Postgraduate Certificate
Emotion-Based Group Psychotherapy

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Postgraduate Certificate
Emotion-Based Group Psychotherapy

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

Website: **www.techtitute.com/pk/medicine/postgraduate-certificate/emotion-based-group-psychotherapy**

Index

01
Introduction

Group psychotherapy focuses on the interactions that take place in the team, which becomes a space for the airing of the problems of each of the members and finding solutions to each of them. Like individual psychotherapy, this method is aimed at helping patients to resolve their conflicts, rediscovering their emotional balance. In this way, through this program, the student will learn to stimulate the personal growth of each person in a group setting, thereby enhancing social skills and providing each individual with the tools they need to alleviate their worries.

This Postgraduate Certificate differs from others in its theoretical and practical content and the extensive professional experience of its faculty"

Emotion-based group psychotherapy is effective because people feel that they are not alone in facing their problems. The ability to share their emotions and thoughts without fear of criticism fosters cohesion and leads to more stable positive mental changes over time.

The first step in this training involves creating a supportive relationship by acknowledging, understanding and emotionally validating the patient's problems in each group session. In this way, the student who attends this program will analyze the characteristics of each person and their therapeutic goals, in order to carry out a convenient and profitable group therapy.

At the same time, being a fully online program, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help them reach the elite of psychotherapy based on Emotion at any time of the day, balancing, at their own pace, their work and personal life with their academic life.

This **Postgraduate Certificate in Emotion-Based Group Psychotherapy** 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 Emotion-Based Group Psychotherapy
- 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

Enhance your therapeutic sessions with an advanced program that includes an interactive learning system"

" *Psychotherapy requires trained professionals and TECH will give you the keys to place you among the professional elite"*

You have before you the best qualification in the online educational market in a program created specifically for professionals in the sector.

Through practical case studies you will understand the benefits that group psychotherapy can bring to the daily lives of your patients.

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn 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 student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Objectives

This Postgraduate Certificate has been created with the objective of becoming a reference tool for the personal and professional growth of the student. In this way, the student will delve into the key aspects of Emotion-Based Group Psychotherapy. With the most interesting and up-to-date knowledge of the moment, this very complete qualification will propel the student to the top of the specialty, to become a benchmark in terms of group psychotherapy.

TECH will give you access to the most interesting and up-to-date knowledge of the moment in a specialization intensively focused on practice"

General Objectives

- Provide the student with the necessary knowledge to be able to offer real emotional wellness to their patients

- Train to generate a good therapist-patient bond

- Know and understand the functioning of the human being and the importance of emotional management in it

- Discover the different therapies and models based on emotion

- Develop intervention protocols adapted to the patient and reason for consultation

- Master the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health

Specific Objectives

◆ 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

" *Thanks to the approach in the visualization of real cases, you will take advantage of the content in the best way, and you will be able to apply it in your professional activity"*

03
Course Management

This Postgraduate Certificate provides the opportunity to learn from the best, with a faculty of professionals in the sector who will invest their theoretical and practical knowledge to take the student to the highest level of knowledge. The development of this program will provide future students the opportunity to receive the best education in this field of action, with the most current and effective teaching methods in the online teaching market.

Specialize in Emotion-Based Psychotherapy with this high-level program meticulously designed by renowned experts with extensive experience in group therapy"

Management

Dr. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- Professor in the Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy
- Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL)
- University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- Collaborator in different Red Cross programs
- Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at *Human Resources Consulting Services* (HRCS)

Mr. Aguado Romo, Roberto

- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- President of the European Institute of Time-Limited Psychotherapy
- Author with patents in psychotherapy models and techniques
- Psychologist Specialist in Clinical Psychology, founder and director of the CEP of Madrid, Bilbao and Talavera de la Reina
- Tutor of the Basic Psychology course at the UNED
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology

Professors

Dr. De Dios González, Antonio
- Director of Avatar Psychologists
- Director of the Psychology Department of Hospital Quirón de Marbella
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Transpersonal Therapist by the Spanish School of Transpersonal Development
- EFT Specialist by the World Center for EFT
- Specialist in Clinical Hypnosis and Relaxation
- Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

Dr. Roldán, Lucía
- Health Psychologist
- Cognitive-behavioral intervention specialist
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- Expert in Energy Therapy Intervention

Dr. Furelos, Maribel
- Psychologist specializing in Clinical Psychology
- Sexologist in Osakidetza at the Santurce outpatient clinic
- Master's Degree in Time-Limited Psychotherapy and Health Psychology

Dr. Navas Casado, María Luisa
- Health Psychologist
- Specialist in Family and Couple Intervention in the Spanish Police Confederation in Madrid
- Master's Degree in Time-Limited Psychotherapy and Health Psychology

Dr. Gandarias, Gorka
- Health Psychologist
- European specialist psychologist in Psychotherapy by the EFPA in Vitoria, Spain.
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Expert in intervention in bizarre behavior and drug addiction.

