

Hybrid Professional Master's Degree

Emotional Well-Being Therapy





Hybrid Professional Master's Degree Emotional Well-Being Therapy

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

Website: www.techtute.com/pk/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-emotional-well-being-therapy

Index

01

Introduction

p. 4

02

Why Study this Hybrid
Professional Master's Degree?

p. 8

03

Objectives

p. 12

04

Skills

p. 18

05

Course Management

p. 22

06

Educational Plan

p. 26

07

Clinical Internship

p. 32

08

Where Can I Do the
Clinical Internship?

p. 38

09

Methodology

p. 42

10

Certificate

p. 50

01

Introduction

Emotional Well-being is a priority in the clinical setting and therefore, in recent years, protocols and interventional methods in this area have evolved. At the same time, specialists are not up to date on these developments because the existing academic programs are not up to date with the latest scientific evidence. For this reason, TECH has implemented a program that integrates theoretical and practical knowledge in two fundamental stages. The first stage analyzes 100% online concepts and topics of interest. Then, they will develop a face-to-face and intensive internship program in a rigorous hospital center, where the best procedures are implemented and the best experts work.





“

Get up to date, with TECH, through this Hybrid Professional Master's Degree where the theoretical and practical skills essential for Emotional Well-Being Therapy are combined with rigor and completeness”

In recent years, Emotional Well-Being Therapy has been nourished by more and more modern assistance strategies focused on the evolution and efficient recovery of people. Therefore, specific emotional processing techniques have appeared, as well as more and more efficient group and body intervention trends. There have also been advances in the pharmacological treatment of disorders such as anxiety or stress. However, not all specialists manage to keep up to date with these advances. This is due, among other reasons, to the proliferation of programs with an excessive academic load, which do not meet the needs of professionals such as the development and application of specific skills.

In this context, TECH has devised this Hybrid Professional Master's Degree, a program that brings together the most innovative contents of this health discipline through two distinct stages. Firstly, the professional will dedicate 1,500 hours to the theoretical study of modern contents and updated concepts. This educational process will take place on a learning platform that is 100% online, interactive and free of pre-established schedules. Through these facilities, the graduate will be able to self-determine when and from where to study, with the simple help of a device connected to the Internet. At the same time, through didactic methodologies, such as Relearning, they will assimilate all the subjects in a much faster and more flexible way.

On the other hand, in the second pedagogical moment, a clinical practice of the highest caliber and maximum demand will take place. This preparation period is composed of a face-to-face and intensive stay in a prestigious hospital unit, equipped with state-of-the-art care resources for the management of Emotional Well-Being Therapy. During this period, the specialists will be updated together with the qualified experts who make up the staff of these centers. Therefore, each graduate will become familiar with the most advanced practices based on rigorous experiences. They will also be advised by an assistant tutor who will help them expand their skills and integrate them efficiently into their daily practice.

This **Hybrid Professional Master's Degree in Emotional Well-Being Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of more than 100 clinical cases presented by experts in Emotional Well-Being Therapy with an extensive professional background
- ♦ 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
- ♦ Assessment and monitoring of patients with specific therapeutic needs based on comprehensive systematized action plans for the main pathologies
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in critical patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Practical clinical guides on approaching different pathologies
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best medical centers

“

Over the course of 3 weeks, you will apply innovative cognitive and behavioral therapy techniques to modify negative thinking patterns and behaviors in the child”

In this Professional Master's Degree proposal, of a professionalizing nature and hybrid learning modality, the program is aimed at updating Health professionals who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge into practical practice, and the theoretical-practical elements will facilitate the updating of knowledge and will allow decision making in patient management..

Thanks to their multimedia content developed with the latest educational technology, they will allow the medical professional to obtain situated and contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

This Hybrid Professional Master's Degree will update your skills for the approach of children with ADHD, stress or anxiety through innovative techniques such as Mindfulness.

Through TECH you will achieve a holistic mastery of the pharmacological intervention of stress and anxiety disorders.



02

Why Study this Hybrid Professional Master's Degree?

This Hybrid Professional Master's Degree is an excellent option of academic improvement for professionals interested in being updated on the latest trends in Emotional Well-Being Therapy. In the program, each of them will be able to analyze in a theoretical way the most recently discovered intervention protocols focused on emotions. Afterwards, they will have the opportunity to strengthen their mastery of this knowledge by applying it in a face-to-face and direct way, in an intensive and rigorous internship program, from a hospital institution with international prestige.





