

# Hybrid Professional Master's Degree

## Family Therapy and Stress



## Hybrid Professional Master's Degree Family Therapy and Stress

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

Website: [www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-family-therapy-stress](http://www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-family-therapy-stress)

# Index

01

Introduction

---

*p. 4*

02

Why Study this Hybrid  
Professional Master's Degree?

---

*p. 8*

03

Objectives

---

*p. 12*

04

Skills

---

*p. 16*

05

Course Management

---

*p. 20*

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

The approach to different traumatic situations in the family environment has required the up to date of psychodiagnostic methodologies and new intervention strategies for those affected. Although these new trends facilitate the resolution of many problems, most specialists are not up to date on their correct application. This is due, among other reasons, to the fact that the prevailing academic programs pay too much attention to their theoretical approach. For this reason, TECH offers an innovative study method, divided into two fundamental stages. The first stage, the focus is on the Analysis of the most recent concepts from a of learning 100% online learning platform. The professionals will then spend an intensive on-site stay in a renowned hospital facility with leading experts.





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*Enroll in this program and you will be able to up to date all your skills for the evaluation and expert opinion of conflictive family situations that may affect the safety of children and adolescents”*

In recent times, the search for psychodiagnostic tools that evaluate the family context in depth has been intensive. As a consequence, methodologies, scales and surveys of great value for this therapeutic exercise have emerged. Examples of these are the MILLON Multiaxial Clinical Inventory, the BASC Child and Adolescent Assessment System, the CATELL PF-5 questionnaire and others. In turn, intervention strategies for stress and other psychopathologies generated in the primary care unit have also undergone considerable evolution. Therefore, Coaching, Family Mediation and conscious emotional bonding models have managed to make their effectiveness latent. Paradoxically, most experts are not up to date on the applications of these advantages because there are not many teaching programs on the educational market.

TECH has set itself apart from this context, developing a first class Semipresential Master's Degree in Family Therapy and Stress. The program includes two distinct pedagogical moments. In the first one, the specialist will review the most up to date contents from the theoretical point of view. This stage of academic preparation will take place on a 100% online and interactive platform, with various didactic resources to promote the assimilation of knowledge quickly and flexibly. In addition, at this academic moment, The Learner not be subject to pre-established schedules or timetables. In this way, you will have complete autonomy to self-manage the pace of your progress.

At the same time, in the second phase of the degree, a rigorous and demanding clinical practice will take place. Throughout this stage, the graduate will directly apply everything learned in the previous stage, in real patients and family units that need it. Your therapeutic assistance will be supervised by an assistant tutor of high prestige. In addition, he will clarify doubts and discuss procedures together with the best experts in this health area. This practical, on-site and intensive stay will last 3 weeks, in 8-hour consecutive days, from Monday to Friday. Upon completion of all these studies, the graduate will be able to apply all his or her competencies by virtue of a praxis more in line with the latest scientific evidence.

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

- ♦ More than 100 clinical cases presented by professional nursing experts in Obstetric and Stress. Emergencies
- ♦ 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
- ♦ Comprehensive systematized action plans for the main pathologies
- ♦ Presentation of practical workshops on procedures diagnosis, and treatment techniques
- ♦ 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 hospital centers



*During the theoretical phase of this program, you will be able to manage your studies in a personalized way since you will not be subject to rigid schedules or pre-established evaluation chronograms"*

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*Expand your skills based on the latest scientific evidence in the field of Family and Stress Therapy with this blended Master's Degree”*

In this Hybrid Professional Master's Degree, with a vocational nature and blended 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 in 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 Medicine 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 professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Thanks to TECH, students will expand their knowledge theoretically and apply it practically in an immersive and rigorous hospital environment.*

