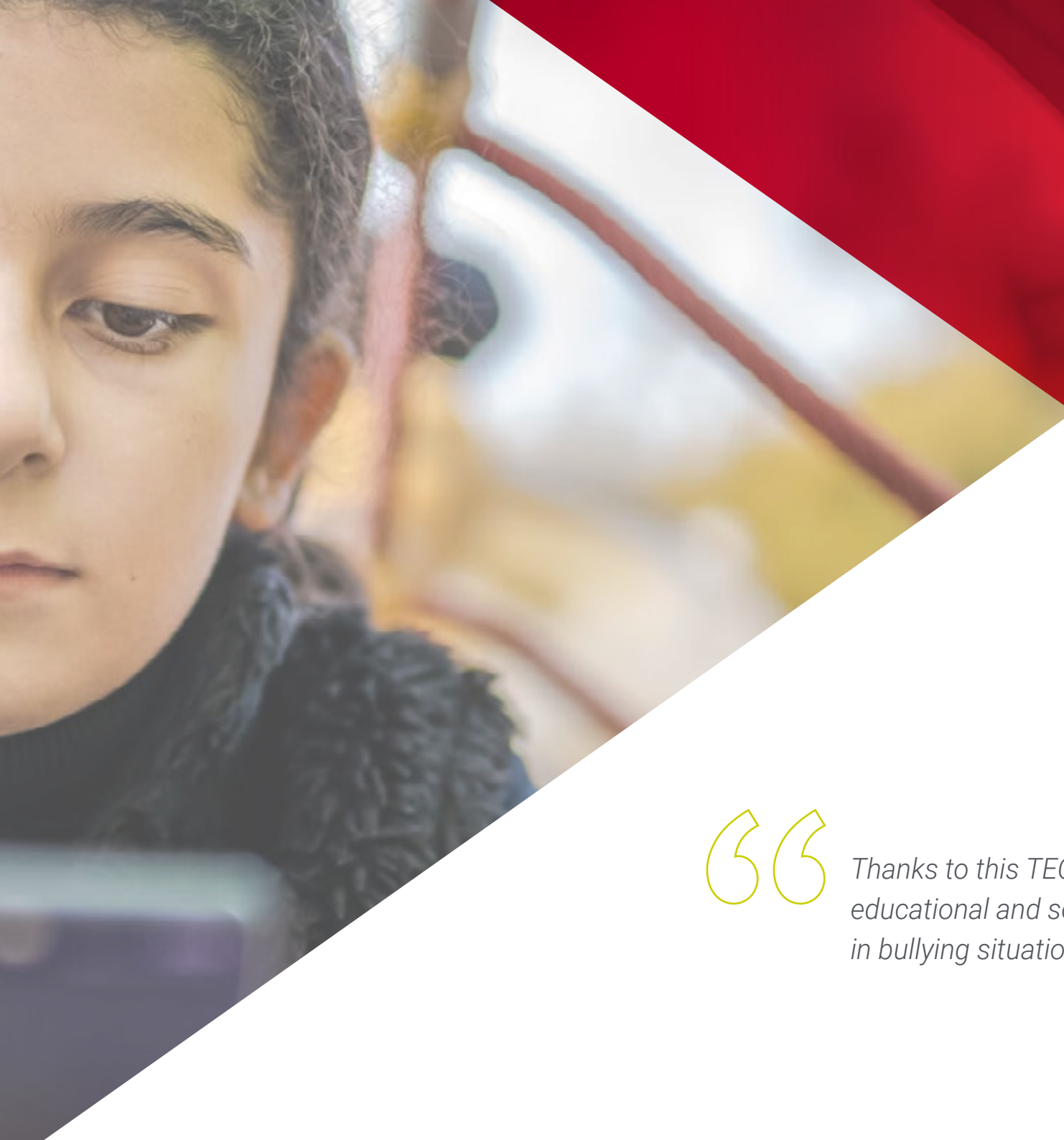
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# 01

# Introduction

Bullying is a social and educational problem that affects a large number of people around the world. In addition, various international organizations have expressed their concern about the high rates of bullying that are manifested through social networks, with the current growth of new digital technologies. In this complex scenario, it is essential to have professionals trained to prevent and act in situations of this type, creating safe and respectful educational environments. This TECH program provides these competencies through a thorough update on the educational, socioemotional and legal implications that psychological, physical or verbal abuse can have on children and adolescents. For this learning, the most complete learning methodology in the pedagogical market is applied in a 100% online format.