“

With TECH, you will broaden your skills with the mastery of new protocols of emotional assistance to be developed in couples and family therapy”

1. Updating from the latest technology available

This Hybrid Professional Master's Degree delves into the most innovative procedures that are currently used in the field of Emotional Well-Being Therapy. Through a rigorous internship program, specialists will be provided with a direct and face-to-face immersion in which they will be able to intervene real patients according to the latest scientific evidence.

2. Gaining In-Depth Knowledge from the Experience of Top Specialists

In this program, the physician will be continuously accompanied by distinguished experts. During the theoretical stage of the program, they will be supported by a meticulously chosen teaching staff. Likewise, during the internship period, they will discuss management and procedures with the best specialists and will be supervised by an experienced assistant tutor.

3. Entering First-Class Clinical Environments

The facilities chosen by TECH for the practical phase of this program guarantee the professional access to a reference health care environment in the field of Emotional Well-Being therapeutics. Therefore, each graduate will directly analyze the work dynamics of a demanding, rigorous and extensive medical area.





4. Combining the Best Theory with State-of-the-Art Practice

Few programs manage to combine theoretical and practical learning of its contents. However, TECH has overcome this problem with the design of this Hybrid Professional Master's Degree. In it, the specialist will acquire skills in both directions through two distinct educational phases. The first one, aimed at studying the online contents, is complemented, secondly, with an intensive 3 weeks face-to-face internship in a renowned medical center.

5. Expanding the Boundaries of Knowledge

TECH offers centers of international scope for the professional practice of this Hybrid Professional Master's Degree. In this way, the specialist will be able to be updated under the supervision of renowned experts. Undoubtedly, this is a unique opportunity that only TECH, the largest digital university in the world could offer.

“

Delve into the theory of major relevance in this field, subsequently applying it in a real work environment”

03 Objectives

This program aims for specialists to achieve optimal preparation throughout 1,620 educational hours. For this purpose, TECH has implemented an educational model, pioneer in its modality, which integrates theoretical and practical skills with the highest excellence. This Hybrid Professional Master's Degree is composed of two fundamental stages and in the first one, the doctor will analyze concepts of interest in a 100% online study platform. Then, they will reinforce their learning with a practical, face-to-face and intensive internship in a prestigious hospital facility, with the best resources and the most qualified staff.



“

Enroll now and advance in your field of work with a comprehensive program that will allow you to put into practice everything you have learned”



General Objective

- The general objective of this Hybrid Professional Master's Degree in Emotional Well-Being Therapy is to provide the specialist with the necessary knowledge to update their practice, according to the most modern scientific rigor. It will also enable them to generate a better bond between therapist and patient, based on the understanding of the functioning of the human being and the importance of emotional management. Therefore, they will be able to discover the most modern therapies and models focused on emotion and how to adapt their intervention protocols to specialized consultations through a multidisciplinary and biopsychosocial approach



You will achieve your professional goals without major difficulties through this program that combines, like no other in the educational market, the theoretical and practical content essential for the current development of Emotional Well-Being Therapy"





Specific Objectives

Module 1. Emotion-Based Psychotherapy

- ◆ Discover the scientific basis of emotion and its relevance
- ◆ Observe the path of emotion throughout the history of psychology and its different models
- ◆ Know what emotion-based Psychotherapy is
- ◆ Manage Time Limited Psychotherapy as a reference model
- ◆ Mastering the 10 basic emotions, their biochemistry and platform of action

Module 2. The Brain and Learning

- ◆ Master the different types of learning and the role of emotion in learning
- ◆ Understanding basic learning processes
- ◆ Understanding the importance of early attachments in the development of self-concept
- ◆ Discovering how emotional schemes are formed

Module 3. Emotion

- ◆ Know the role of emotion, its historical evolution and the latest scientific research on the subject
- ◆ Identify what is a basic emotion and its function
- ◆ Evaluate how emotion affects different cognitive processes

Module 4. The Therapist's Role in Emotional Well-Being

- ◆ Develop effective communication with the patient
- ◆ Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- ◆ Acquire the knowledge and basic tools to generate a good therapeutic bond

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- ◆ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ◆ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- ◆ Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model

Module 6. Techniques for Emotional Processing in Therapy

- ◆ Know what intrapersonal psychology is and the importance of self-knowledge and self-management of the therapist
- ◆ Understand what an emotion is, how it differs from feelings and moods and its function
- ◆ Master the basics of human brain function and development

Module 7. Mindfulness

- ◆ Discover what Mindfulness is, its origins, attitudes and applicability in therapy
- ◆ Know the concept of Mindfulness and its application from different therapeutic models
- ◆ Master the Mindfulness technique and apply it to the different motives for consultation