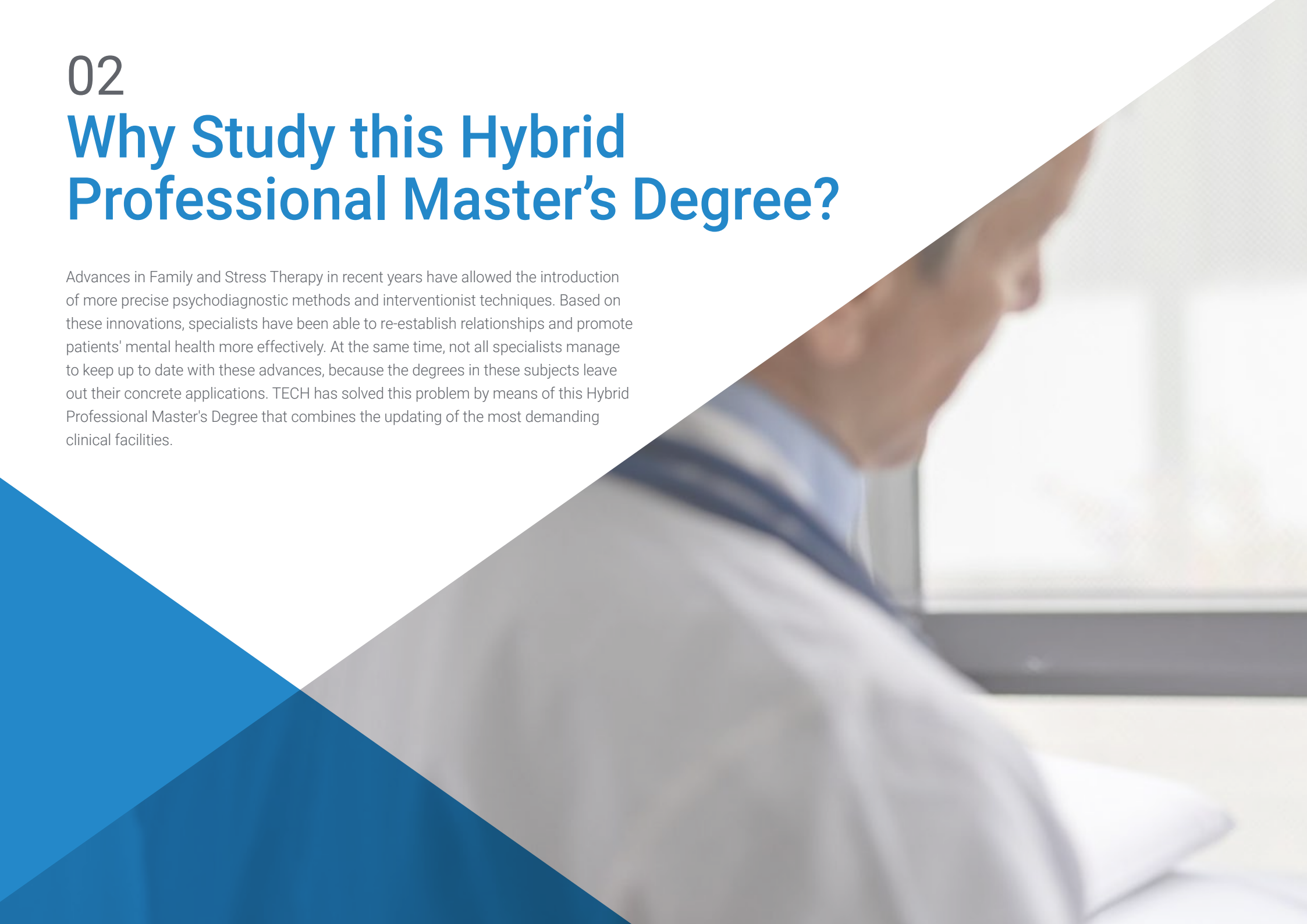
*This Hybrid Professional Master's Degree devotes 1,620 hours to updating specialists with great need for updating on how to solve specific problems, in a short number of sessions, with Strategic Family Therapy.*



02

# Why Study this Hybrid Professional Master's Degree?

Advances in Family and Stress Therapy in recent years have allowed the introduction of more precise psychodiagnostic methods and interventionist techniques. Based on these innovations, specialists have been able to re-establish relationships and promote patients' mental health more effectively. At the same time, not all specialists manage to keep up to date with these advances, because the degrees in these subjects leave out their concrete applications. TECH has solved this problem by means of this Hybrid Professional Master's Degree that combines the updating of the most demanding clinical facilities.





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*TECH will help you master the most innovative therapeutic protocols to address psychological trauma in children and adolescent victims of family violence”*

### 1. Updating from the Latest Technology Available

Intervention protocols and psychodiagnostic tools have become more complex and updated in recent years. Although many professionals have theoretical knowledge about them, few manage to put them into effect in daily practice, in the absence of training programs focused on the acquisition of these skills. But, with TECH, specialists will be able to expand their skills in handling them with excellence.

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

In this Hybrid Professional Master's Degree the specialist will be academically linked to the best experts. The first phase of the degree, of a theoretical nature, will establish a direct dialogue with prestigious professors. Then, during the practical training stage, graduates will come into face-to-face contact with prestigious professionals, based in the best hospital centers, who will be in charge of monitoring their academic progress at all times.