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*Thanks to this TECH program you will master all the educational and socio-emotional tools to intervene in bullying situations in children and adolescents”*



Bullying is a social and educational problem that affects a large number of people around the world. According to UNESCO data, it is estimated that around 246 million students are victims of this social phenomenon every year. In addition, these *bullying* situations can manifest themselves in various forms such as physical, verbal, psychological violence and cyberbullying. Regarding the latter, there is no precise data on its prevalence, but an increase in its latency has been detected due to greater access to technology and social networks.

In this context, professionals trained to create safe and respectful educational environments are increasingly necessary. They are expected to be able to detect, prevent and intervene in complex bullying situations, applying innovative conflict solutions, promoting peaceful coexistence and instilling values. They must also be ready to work in a comprehensive and collaborative manner with other agents involved in acts of *bullying* and to apply the current regulations against them.

Through this TECH Postgraduate Diploma, specialists will be able to acquire the most up-to-date competencies in this regard. After completing their studies, graduates will be able to act appropriately in the face of different types of bullying. At the same time, they will be able to handle the most advanced technological resources with which to intervene in this field. On the other hand, it delves into child and adolescent psychopathology and promotes knowledge to help children and adolescents acquire psychoemotional skills.

This academic syllabus, made up of three modules, will be taught 100% online, from a very complete study platform. It includes a wide variety of multimedia materials such as videos, infographics and interactive summaries. Through them, and the innovative *Relearning* methodology, professionals will have a personalized learning experience, according to their individual schedules and interests.

This **Postgraduate Diploma in Bullying and Child and Adolescent Mental Health** contains the most complete and up-to-date educational program on the market.

The most important features include:

- ♦ The development of case studies presented by experts in the Postgraduate Diploma in Bullying and Child and Adolescent Mental Health
- ♦ The graphic, schematic and practical contents of the book provide theoretical and practical information on those 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



*With the contents of this program, you will develop skills to identify different psychopathologies that afflict children and adolescents who are victims of bullying"*

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*About 250 million children and adolescents suffer from bullying today. With this Postgraduate Diploma you will be able to contribute to reduce these situations and create safer and more respectful educational spaces"*

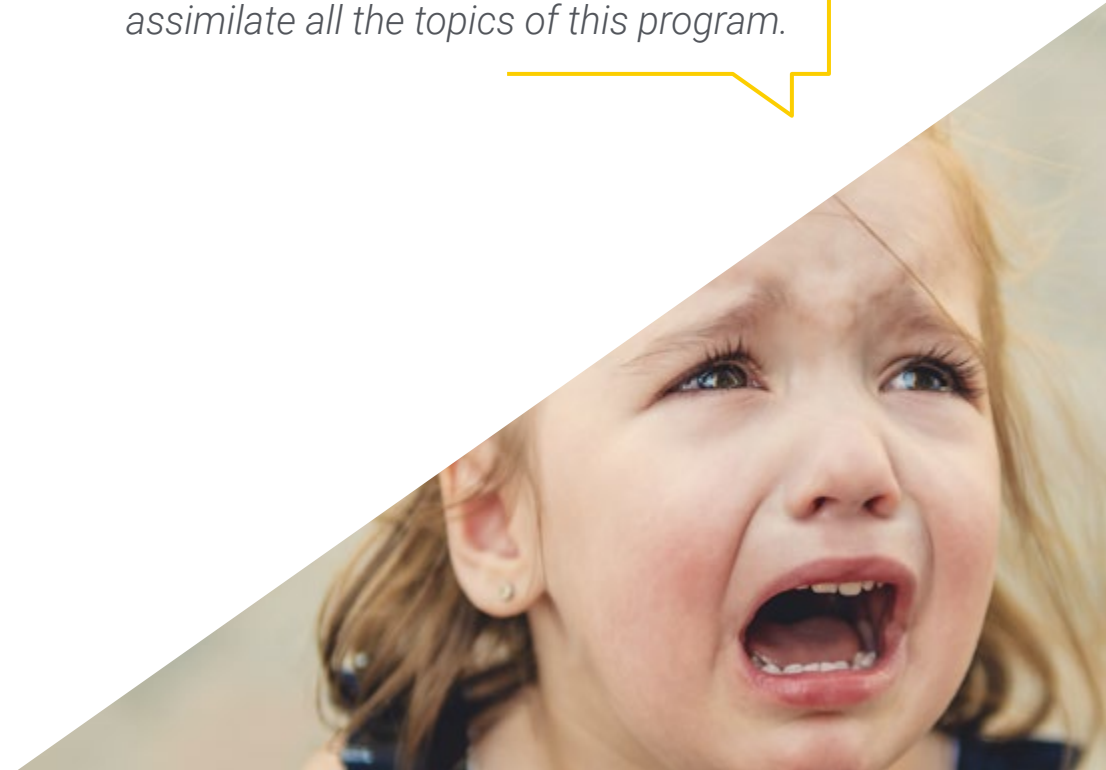
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