Module 8. Intervention of Emotion through the Body

- ◆ Discover therapies that work on emotions through the body
- ◆ Relate body language to the expression and treatment of emotions through body-based therapies
- ◆ Learn how the the body functions throughout a person's development

Module 9. Up to the Emotion from Spirituality. Transpersonal Therapy

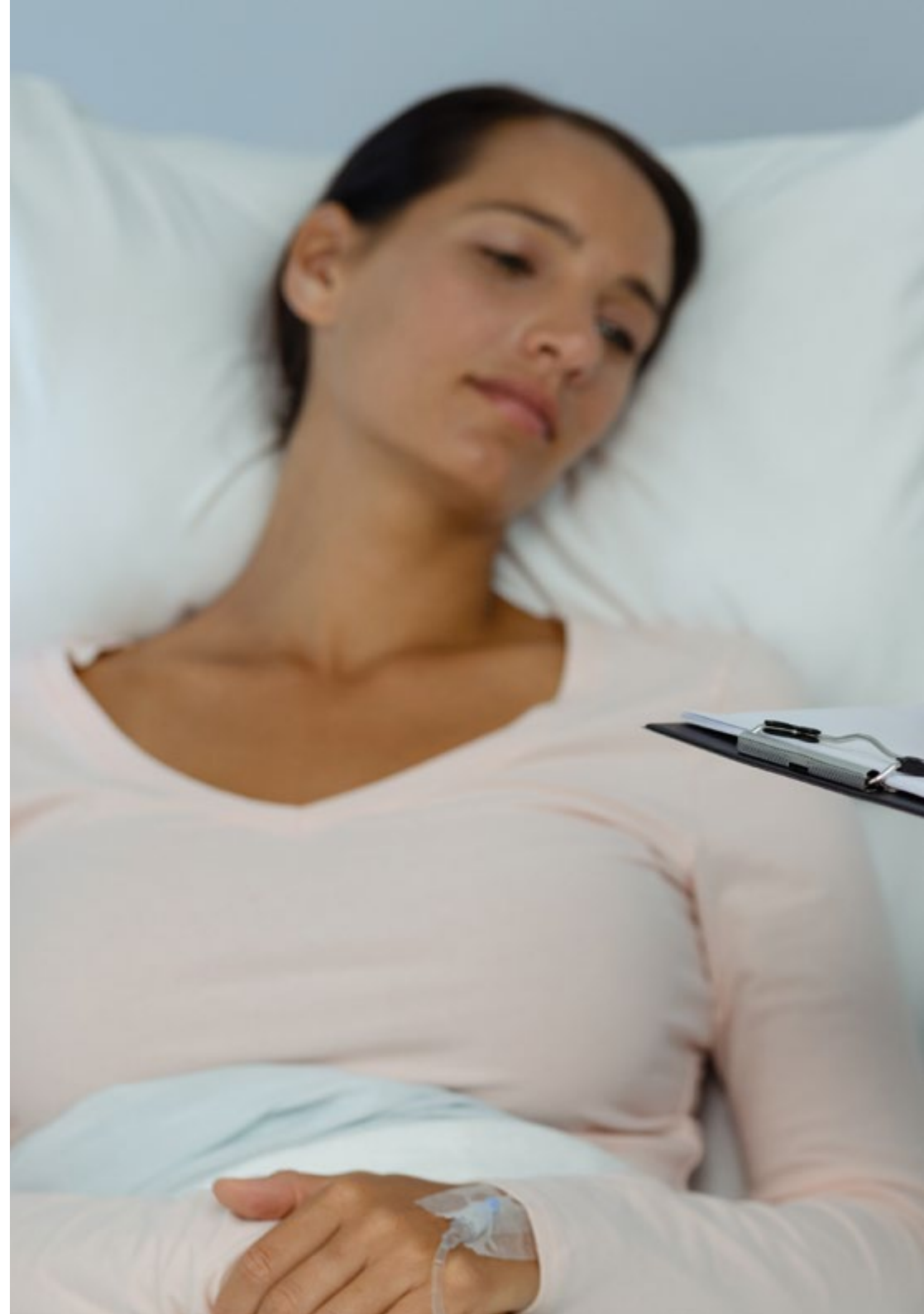
- ♦ Understanding what Transpersonal Therapy is and its applications
- ♦ Work with emotion from a broader perspective of personal growth through transpersonal therapy
- ♦ Discover the different classifications of emotions according to the spiritual model from which they are worked on

Module 10. Emotional Group Psychotherapy

- ♦ Know other types of therapies when the work is with more than one patient (couple, family and groups)
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose
- ♦ Understand how the self-concept is generated through the learning processes and the links to reference persons
- ♦ Understand the importance of the link with the references in order to survive and how these links are generated from emotion

