

Postgraduate Certificate

Crisis Therapy. Psychotherapeutic
Intervention with Victims of
Traumatic Events





Postgraduate Certificate

Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/medicine/postgraduate-certificate/crisis-therapy-psychotherapeutic-intervention-victims-traumatic-events

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01

Introduction

The serious consequences that can result from the sudden confrontation of a crisis situation on the mental health of the victims require specialized health intervention in this field. Through the inclusion of therapies to manage specific contexts, medical professionals can carry out even more effective interventions, taking care, of course, of the mental stability of the people involved. As this is an area that is beyond the exhaustive control of these specialists, TECH and its team of experts in psychology have developed an intensive and multidisciplinary program through which you will be able to get up to date with the most effective psychotherapeutic strategies. In just 150 hours, you will have the opportunity to delve specifically into the characteristics of the most common traumatic events, as well as the most effective therapies for each case. All of this, 100% online and through an educational experience tailored to your needs and those of the emergency intervention sector.





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Perfecting your psychotherapeutic skills in crisis intervention in a 100% online manner will become an easy reality to achieve with this program's course"

As numerous studies carried out in the field of psychology and psychiatry have shown, exposure to a traumatic event can have serious consequences on the mental health of victims and witnesses. These consequences do not necessarily appear immediately at the moment of the accident, but can occur in the long term, generating the development of more complex illnesses and disorders for their correct psychosocial and cognitive-behavioral evolution (depression, stress, anxiety, among others).

Based on this, it has been determined that a specialized intervention by healthcare teams can be very beneficial to avoid this type of issues, so more and more medical professionals are deciding to implement the most innovative and effective psychotherapeutic strategies in their practice. Based on this, and in order to facilitate the acquisition and updating of your knowledge, TECH has developed this Postgraduate Certificate. It is a 150-hour educational experience in which specialists will be able to work on perfecting their intervention and management skills in specific situations, with special emphasis on the different coping styles that the victim may present and on the recommended techniques to guide them in each case.

For this purpose, it will have the best syllabus, as well as high-quality additional material, which will include: research articles, complementary readings, detailed videos, news, self-knowledge exercises and dynamic summaries. Thanks to this, graduates will be able to delve in a personalized way into the aspects of the content they consider most relevant. In addition, everything will be available on the Virtual Campus from the beginning of the course, so you will be able to organize the academic calendar based on your availability, without having to worry about tight schedules or attending classes.

This **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Emergency Psychology
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



In the Virtual Campus you will find additional material of great quality and presented in different formats, so that you can delve in a personalized way in the different aspects of the syllabus"

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Are you familiar with Ellis' Rational Emotive Therapy? If so, with this Postgraduate Certificate you will delve into its new developments, and if not, you will acquire an exhaustive knowledge of its psychosocial guidelines"

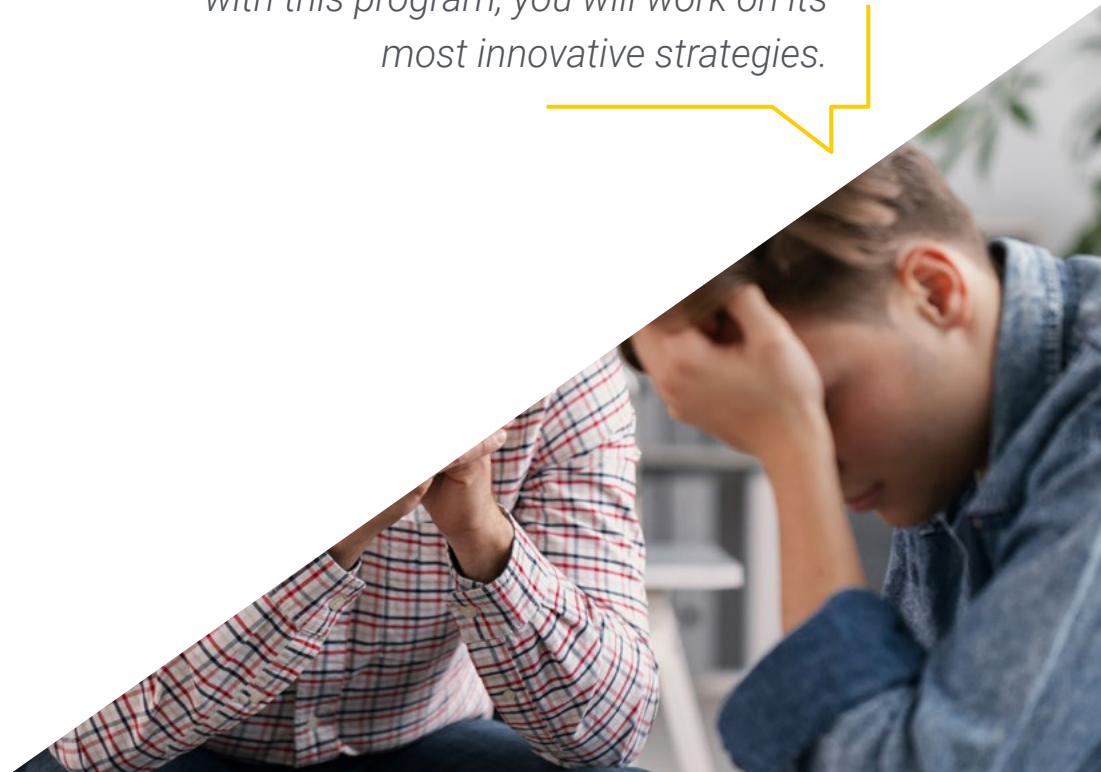
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

The design of this program focuses on problem-based learning, through which professionals must try to solve the different professional practice situations that arise during the academic course. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

You will have up to 6 weeks to overcome the 150 hours of content that TECH offers you with this Postgraduate Certificate, all in a 100% online way, without presential classes or stipulated schedules.