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

*Delve into the key practices of cyberbullying through this syllabus to prevent its harmful impact on the self-esteem of people during their childhood and adolescence.*

*100% online, interactive and without pre-established schedules: this is the TECH platform where you will be able to assimilate all the topics of this program.*



# 02

# Objectives

This program is designed to provide its graduates with a deep and specialized preparation on the prevention and intervention of bullying. Through its three academic modules, it analyzes the educational, psychological, social and legal aspects that are present in this kind of complex situations, where children and adolescents are affected. Thus, it offers professionals the indispensable competences to work in a collaborative way, with all the agents involved, to achieve solutions that protect at all times the correct development of children.





A close-up photograph of a horse's mane, showing the texture of the hair. The mane is dark brown and appears to be blowing in the wind, creating a sense of movement. The background is a bright, hazy sky. The image is partially obscured by a large red diagonal shape that covers the right side of the page.

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*The fundamental goal of this qualification is that you can incorporate into your professional practice the most advanced technological tools and resources that today facilitate the intervention of school bullying”*



## General Objectives

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- ♦ Deepen in the prevention and intervention in school bullying
- ♦ Delve into the different areas in which bullying has an impact
- ♦ Offer a system of in-depth study for a comprehensive approach to school bullying
- ♦ Inquire into the educational, psychological, social and legal aspects of school bullying
- ♦ Acquire in-depth knowledge of the relationship between bullying and its psychological consequences
- ♦ Describe school conflict management, assertive communication and problem solving tools
- ♦ Explain the tools to know how to prevent school bullying
- ♦ Explain the tools to know how to intervene in school bullying
- ♦ Enable to work collaboratively with all the actors involved in bullying





## Specific Objectives

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### Module 1. Importance of attachment development and social relationships in school bullying

- ♦ Deepen in what attachment is and to take into account what produces it
- ♦ Take into account the skills necessary to develop attachment
- ♦ Delve into the types of attachment
- ♦ Describe all the aspects involved in attachment
- ♦ Explain what social relationships are
- ♦ Discover how social relationships are produced
- ♦ Understand the impact of social relationships

### Module 2. Law as applied to bullying

- ♦ Delve into the existing laws on child protection
- ♦ Deepen in the preventive and punitive legal measures
- ♦ Get to know responses to bullying from civil law at the international level
- ♦ Explain responses to bullying from international criminal law
- ♦ Describe the legal responsibility of the child
- ♦ Point out the legal responsibility of the parents
- ♦ Inquire into the legal responsibility of the school
- ♦ Understand the legal liability of teachers

### Module 3. Childhood and Adolescent Psychopathology

- ♦ Know the main pathological universes of childhood and adolescence
- ♦ Learn to recognize and differentiate the different pathological universes related to the infantojuvenile stage
- ♦ Know the diagnostic criteria of the pathological universes according to the DSM-V
- ♦ Learn the characteristics of the infantojuvenile stage in each pathological universe
- ♦ Know and study the differential characteristics of each pathological universe according to the DSM-V information
- ♦ Study the existing comorbidities in each pathological universe mentioned



*Do not miss this opportunity and enroll in TECH to get an exhaustive update on the most modern techniques in the development of socioemotional skills in educational environments for children and youth"*

# 03

## Structure and Content

This academic syllabus addresses the most relevant aspects for dealing with bullying situations. Among other aspects, the program delves into attachment theory, affective and social development and peer relationships. On the other hand, it delves into the legislative framework for the protection of children and the professional roles needed for its application. It also examines the most common psychological disorders in the early stages of life. All by means of the innovative didactic method *Relearning* through which practical skills are developed in a direct way throughout the learning process.