Module 11. Pharmacological Intervention in Anxiety and Stress Disorders

- ♦ Understand the process of shaping traumatic emotional memories
- ♦ Manage different effective techniques in the work of traumatic memories.
- ♦ Relate brain functioning to the stress response and survival
- ♦ Manage the emotion of anger, its function, its platform of action and the neurological structures involved in it





“

Add to your daily professional practice, play therapies that allow the emotional recovery of preschool children”

04 Skills

Upon completion of all the stages of this program, the specialist will be ready to incorporate the most innovative skills related to Emotional Well-Being Therapy into their praxis. This is possible thanks to the exceptional design of this educational modality that integrates, like no other, the most recent theoretical and practical aspects of this medical discipline.



“

With this program, you will acquire the necessary skills to assess which therapy best suits the emotional demands of your patients”



General Skills

- Learn how the brain and learning processes works
- Master the concept of emotion, its classification and functioning
- Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- Develop within the profession in terms of working with other health professionals, acquiring skills to work as a team
- Recognize the need to maintain your professional skills and keep them up to date, with special emphasis on autonomous and continuous learning of new information
- Develop the capacity for critical analysis and research in your professional field



This Hybrid Professional Master's Degree will bring you up to date on the theoretical knowledge and practical skills essential in the current practice of Emotional Well-Being Therapy"





Specific Skills

- ◆ Manage the different psychological orientations that work from emotion
- ◆ Understand and master the basics of Emotional Intelligence
- ◆ Understand what Positive Psychology is, where it comes from and what its theoretical foundations and practical applications are
- ◆ Learn about ECT (Emotional Consciousness Therapy), its founder and origins, as well as its indications for individuals and groups
- ◆ Master Time-Limited Psychotherapy as a model of work centered on emotion
- ◆ Understand how the three brain systems function from a physiological and functional perspective
- ◆ Examine the different intelligences that develop in the mammalian brain, their functionality, dominance and limitations
- ◆ Comprehend the different intelligences that develop in the human brain, their functionality, dominance and limitations
- ◆ Assess the initial learning mechanisms in the knowledge of what the world is and how the first memories are generated
- ◆ Relate parenting styles to the different bonds that can arise from them
- ◆ Identify the basic desires as universal emotional needs in human beings
- ◆ Determine the secondary desires as compensatory mechanisms for deficiencies in basic desires
- ◆ Define what emotional schemes and limiting beliefs are, how they are generated and what impact they have on self-concept and Emotional Well-being
- ◆ Discover the different classifications of emotions according to the theoretical model from which they are worked on

05

Course Management

For this Hybrid Professional Master's Degree, TECH has assembled a first-class teaching staff. All the specialists that make up the faculty have dedicated their professional careers to the application of the most innovative strategies and methodologies in the field of Emotional Well-Being Therapy. Their experiences and the continuous analysis of the latest scientific evidence have allowed them to master all the advances in this field of care. Through this program, they will provide specialists with rigorous experiences and help them to expand their praxis to reach international and modern standards.



“

The faculty chosen for this program will offer you personalized guidance, clarifying doubts and concepts of interest”

Management



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 schools
- ◆ Author of several books on Psychology
- ◆ Communicator Expert in Media Psychology
- ◆ Course and postgraduate studies teacher
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist



Ms. González Agüero, Mónica

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

Professors

Dr. Villar Martín, Alejandro

- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga
- ♦ Creator of the Integrative Meditation
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model
- ♦ Doctor in Biology from the University of Oviedo

D. 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
- ♦ EFT Specialist by the World Center for EFT
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ Degree in Psychology from the Complutense University Madrid
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming

Ms. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

Ms. Mazza, Mariela

- ♦ Psychologist Specialist in Emotional Well-Being Therapies
- ♦ Head of Transpersonal Development Avatar Psychologists
- ♦ Mindfulness and Meditation Facilitator Quirónsalud Marbella Hospital
- ♦ Collaborator in Grace of No Age, Personal Growth Platform for Women
- ♦ Specialist in Family Constellations
- ♦ Teacher at the Spanish School of Transpersonal Development (EDT)
- ♦ Author of the book, Owl, An Adventure of Awakening (Personal Growth)
- ♦ Creator of the Estimavirtual web Personal Growth Online Platform
- ♦ Course in Psychology Studies National University of Mar del Plata, Argentina
- ♦ Expert in Regressive Therapy and Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido School of the Unconscious
- ♦ Trained in the Hero's Journey Method by María José Álvarez Garrido
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy
- ♦ Expert in Mindfulness and Meditation
- ♦ Expert in Transpersonal Development Spanish School of Transpersonal Development