### 3. Entering First-Class Clinical Environments

TECH has made a meticulous selection of the best medical institutions for this Hybrid Professional Master's Degree. These instances have the most advanced technological resources, as well as an excellent health staff that will accompany the specialist through this update, allowing them to assimilate new procedures and psychotherapeutic methods.



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

Pedagogical programs on Family Therapy, as a rule, focus on updating specialists on theoretical concepts. Most of them ignore the applications of complex therapeutic tools and do not provide the professional with all the necessary preparation. However, TECH breaks with this context through a new academic modality. Its Hybrid Professional Master's Degree enables each graduate to acquire competencies in the care of real patients, from the first moment of education, in a rigorous psychotherapeutic setting.

#### 5. Expanding the Boundaries of Knowledge

This program offers the possibility of completing the training practices of this Internship in centers renowned worldwide. This way, the specialist will be able to expand their frontiers and catch up with the best professionals, who practice in first class centers, and in different continents. One-of-a-kind opportunity possible thanks to the wide network of contacts and partners available at TECH, the world's largest digital university.

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*Delve into the most relevant theory in this field, subsequently applying it in a real work environment”*

# 03 Objectives

With this program, TECH will update specialists in an exceptional way on Family Therapy and Stress. To this end, it implements a pioneering learning method of its kind, divided into two distinct parts. Firstly, the professional will have access to the theoretical contents from a 100% online and interactive platform. This will be followed by a 3-week intensive, practical, on-site stay in a first-class hospital center with leading experts.



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*This Hybrid Professional Master's Degree will provide you with a complete update on conflict resolution management based on the Conscious Emotional Bonding Model”*



## General Objective

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- The goal of this Hybrid Professional Master's Degree is that health professionals manage the most current knowledge about psychic and social disorders in the family environment. In particular, it is essential to have the tools of the most modern psychotherapy to identify the agents that coexist with the child and adolescent, as well as their incidence in the psychopathology prevailing in the home. Likewise, upon completing the study of this program, specialists will fully master the intervention protocols and their precise application according to the characteristics and aspects of the systemic relationship in each coexistence unit



*You will learn, thanks to this program, the most innovative techniques of Family Coaching and thus generate new bridges of communication between the members of the unit"*



## Specific Objectives

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### Module 1. Psychodiagnosis and Assessment of the Family System

- Master knowledge of the family clinic, as well as to provide the necessary skills to work in a systemic way
- Identify and make decisions about patients taking into account the social and emotional fabric in which they find themselves
- Address the family, school and social environment
- Identify definitions from anthropological, sociological and psychological perspectives of the family
- Demonstrate the influence of family and social dynamics on human development
- Distinguish family groups from a modern conception of family

### Module 2. The Family Interview

- Implement silence into family intervention
- Manage the emotional crises within a session and children or adolescents and adults
- Frame the interview axioms
- Define affective valence
- Recognize verbal and non-verbal communication
- Discern between psychopathology and normality

### **Module 3. Family Stress**

- ♦ Describe the emotional schemas of the family members
- ♦ Redefine stress, differentiating normal anxiety from pathological anxiety, identifying stress, phobia and panic, among others
- ♦ Describe the main sources of distress or stressors in the natural environment
- ♦ Delve into the protective or health-promoting traits
- ♦ Understand occupational stress by grouping, classifying and forming categories and concepts
- ♦ Establish the different types of intervention according to the victim

### **Module 4. Family Bonds and Systemic Organization**

- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Understand the need to set boundaries and know how to contain
- ♦ Define the evolution and transitions between the normal and the pathological
- ♦ Identify how to become a basic reference person for the child and adolescent

### **Module 5. Family Models and Parenting Roles**

- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
- ♦ Act before the formal cases of matrimonial nullity
- ♦ Make personal description of each of the parties, attending to each of the processes in the couple
- ♦ Define the degrees of permanent disability and severe disability
- ♦ Understand the psychological, physical and social consequences of violence against women and identify the expert profile of this area

### **Module 6. Modes of Intervention in Family Therapy**

- ♦ Use the intervention to determine when it is necessary for other professionals to join the analysis process
- ♦ Redirecting attitude for effective team cooperation
- ♦ Define and understand focus and thought control
- ♦ Differentiate between empathy and sympathy
- ♦ Expand knowledge of mirror neurons and how they function