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*Videos, infographics and interactive summaries are some of the multimedia materials that TECH has integrated in this program to help you pass its academic modules"*

**Module 1. Importance of attachment development and social relationships in school bullying**

- 1.1. Introduction to the Study of Affective and Social Development
  - 1.1.1. Bowlby's attachment theory
  - 1.1.2. Later contributions to attachment theory
  - 1.1.3. Types of Attachment
- 1.2. Beginning of Affective Relationships
  - 1.2.1. Conditions Necessary for an Attachment to Form
  - 1.2.2. The Formation of the First Attachment
  - 1.2.3. Components of the Attachment Relationship
  - 1.2.4. Evolution of Attachment During Childhood
- 1.3. Development and Evolution of Attachment in Infancy
  - 1.3.1. Theories on Affective Development
  - 1.3.2. Affective Development
  - 1.3.3. Emotional development
- 1.4. Development of Attachment from Adolescence to Adulthood
  - 1.4.1. Attachment in Adolescence
  - 1.4.2. Attachment in Young Adults
  - 1.4.3. Attachment in middle-aged and elderly adults
  - 1.4.4. Differences in Attachment in Adulthood
- 1.5. Development of Personal Identity
  - 1.5.1. The Development of the Self-Concept
  - 1.5.2. Self-Esteem: the Evaluation Component of Self-Esteem
  - 1.5.3. The Development of Self-Control
  - 1.5.4. Concept of Identity
  - 1.5.5. Social Cognition
- 1.6. Peer-to-Peer Relationships
  - 1.6.1. Relationships between colleagues
  - 1.6.2. Sibling relationships
  - 1.6.3. Relationships between friends
  - 1.6.4. Social interactions in play, aggression, and prosocial behavior
  - 1.6.5. Peer power relationships
  - 1.6.6. Factors of social experience





- 1.7. Social Development in Adolescence
  - 1.7.1. Theories of development of social relationships
  - 1.7.2. Self-Concept and Self-Esteem
  - 1.7.3. Family Relationships
  - 1.7.4. Relationships with Peers
- 1.8. Moral in Childhood
  - 1.8.1. Development of Moral Concept
  - 1.8.2. Moral Thinking
  - 1.8.3. Moral Behavior
  - 1.8.4. Values
- 1.9. Early Promotion of Emotional Development
  - 1.9.1. Factors that Determine Parental Performance
  - 1.9.2. Intervention Models
  - 1.9.3. Parental Educational Styles
- 1.10. Intervention in Social Development
  - 1.10.1. Family Education and Social Competence
  - 1.10.2. Assessment of social competence in children
  - 1.10.3. Development of social competence in children
  - 1.10.4. Prevention of Antisocial Behavior

## Module 2. Law as applied to bullying

- 2.1. Legal qualification of the main behaviors of school bullying
  - 2.1.1. Common elements
  - 2.1.2. Legal qualification of *bullying*
- 2.2. Criminal and civil liability of minors at the international level
  - 2.2.1. Minors
  - 2.2.2. Parents and legal guardians
  - 2.2.3. International legal protection of minors
- 2.3. Legal protection of minors at the international level
  - 2.3.1. Characteristics of the legal protection of minors
  - 2.3.2. Basic concepts of the legal protection of minors
  - 2.3.3. Application of the laws directed towards the protection of minors