Dr. Berbel Jurado, Tamara

- ♦ Clinical Psychologist and trainer at Avatar Psicólogos
- ♦ Psychologist expert in childhood and adolescence at Hospital Quirón Salud Marbella
- ♦ Clinical Psychologist at AFIMAR (Fibromyalgia Association of Marbella)
- ♦ Manager in the "FTTH" (Fiber to the Home) project
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Member of: Psychosocial ERIES of the Spanish Red Cross

06

Educational Plan

The syllabus of this program ambitiously delves into the most innovative fields of Emotional Well-Being Therapy. Throughout its academic modules, the specialist will analyze concepts such as Emotional Intelligence, Positive Psychology and the mechanisms for defining emotions. Additionally, they will examine the most recent assistance strategies that include individual, group and body-based intervention. It also addresses the most effective techniques for children and adolescents. On the other hand, all the theoretical content guides of this program will be accompanied by multimedia resources, such as videos, infographics and interactive summaries to enhance a fast and flexible assimilation of knowledge.





“

This Hybrid Professional Master's Degree will be accessible from any mobile device connected to the Internet, through TECH's 100% online and interactive platform”

Module 1. The Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

Module 2. The Brain and Learning

- 2.1. The Three Brains
 - 2.1.1. The Reptilian Brain
 - 2.1.2. The Mammal Brain
 - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
 - 2.2.1. Basic Intelligence
 - 2.2.2. Pattern Intelligence
 - 2.2.3. Parameter Intelligence
- 2.3. The intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Stress Response or Flight Attack
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires and Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept

Module 3. Emotion

- 3.1. What is an Emotion?
 - 3.1.1. Definition
 - 3.1.2. Difference Between Emotion, Feeling and State of Mind
 - 3.1.3. Function, Are there Positive and Negative Emotions?
- 3.2. Different Classifications of Emotions
- 3.3. Fear
 - 3.3.1. Function
 - 3.3.2. Platform for Action
 - 3.3.3. Neurological Structures
 - 3.3.4. Associated Biochemistry
- 3.4. Rabies
 - 3.4.1. Function
 - 3.4.2. Platform for Action
 - 3.4.3. Neurological Structures
 - 3.4.4. Associated Biochemistry
- 3.5. Blame
 - 3.5.1. Function
 - 3.5.2. Platform for Action
 - 3.5.3. Neurological Structures
 - 3.5.4. Associated Biochemistry
- 3.6. Disgust
 - 3.6.1. Function
 - 3.6.2. Platform for Action
 - 3.6.3. Neurological Structures
 - 3.6.4. Associated Biochemistry
- 3.7. Sadness
- 3.8. Function
 - 3.8.1. Platform for Action
 - 3.8.2. Neurological Structures
 - 3.8.3. Associated Biochemistry

- 3.9. Surprise
 - 3.9.1. Function
 - 3.9.2. Platform for Action
 - 3.9.3. Neurological Structures
 - 3.9.4. Associated Biochemistry
- 3.10. Curiosity
 - 3.10.1. Function
 - 3.10.2. Platform for Action
 - 3.10.3. Neurological Structures
 - 3.10.4. Associated Biochemistry
- 3.11. Security/Safety
 - 3.11.1. Function
 - 3.11.2. Platform for Action
 - 3.11.3. Neurological Structures
 - 3.11.4. Associated Biochemistry
- 3.12. Admiration
 - 3.12.1. Function
 - 3.12.2. Platform for Action
 - 3.12.3. Neurological Structures
 - 3.12.4. Associated Biochemistry
- 3.13. Joy
 - 3.13.1. Function
 - 3.13.2. Platform for Action
 - 3.13.3. Neurological Structures
 - 3.13.4. Associated Biochemistry
- 3.14. Influence of Emotion in Cognitive Processes
- 3.15. Brain and Emotion in the Child
- 3.16. Brain and Emotion in the Adolescent

Module 4. The Therapist's Role in Emotional Well-Being

- 4.1. Intrapersonal Intelligence (Gardner)
- 4.2. Self-Knowledge
- 4.3. Self Management
- 4.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 4.5. The Therapist-Patient Bond
 - 4.5.1. Therapist as Escort and Referrer
 - 4.5.2. U Techniques
- 4.6. Approach to Neuro-Linguistic Programming (NLP)
- 4.7. Motivational Interviewing