### **Module 7. Family Problems Which Need Interventions**

- ♦ Master knowledge of current systemic psychopathology
- ♦ Delve into modification techniques through praise, the broken record technique or praise for appropriate behavior
- ♦ Learn how to train social and coping skills, as well as contingency management
- ♦ Delve into cognitive-behavioral group therapy

### **Module 8. Types of Expertise and Contexts that Surround Psychological Expertise**

- ♦ Develop monitoring models that express the changes in stress pathologies
- ♦ Respect and Comply with the Right and Duty to Inform the Client
- ♦ Describe the Instruments Used and Facilitate the Understanding of the Data
- ♦ Include the Evaluation Process, Hypotheses Formulated and Justify the Conclusions
- ♦ Clarify the importance of maintaining confidentiality and professional secrecy
- ♦ Define the types of expertise and contexts surrounding psychological expertise in its different contexts and phases

# 04 Skills

This educational program distinguishes itself from others in the educational market by facilitating the theoretical and practical assimilation of the most requested competencies in the field of Family and Stress Therapy. Upon completion of their studies, graduates will have the resources, procedures and skills necessary to develop a comprehensive praxis.





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*Convert your theoretical knowledge into practical experiences through this academic modality that allows, during your practical stay, a real and updated immersion in the Family Therapy environment”*



## General Skills

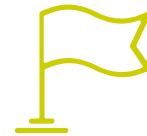
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- ♦ Performing and adapting intervention protocols within an interdisciplinary framework
- ♦ Implement silence into family intervention
- ♦ Identify and use information from social and family agents
- ♦ Develop an intervention according to the mental logic of the different age groups
- ♦ Master how to create a relationship to become a reference for the whole family, without entering into competition with adults
- ♦ Performing and adapting intervention protocols within an interdisciplinary framework



*Acquire the latest theoretical and practical skills for the practice of Family Therapy through this first level Semipresential Master"*





## Specific Skills

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- ♦ Master interaction within a family therapy framework
- ♦ Manage the dynamics of therapeutic time
- ♦ Master assessment and intervention tools using all senses
- ♦ Master the management of differential characteristics with which family psychological pathologies can present
- ♦ Developing and understanding mutations and new forms of disease
- ♦ Develop the knowledge to identify an important problem of natural evolution within the process of a family home

# 05

# Course Management

For this program, TECH has assembled a team of experts of great prestige and professional trajectory. Their theoretical knowledge and practical skills are backed by years of experience, where they have progressively incorporated the most significant advances in the field of Family and Stress Therapy. Thanks to this training, they keep up to date with advances in the field and, at the same time, have managed to bring them together in the syllabus of this degree program. With your personalized guidance, students will achieve their academic goals with greater speed and flexibility.



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*The entire faculty of this Hybrid Professional Master's Degree will provide you with a personalized guide so that you can assimilate with total guarantees the most up to date knowledge in relation to the interventionist protocols of Family Therapy”*