- 2.4. Legislative framework for the protection of children at the international level
  - 2.4.1. Legislative response for child protection in educational centers, in the family environment and on the Internet in different countries
  - 2.4.2. Civil liability in school bullying across different countries
  - 2.4.3. Subsidiary liability of schools in different countries
- 2.5. Instruments for schools to deal with bullying
  - 2.5.1. Prevention tools
  - 2.5.2. Instruments for action
- 2.6. Juvenile Justice at the international level
  - 2.6.1. Legal procedure
  - 2.6.2. Legal measures
  - 2.6.3. Phases of the judicial process
- 2.7. The psycho-pedagogical report
  - 2.7.1. School Report
  - 2.7.2. Reasons for appraisal
  - 2.7.3. Writing the results
  - 2.7.4. Writing the conclusions
- 2.8. Clinical Report
  - 2.8.1. Clinical Report
  - 2.8.2. Reason for interview
  - 2.8.3. Results and conclusions
  - 2.8.4. Intervention proposal
- 2.9. Expertise of minors
  - 2.9.1. The Interview
  - 2.9.2. Measuring Tools
  - 2.9.3. Report Structure and Content
  - 2.9.4. Characteristics in Juvenile Offenders
  - 2.9.5. Observation in the Judicial Context
- 2.10. Expertise of mistreatment
  - 2.10.1. The profile of the abuser
  - 2.10.2. The profile of the victim
  - 2.10.3. The Dynamics of the Abusive Relationship
  - 2.10.4. Types of aggression





**Module 3. Childhood and Adolescent Psychopathology**

- 3.1. Neurodevelopment Disorders
  - 3.1.1. What are Neurodevelopmental Disorders?
  - 3.1.2. Disorders Included in the Diagnostic Category of Neurodevelopmental Disorders
  - 3.1.3. Relevant Aspects of Neurodevelopmental Disorders in Childhood and Adolescence
- 3.2. Schizophrenia Spectrum Disorders and Other Psychotic Disorders
  - 3.2.1. What are Schizophrenia Spectrum Disorders and other Psychotic Disorders?
  - 3.2.2. Disorders Included in the Diagnostic Category of Schizophrenia Spectrum Disorders and Other Psychotic Disorders"
  - 3.2.3. Childhood Schizophrenia
- 3.3. Bipolar and Related Disorders
  - 3.3.1. What are Bipolar and Related Disorders?
  - 3.3.2. Disorders Included in the Diagnostic Category of Bipolar and Related Disorders"
  - 3.3.3. Bipolar Disorders in Childhood and Adolescence
- 3.4. Depressive Disorders
  - 3.4.1. Types of depressive disorders
  - 3.4.2. Disorders Included in the Diagnostic Category "Depressive Disorders"
  - 3.4.3. Childhood depressive disorders
- 3.5. Anxiety Disorders
  - 3.5.1. Anxiety Disorders
  - 3.5.2. Types of Anxiety Disorders included in the DSM-V
  - 3.5.3. Relevance of Anxiety Disorders in Childhood and Adolescence
- 3.6. Obsessive Compulsive Disorder and Related Disorders
  - 3.6.1. Introduction to Obsessive-Compulsive Disorder and Related Disorders
  - 3.6.2. Disorders Included in the Diagnostic Category of Obsessive-Compulsive Disorder and Related Disorders"
  - 3.6.3. Obsessive-Compulsive Disorder in Childhood and Adolescence
- 3.7. Trauma and Stress-Related Disorders
  - 3.7.1. What are Trauma-Related Disorders and Stressors?
  - 3.7.2. Disorders Included in the Diagnostic Category of "Disorders Related to Trauma and Stressors"
  - 3.7.3. Traumatic Disorders in Childhood and Adolescence
- 3.8. Dissociative Disorders
  - 3.8.1. Characteristics of Dissociative Disorders
  - 3.8.2. Disorders Included in the Diagnostic Category of "Dissociative Disorders"
  - 3.8.3. Dissociative Disorders in Childhood and Adolescence
- 3.9. Somatic Symptom Disorders and Related Disorders
  - 3.9.1. What are Somatic Symptom Disorders and Related Disorders?
  - 3.9.2. Disorders included in the Diagnostic Category of "Somatic Symptom Disorders and Related Disorders"
  - 3.9.3. Somatic symptomatology in childhood and adolescence
- 3.10. Eating and Food Ingestion Disorders
  - 3.10.1. What are Eating and Food Intake Disorders?
  - 3.10.2. Eating and Food Intake Disorders included in the DSM-V
  - 3.10.3. Relevant Data on Eating and Food Intake Disorders in Childhood and Adolescence