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- 5.1. What is Psychoneuroimmunology?
 - 5.1.1. Definition
 - 5.1.2. Origins
- 5.2. Communication Routes
- 5.3. The Psyche-Nervous System-Endocrine System-Immune System Axis
 - (1) The Nervous System
- 5.4. The Psyche-Nervous System-Endocrine System-Immune System Axis
 - (2) The Endocrine System
- 5.5. The Psyche-Nervous System-Endocrine System-Immune System Axis
 - (3) The Immune System
- 5.6. The Psyche-Nervous System-Endocrine System-Immune System Axis
 - (4) Interaction Between Systems
- 5.7. Emotion, Personality and Illness
- 5.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 5.9. Healthy Living

Module 6. Techniques for Emotional Processing in Therapy

- 6.1. Emotional Memories
 - 6.1.1. Creation of Memories
 - 6.1.2. Classification and Types of Memory
 - 6.1.3. Difference Between Memories and Reminiscences
- 6.2. Traumatic Memory
- 6.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 6.4. Brainspotting
- 6.5. Emotional Liberation Technique. EFT
- 6.6. Writing-Based Techniques. Written Ventilation
- 6.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices
- 6.8. Clinical Hypnosis
- 6.9. Hypnotic Induction Techniques
- 6.10. Techniques for Children

Module 7. Mindfulness

- 7.1. Meditation
- 7.2. What is Mindfulness?
 - 7.2.1. Full Attention
 - 7.2.2. Benefits and Scientific Evidence
 - 7.2.3. Formal and Informal Practice
- 7.3. The 7 Attitudes in Mindfulness
- 7.4. Directing Attention
- 7.5. Fields of Application
- 7.6. Mindfulness for Children
- 7.7. Mindfulness and ADHD
- 7.8. Stress, Anxiety and Mindfulness
- 7.9. Mindfulness and Impulse Dyscontrol Related Disorders
- 7.10. Mindfulness and Eating Disorders
- 7.11. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
- 7.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 7.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

Module 8. Intervention of Emotion through the Body

- 8.1. Body Therapies
 - 8.1.1. What are Body Therapies?
 - 8.1.2. Evolution Over Time
- 8.2. Characteranalytic Vegetotherapy
 - 8.2.1. Origins W. Reich
 - 8.2.2. What is Characteranalytic Vegetotherapy?
 - 8.2.3. Vegetotherapy Today
- 8.3. Lowen Bioenergetic Analysis
 - 8.3.1. What is Bioenergetics?
 - 8.3.2. Historical journey
 - 8.3.3. Bioenergetic Types
 - 8.3.4. Psychotherapeutic Techniques
 - 8.3.5. The Bioenergetic Therapist
- 8.4. Focusing
 - 8.4.1. Historical Approach: Eugene Gendlin
 - 8.4.2. Protocol
 - 8.4.3. Applications in Psychotherapy
- 8.5. Yoga
 - 8.5.1. Brief Historical Review. Origins
 - 8.5.2. The 9 Branches of the Yoga Tree
 - 8.5.3. Yoga Doctrines
 - 8.5.4. Benefits
- 8.6. Risotherapy
 - 8.6.1. Brief Historical Review
 - 8.6.2. Therapy or Psychotherapeutic Technique?
 - 8.6.3. Techniques and Exercises
- 8.7. Art Therapy
 - 8.7.1. What is Art Therapy?
 - 8.7.2. A Bit of History
 - 8.7.3. What Can Be Worked On? Objectives
 - 8.7.4. Materials and Techniques
 - 8.7.5. Art Therapy in Children

- 8.8. DMT: Dance Movement Therapy
 - 8.8.1. What Is It? Definition
 - 8.8.2. A Bit of History
 - 8.8.3. Movement and Emotion
 - 8.8.4. Who Can Benefit from DMT?
 - 8.8.5. Techniques
 - 8.8.6. A DMT Session

Module 9. Up to the Emotion from Spirituality. Transpersonal Therapy

- 9.2. Origins and Founders
- 9.3. A New Look: The Transpersonal Therapist
- 9.4. Transpersonal Psychotherapy
- 9.5. Tools and Techniques: The Shadow
- 9.6. Tools and Techniques: The Inner Child
- 9.7. Tools and Techniques: Family Constellations
- 9.8. Tools and Techniques: The Witness
- 9.9. Support Orders
- 9.10. Transpersonal Therapy and Self-Esteem

Module 10. Emotional Group Psychotherapy

- 10.1. Emotion-based Group Psychotherapy
- 10.2. Psychodrama
- 10.3. Debriefing
- 10.4. Family Therapy
- 10.5. Integral Couple Therapy

Module 11. Pharmacological Intervention for Anxiety and Stress Disorders and Stress