## International Guest Director

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

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

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

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



## Dr. Rosmarin, David H.

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

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

## Management



### Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist



## Professors

### Dr. Roldán, Lucía

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

### Dr. González Agüero, Mónica

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

### Dr. De Dios González, Antonio

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

### Mr. Gandarias White, Gorka

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

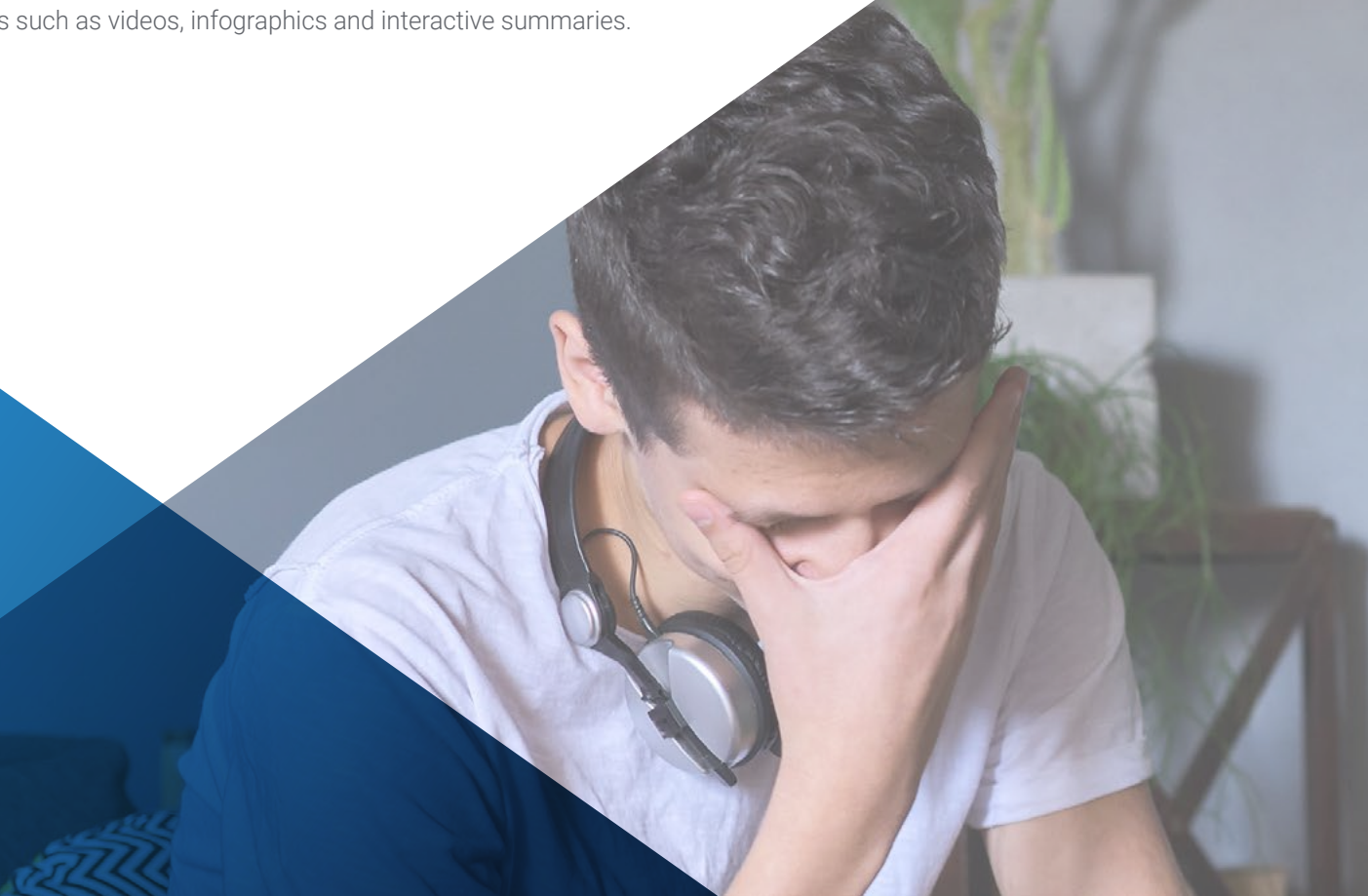
### Dr. Martínez Lorca, Manuela

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

# 06

## Educational Plan

The syllabus of this Hybrid Professional Master's Degree examines in depth the most significant developments in the field of Family Therapy and Stress. Through his educational modules, the specialist will delve into the most recent techniques of psychodiagnosis and psychological evaluation of the living unit. At the same time, they will analyze the intervention strategies best suited to each situation and in relation to specific psychopathologies. The program is distinguished by its emphasis on psychological expertise and psychological assessment for more efficient decision making. All these subjects will be reflected 100% online on a platform with various multimedia resources such as videos, infographics and interactive summaries.



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*Teaching planning This degree will not force you to follow rigid evaluation schedules and, thus, you will be able to self-manage your learning pace at all times”*