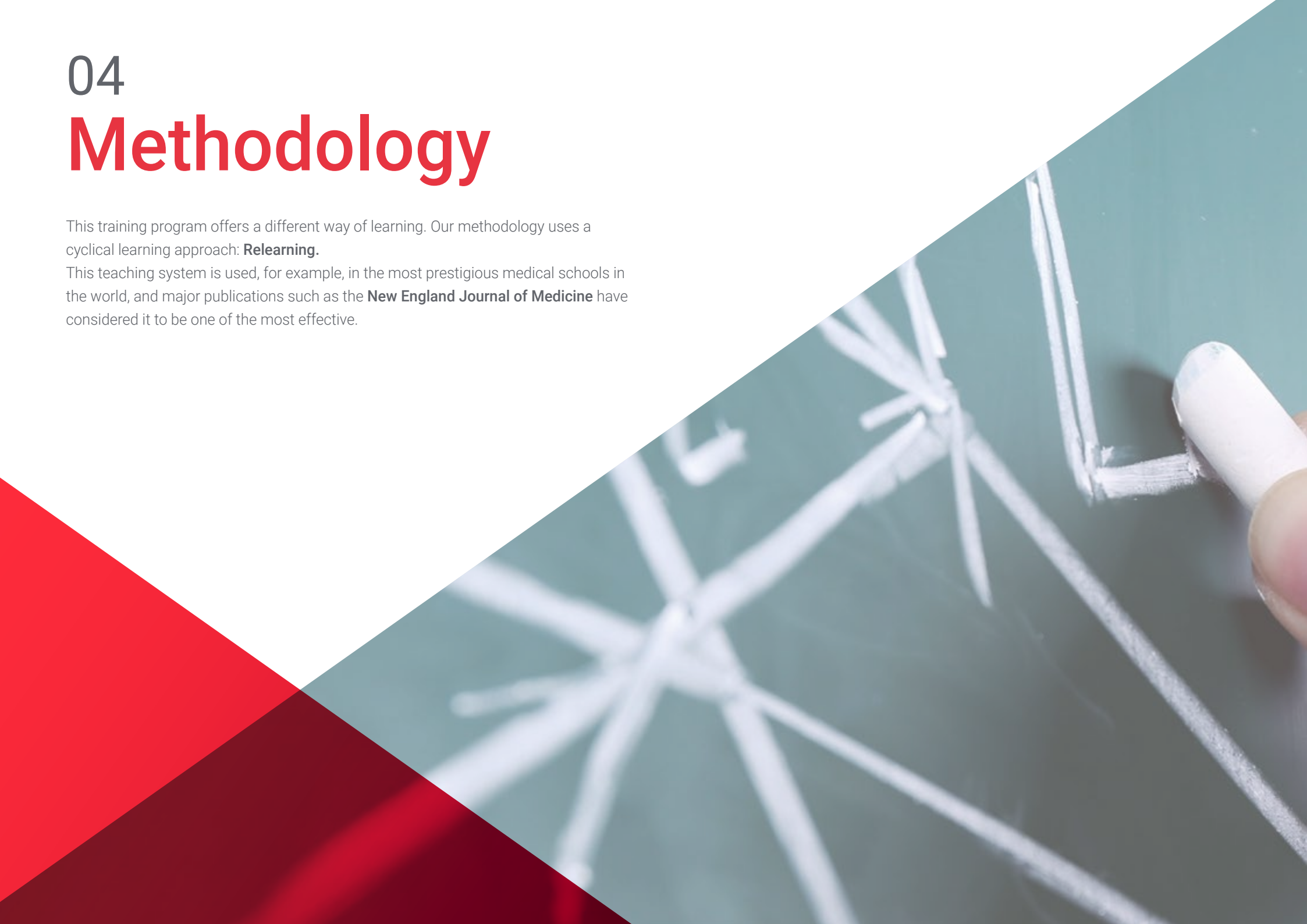
*Enroll and complete the update of your knowledge and skills to deal with bullying through the innovative didactic method Relearning"*

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 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.*



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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