- 11.1. Anxiety or Panic Disorder
- 11.2. Agoraphobia
- 11.3. Social Phobia
- 11.4. Specific Phobias
- 11.5. Generalized Anxiety Disorder
- 11.6. Obsessive Compulsive Disorder and Related Disorders
- 11.7. Separation Anxiety Disorder
- 11.8. Adaptive Disorder
- 11.9. Dissociative Disorders
- 11.10. Somatic Symptom Disorders
- 11.11. Trauma and Stress-Related Disorders



The Relearning and the simulated cases that you will study in this theoretical stage will help you to master the most advanced knowledge for the implementation of Emotional Well-Being Therapies”

07

Clinical Internship

After the online study period of this program, the physician will undertake a 100% practical and face-to-face learning process. The internship program of this Hybrid Professional Master's Degree is highly rigorous and demanding, through which the specialist will increase their skills and will achieve a cutting-edge professional practice.





“

In 3 weeks, you will approach real patients with different emotional disorders, through the latest body therapy techniques”

The development of this academic modality will take place in a prestigious hospital center. In this institution, the specialist will have the autonomy to deal with real patients, under the close supervision of an assistant tutor. This educational figure will be in charge of monitoring their progress and efficiently inserting them in the most modern work dynamics for a health professional dedicated to Emotional Well-Being Therapy. They will also discuss criteria and care management with high caliber experts.

At the same time, the internship program will last 3 weeks, distributed in consecutive 8-hour days, from Monday to Friday. During this period of time, each graduate will have full access to the most modern therapeutic resources. Additionally, they will have the opportunity to choose the facility that best suits their geographical location. This is possible because TECH, in its eagerness to offer the best update to its students, has chosen for this program centers located in different cities, promoting the acquisition of experiences according to global standards.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of skill (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal skills for the practice of medicine (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the training,





and their implementation is subject to both the suitability of the patients and the availability of the center and its volume of work, the proposed activities being the following:

Module	Practical Activity
New techniques for emotional processing in therapy	Design adaptive coping strategies based on the externalization and verbalization of patients' Traumatic Memory
	Promote changes in the perception of the traumatic event, through bilateral stimulation techniques, allowing the person to relive the experience from the perspective of empowerment
	Evaluate the interconnection of the emotional and physical reactions that the person is currently experiencing with traumatic events that occurred in the past through Brainspotting
	Provide the patient with emotional self-assessment strategies through Big Mind
	Implement, with the assistance of Mindfulness, cognitive and behavioral therapies of great value for the emotional recovery of patients
Latest therapeutic strategies for the emotional approach of children	Use cognitive and behavioral therapy to modify thinking patterns and negative behaviors in the child
	Indicate play-based therapies, mainly for preschool children, and therefore provide improvements in their social and emotional development
	Managing ADHD, stress and anxiety in children through Mindfulness
More recent trends in emotional intervention through the body	Treat emotional disorders through Art Therapy and Dance Movement Therapy variant
	Promote meaningful and rewarding activities through Occupational Therapy and Recreational Therapy to maintain patients' quality of life
	Value the use of Body Therapies, of less scientific validation such as Characteroanalytic Vegetotherapy, Lowen's Bioenergetic Analysis and Focusing
New procedures of group psychotherapeutic intervention	Develop Supportive Therapy in groups, a scenario where participants can express their emotions without fear of being recriminated for their thoughts
	Face emotional demands through family or couple Therapy sessions
	Perform rapid psychological Debriefing for people who have recently experience trauma from natural disasters or similar causes

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions for Practical Training

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

Where Can I Do the Clinical Internship?

Completing this Hybrid Professional Master's Degree depends on the completion of a first level internship program in a renowned hospital center. In the itinerary of this academic modality, TECH has contemplated the on-site transfer of specialists to these entities. From there, each doctor will be able to handle state-of-the-art therapeutic resources for the benefit of real patients who require them. Additionally, they will discuss their approach and management with experts of great prestige, capable of providing fully personalized advice.