## Module 1. Psychodiagnosis and Assessment of the Family System

- 1.1. Anthropological, Historical, Sociological and Psychological Perspective of the Family
- 1.2. Diagnosis as a Catalyst for the Therapeutic Bond
- 1.3. Assessor Skills
  - 1.3.1. Be Useful in the Process
  - 1.3.2. Understand What is Happening
  - 1.3.3. Be Open and Understanding
  - 1.3.4. Become a Figure of Authority
- 1.4. Psychodiagnosis and Assessment of the Family System
  - 1.4.1. Language
  - 1.4.2. Pathological and Healthy Bonds
  - 1.4.3. Use of Others
  - 1.4.4. Rejection and Abandonment
  - 1.4.5. Stress, Distress and Stress
  - 1.4.6. Conflicts and Tensions
  - 1.4.7. Family Psychopathology
- 1.5. Place in the Fraternity and Social Desirability
  - 1.5.1. Family Composition
  - 1.5.2. The Right to Have Siblings
  - 1.5.3. Twins
  - 1.5.4. The Sick Sibling
  - 1.5.5. Grandparents, Uncles and Aunties
  - 1.5.6. Other Components
- 1.6. Psychodiagnostics Objectives
  - 1.6.1. Evaluator and Evaluatee Link
  - 1.6.2. Discover What Truly Exists
  - 1.6.3. Clarify the Facts
  - 1.6.4. Explain the Scientific Facts of the State of the Subject
  - 1.6.5. Understand the Relationship Between the Individual in the Study and the Situation They Have Experienced
- 1.7. Millon Multiaxial Clinical Millon Inventory (MCMI-III)
  - 1.7.1. Modifying Scales: Desirability and Alteration Index
  - 1.7.2. Basic Personality Scales: Schizoid, Avoidant, Depressive, Depressive, Dependent, Histrionic, Narcissistic, Antisocial, Aggressive-Sadistic, Compulsive, Passive-Aggressive, Self-Destructive
  - 1.7.3. Severe Personality Scales: Schizotypal, Borderline and Paranoid
  - 1.7.4. Moderate Clinical Syndromes: Anxiety, Hysteriform, Hypomania, Depressive Neurosis, Alcohol Abuse, Drug Abuse, P-Trauma Stress D
  - 1.7.5. Severe Clinical Syndromes: Psychotic Thinking, Major Depression and Psychotic Delirium
- 1.8. 16 Catell PF-5
  - 1.8.1. Agreeableness, Reasonableness, Stability, Dominance, Encouragement, Attention to Standards, Boldness, Sensitivity, Vigilance, Abstraction, Privacy, Apprehension, Openness to Change, Self-sufficiency, Perfectionism and Tension. Incorporate a "Social "Desirability" (SI), an "Infrequency" (IN) and an "Acquiescence" (AQ) Scale to Control Response Bias
- 1.9. Child and Adolescent Assessment System BASC
  - 1.9.1. Internalized Problems: Depression, Anxiety, Social Anxiety, Somatic Complaints, Obsessive-Compulsion and Post-Traumatic Symptomatology
  - 1.9.2. Externalized Problems: Hyperactivity and Impulsivity, Attention Problems, Aggressiveness, Defiant Behavior, Anger Control Problems, Antisocial Behavior
  - 1.9.3. Specific Problems: Antisocial Behavior, Eating Behavior Problems, Schizotypy, Substance Abuse
- 1.10. Questionnaire for the Assessment of Adopters, Caregivers, Guardians , and Mediators CUIDA
- 1.11. Personality Assessment Inventory (PAI)
  - 1.11.1. 4. Validity Scales (Inconsistency, Infrequency, Negative Impression, Positive Impression)
  - 1.11.2. 11. Clinical Scales (Somatic Complaints, Anxiety, Anxiety-Related Disorders, Depression, Mania, Paranoia, Schizophrenia, Borderline Traits, Borderline Traits, Antisocial Traits, Alcohol Problems, Drug Problems)
  - 1.11.3. 5. Scales of Consideration for Treatment (Aggression, Suicidal Thoughts, Stress, Lack of Social Support, and Refusal of Treatment)
  - 1.11.4. Two Scales of Interpersonal Relationships (Dominance and Agreeableness)
  - 1.11.5. 30 Subscales Providing More Detailed Information

- 1.12. Study of the Story's Credibility
  - 1.12.1. CBCA System (Criteria-Based Content Analysis)
  - 1.12.2. The Statement Validity Assessment (SVA), Udo Undeutsch
  - 1.12.3. SVA = Interview + CBCA + Validity Checklist

## Module 2. The Family Interview

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

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

## Module 3. Family Stress

- 3.1. New Ways to Define Stress
- 3.2. Common Stressors in the Family
  - 3.2.1. Relationship
  - 3.2.2. Living Conditions / Environment
  - 3.2.3. Economic
  - 3.2.4. Emotional
  - 3.2.5. Pathologies of Family Members
  - 3.2.6. Abuse and Violence
  - 3.2.7. Separation and/ or Abandonment
- 3.3. Interpersonal Stress
- 3.4. Toxicity and Family
  - 3.4.1. With Substances
  - 3.4.2. Without Substances
  - 3.4.3. Dependency
- 3.5. The Information Retrieval Process: The Transfer of Learning
- 3.6. Occupational Stress
- 3.7. Learning and Family Events
- 3.8. Family Crises