Resilience is a concept that has taken special relevance in the psychological field in the last decade. For that reason, with this program, you will work on its most innovative strategies.



02 Objectives

The objective of this Postgraduate Certificate is to provide graduates with all the information they need to update their knowledge in relation to the latest and most effective psychosocial therapies for crisis intervention. For this purpose, TECH and its team of experts have selected the best teaching material, which, thanks to its state-of-the-art presentation, will make this experience a flexible and comfortable opportunity to get up to date in a guaranteed way.





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If one of your objectives is to know in detail the risks of a bad intervention in order to avoid them, choose this Postgraduate Certificate because it is perfect for you"



General Objectives

- ◆ Know in detail the new developments related to the techniques of psychotherapeutic intervention with victims of traumatic events
- ◆ Develop a broad and specialized knowledge of the main crisis therapies, as well as the use of tools for their diagnosis and treatment





Specific Objectives

- ◆ Study the principles of crisis therapy and crisis intervention
- ◆ Differentiate between different coping styles in traumatic situations
- ◆ Be aware of types of trauma and the effects and consequences of traumatic situations for individuals
- ◆ Study Ellis' Rational Emotive Behavior Therapy for the treatment of trauma



Among the highlights of the program is a comprehensive approach to the latest techniques for trauma assessment, including the main instruments and tools for this purpose"

03

Structure and Content

TECH's success in such a short period of time has been motivated by the offer of complete, avant-garde, dynamic and comprehensive qualifications, in which the teaching load has been considerably reduced without sacrificing an iota of quality. This is possible thanks to the use of the Relearning methodology and the inclusion of the best additional material with which graduates can effectively contextualize the information. As a result, educational experiences are obtained in which specialists do not have to invest long and tedious hours in memorizing, but rather they attend a gradual, natural updating of their knowledge, adapted to the needs of their profession.





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Detailed knowledge of the long-term effects of trauma on the victim will allow you to implement into your medical practice the most innovative and beneficial diagnostic and treatment strategies for their mental health"

Module 1. Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events

- 1.1. Trauma
 - 1.1.1. Trauma
 - 1.1.2. Main Types of Trauma
 - 1.1.3. Post-Traumatic Stress Disorder
- 1.2. The Traumatic Event
 - 1.2.1. Initial Reactions to Trauma
 - 1.2.2. Secondary Reactions to Trauma
 - 1.2.3. Explanatory Models
- 1.3. Trauma Assessment
 - 1.3.1. How is Trauma Assessed?
 - 1.3.2. Main Trauma Assessment Tools and Instruments
- 1.4. Long-Term Effects of Trauma on the Victim
 - 1.4.1. Short-Term Effects vs. Long-Term Effects
 - 1.4.2. Main Long-Term Effects of Trauma
- 1.5. Risks of Poor Intervention
 - 1.5.1. Features of Poor Intervention
 - 1.5.2. General Consequences of a Poor Intervention
 - 1.5.3. Specific Consequences of a Poor Intervention
- 1.6. Crisis Therapy vs. Crisis Intervention
 - 1.6.1. Introduction to Crisis Therapy
 - 1.6.2. Introduction to Intervention in Crisis
 - 1.6.3. Key Considerations and Principles of Crisis Therapy
 - 1.6.4. Objectives of Crisis Therapy





- 1.7. Primary and Secondary Intervention
 - 1.7.1. What is Primary Intervention?
 - 1.7.2. Principles and Key Considerations for Primary Intervention
 - 1.7.3. What is Secondary Intervention?
 - 1.7.4. Principles and Key Considerations for Secondary Intervention
- 1.8. Ellis Rational Emotive Behavior Therapy
 - 1.8.1. Introduction to Ellis Rational Emotive Behavior Therapy
 - 1.8.2. Uses of Ellis Rational Emotive Behavior Therapy
 - 1.8.3. Advantages and Disadvantages of Ellis Rational Emotive Behavior Therapy
- 1.9. Coping Styles
 - 1.9.1. Types of Coping Styles
 - 1.9.2. Dysfunctional Coping Mechanisms for Trauma
- 1.10. Resilience
 - 1.10.1. Resilience: Concept and Characteristics
 - 1.10.2. Protective Factors and Resilience Enablers
 - 1.10.3. Harmful or Anti-Resilient Factors



You will work on the short-term versus long-term effects of trauma so that you can carry out interventions that prevent the emergence of traumatic features"

04

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.





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

At TECH 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.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. 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.



05 Certificate

The Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events**

Official N° of Hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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