“

The clinical practice of this Hybrid Professional Master's Degree is ideal for you to update all your skills in Emotional Well-Being Therapy. Don't miss the opportunity the opportunity and enroll now”



The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



Medicine

Hospital HM Modelo

Country	City
Spain	La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital HM Rosaleda

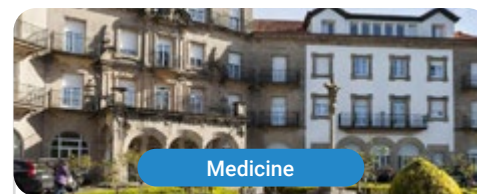
Country	City
Spain	La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine

Hospital HM La Esperanza

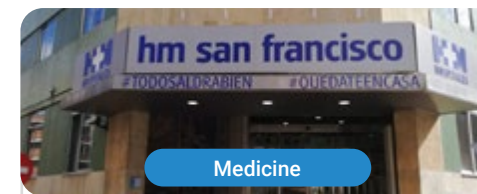
Country	City
Spain	La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Oncology Nursing
- Clinical Ophthalmology



Medicine

Hospital HM San Francisco

Country	City
Spain	León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Medicine

Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

Hospital HM Montepríncipe

Country	City
Spain	Madrid

Address: Av. de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Medicine

Hospital HM Torrelodones

Country	City
Spain	Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Policlínico HM Gabinete Velázquez

Country: Spain City: Madrid

Address: C. de Jorge Juan, 19, 1° 28001, 28001, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

Policlínico HM La Paloma

Country: Spain City: Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Medicine

Policlínico HM Moraleja

Country: Spain City: Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

Policlínico HM Sanchinarro

Country: Spain City: Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Emotional Well-Being Therapy



Medicine

Policlínico HM Virgen del Val

Country: Spain City: Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Medicine

Policlínico HM Rosaleda Lalín

Country: Spain City: Pontevedra

Address: Av. Buenos Aires, 102, 36500, Lalín, Pontevedra

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Medicine

Policlínico HM Imi Toledo

Country: Spain City: Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

09

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving 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, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your 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 TECH's learning system is 8.01, according to the highest international standards.



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



Study Material

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

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



Surgical Techniques and Procedures on Video

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



Interactive Summaries

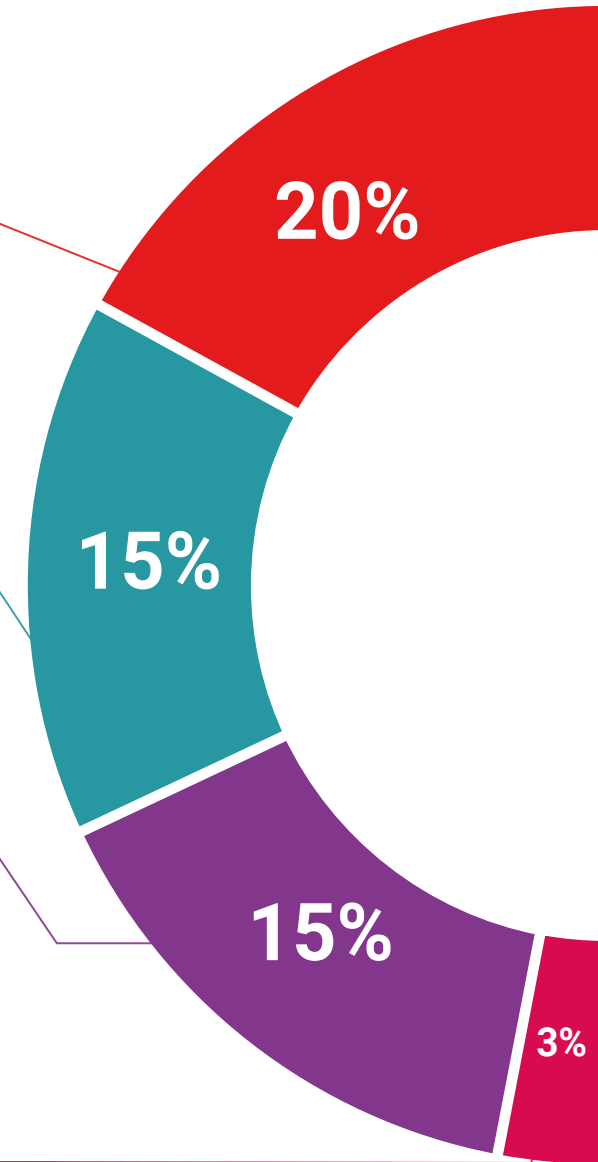
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



Additional Reading

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





Expert-Led Case Studies and Case Analysis

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



Testing & Retesting

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



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as 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.



10 Certificate

This Hybrid Professional Master's Degree in Emotional Well-Being Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma issued by TECH Global University.



“

*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 **Hybrid Professional Master's Degree certificate in Emotional Well-Being 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: **Hybrid Professional Master's Degree in Emotional Well-Being Therapy**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH Global University 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 pre quality

online training

development languages

virtual classro



Hybrid Professional Master's Degree Emotional Well-Being Therapy

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

Hybrid Professional Master's Degree Emotional Well-Being Therapy