#### **Module 4. Family Bonds and Systemic Organization**

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

#### **Module 5. Family Models and Parenting Roles**

- 5.1. Separation, Divorce and Nulled Marriage
- 5.2. Disability from the Expert's Point of View
  - 5.2.1. Deficiency, Disability and Handicap
  - 5.2.2. Civil Incapacity and Labor Incapacity
  - 5.2.3. Degrees of Permanent Disability
  - 5.2.4. Major Disability
- 5.3. Gender Violence
  - 5.3.1. Psychological Violence
  - 5.3.2. Psychological Consequences of Violence
- 5.4. Abuse
  - 5.4.1. Confirmation
  - 5.4.2. Psychological Consequences
  - 5.4.3. Causal Nexus
- 5.5. Secondary Victimization
  - 5.5.1. Credibility of Testimony
  - 5.5.2. Difficulty of the Psychological Opinion
- 5.6. of Family Members
- 5.7. Juvenile Expertise
- 5.8. Psychopedagogical Drug Addict Expert
- 5.9. Elderly Expert
- 5.10. Profile of the Basic Emotion "Guilt" in Current Research

#### **Module 6. Modes of Intervention in Family Therapy**

- 6.1. Notion of Conflict
  - 6.1.1. Changing the Attitude Towards Team Cooperation
  - 6.1.2. Improve Attitude
  - 6.1.3. Emphasizing Performance
- 6.2. Types of Conflict
  - 6.2.1. Attraction-Attraction
  - 6.2.2. Evasion-Evasion
  - 6.2.3. Attraction-Evasion

- 6.3. Family Mediation
  - 6.3.1. Mediator is Present, Does Not Have an Influence
  - 6.3.2. Arbitration Makes Decisions by Listening to the Parties
  - 6.3.3. Neutral Evaluation Draw Consequences the Data Obtained
- 6.4. Family Coaching
  - 6.4.1. Equalities
  - 6.4.2. Differences
  - 6.4.3. Contradictions
  - 6.4.4. Impersonation
- 6.5. Learning in Coaching
  - 6.5.1. Declaring Bankruptcy
  - 6.5.2. Stripping Off the Masks
  - 6.5.3. Re-Engineering Ourselves
  - 6.5.4. Focusing on the Task
- 6.6. Habits to Improve in Coaching
- 6.7. Focused on the Activity
  - 6.7.1. Focusing Techniques
  - 6.7.2. Thought Control techniques
- 6.8. Clear Goals
  - 6.8.1. Definition of Where We Are
  - 6.8.2. Definition of Where we Want to Go
- 6.9. Taking the Reins in Your Life Being proactive
- 6.10. Positive Psychology
- 6.11. Conflict Management with the Conscious Emotional Bonding (CEB) Model
  - 6.11.1. Identifying Emotions
  - 6.11.2. Identifying Suitable Emotions
  - 6.11.3. Changing Emotions for Others
- 6.12. Training to Deal with Conflicts in the Family

## Module 7. Family Problems Which Need Interventions

- 7.1. Behavior Modification Techniques
- 7.2. Cognitive-Behavioral Therapy
- 7.3. Treatment Oriented Towards the Family
- 7.4. Other Focus of Systemic Family Treatment
- 7.5. Strategic Therapy and Constructivism

## Module 8. Types of Expertise and Contexts that Surround Psychological Expertise

- 8.1. Definitions Regarding Appraisal
- 8.2. Adoptions
- 8.3. Guardianship and Custody
- 8.4. Simulation
- 8.5. Expert Evidence
- 8.6. Object of the Expert Evidence
- 8.7. Guarantees of the Expert Evidence
- 8.8. Basis of Law of the Appraisee and the Appraiser
- 8.9. Law 41/2002 Regulating Patient Autonomy BORRAR
- 8.10. Personal Data Protection Regulation BORRAR
- 8.11. Role of the Expert in the 21st Century
- 8.12. Procedure of a Judicial Hearing
- 8.13. Relationship with Other Groups
- 8.14. Family Diagnosis: The Family as a System
- 8.15. Assessment of Guilt in Psychopathology
- 8.16. Diagnostic Process Framing in the Expert Appraisal
- 8.17. Psychological Expert Opinion

07

# Clinical Internship

In the final stage of this Hybrid Professional Master's Degree, a demanding and academically rigorous clinical practice will take place. During this phase, the specialist will directly apply the knowledge acquired in the previous academic phase, based on specific activities to update his or her healthcare competencies.