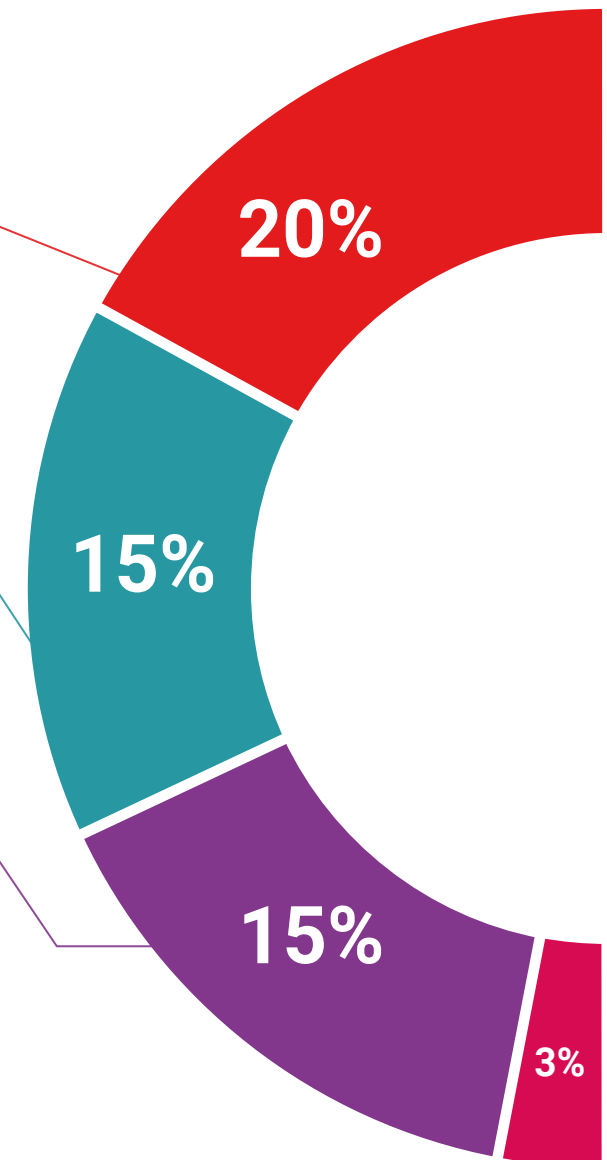
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Diploma in Bullying and Child and Adolescent Mental Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Diploma in Bullying and Child and Adolescent Mental Health** 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.

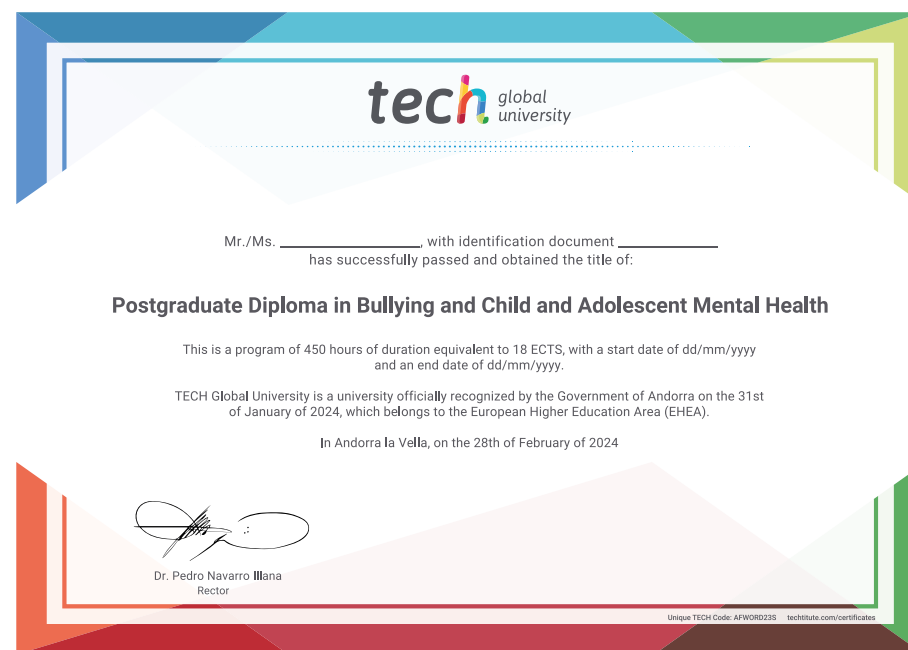
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Bullying and Child and Adolescent Mental Health**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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



**Postgraduate Diploma**  
**Bullying and Child and**  
**Adolescent Mental Health**

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

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