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*With this degree, you will gain access to a renowned hospital facility, equipped with the most rigorous resources for family psychological expertise”*

This practical training will be 100% face-to-face, intensive and in direct contact with real patients who require Family Therapy. This educational phase have a duration of 3 weeks and the academic preparation be distributed distributed in days from Monday to Friday, for 8 consecutive Horos. Throughout this preparation period, the specialist will apply the knowledge acquired theoretically to solve real problems in a controlled hospital setting.

The entities chosen for this clinical practice have the best healthcare resources and are recognized for implementing state-of-the-art therapeutic protocols. At the same time, all of them stand out for their staff of prestigious and qualified experts who will provide personalized advice to professionals. In addition, an assistant tutor will be in charge of supervising all progress and introducing the graduate to the most modern dynamics of this health discipline.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (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 competencies for Current Pediatric practice (learning to be and learning to relate).



*Up to date your knowledge for the psychodiagnosis and evaluation of the family system from the advice of the best experts in this field”*





The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>latest trends in the Psychodiagnosis and Assessment of the Family System</b>	Latest trends in psychodiagnosis and evaluation of the family system
	To measure the patient's Agreeableness, Reasonableness, Stability, Dominance, Encouragement, Attention to rules, Boldness through the CATELL PF-5 questionnaire
	Analyze specific problems of pediatric-aged patients using the BASC Child and Adolescent Assessment System
	Implementation of story credibility studies to evaluate the different versions that members of a family unit may have about the same event
<b>New ways of of intervention in Family Therapy</b>	Use the active interview and the general mental examination as basic tools for the extraction of information that makes possible a differentiated psychodiagnosis
	To implement diverse techniques of Family Mediation to arbitrate from the therapeutic point of view in the decision therapeutic point of view in the decision making of patients
	Generate new bridges of communication between the members of the cohabitation unit through Family Coaching
	Manage conflict resolution based on the Conscious Emotional Bonding Model where each individual must recognize the feelings aroused by the subject or traumatic events addressed
<b>Family psychological expertise and related contexts</b>	To solve specific problems, in a short number of sessions, through strategic family therapy and constructivism. through strategic family therapy and constructivism.
	Assessing guilt in psychopathology by means of specific expert techniques
	To develop expert psychological opinions taking into account the due clarification of the exploration and diagnostic methodology used
	Present the conclusions and results reached during the expertise in court hearings that underpin the guardianship and custody of minor patients

## 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 practical training 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?

The training of this Hybrid Professional Master's Degree will take place in a first level hospital center. In this instance, the specialist will directly apply therapeutic procedures and protocols focused on the psychopathologies affecting the child and adolescent. The stay will be carried out in a face-to-face and intensive manner, under the supervision of experts with extensive experience and an adjunct tutor with extensive experience in the management of Stress and Family Therapy.





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*Enroll in this Hybrid Professional Master's Degree and you will have access to the most rigorous and demanding clinical practice”*



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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

### Hospital HM Rosaleda

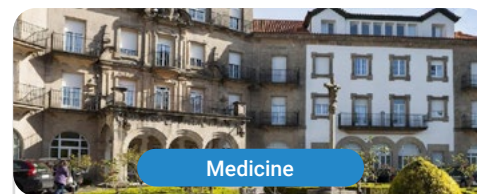
Country	City
Spain	La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine

### Hospital HM La Esperanza

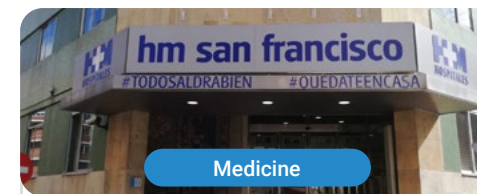
Country	City
Spain	La Coruña

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

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

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Medicine

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Medicine

### Hospital HM Montepíncipe

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care





Medicine

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

### Policlínico HM La Paloma

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Medicine

### Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Medicine

### Policlínico HM Virgen del Val

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Medicine

### Policlínico HM Rosaleda Lalín

Country	City
Spain	Pontevedra

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

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

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Medicine

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

Network of private clinics, hospitals and 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 Family Therapy and Stress 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.



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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 **Hybrid Professional Master's Degree diploma in Family Therapy and Stress** endorsed by **TECH Global University**, the world's largest online university.

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

This **TECH Global University** 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 Family Therapy and Stress**

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 diploma 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**  
**Family Therapy and Stress**

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

# Hybrid Professional Master's Degree Family Therapy and Stress