Dr. Martínez-Lorca, Manuela
- Doctorate in Psychology from the University of Castilla-La Mancha
- Health Psychologist
- Lecturer in the Department of Psychology at the UCLM
- Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
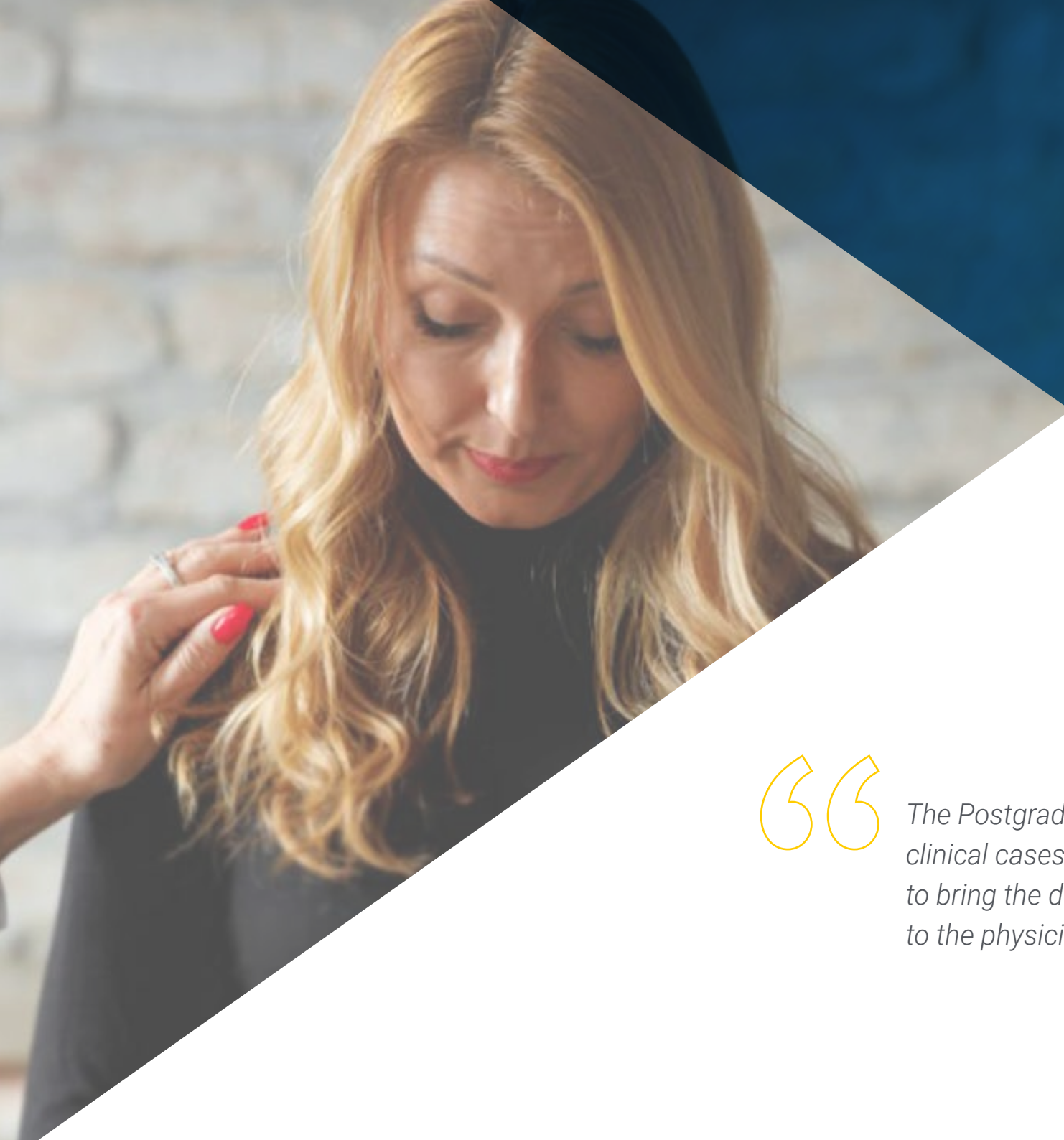- Specialist in Clinical Hypnosis and Relaxation

Dr. Soria, Carmen
- European specialist psychologist in Psychotherapy at the Spanish Police Confederation health center Madrid
- Head of Psychosocial Unit
- Health Psychologist
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Specialist in chronic patients
- Specialist in Clinical Hypnosis and Relaxation

Structure and Content

TECH, with the confidence and solvency of being the largest online university in the world, has brought together a series of specialized and up-to-date knowledge to give the student the opportunity to get up to date. The professional who completes this program will incorporate the most advanced methods of the current field of Emotion-Based Group Psychotherapy.

"

The Postgraduate Certificate includes real clinical cases of group sessions and exercises to bring the development of the program closer to the physician's clinical practice"

Module 1. Emotional Group Psychotherapy

Make the most of this opportunity to update your knowledge of Emotion-Based Psychotherapy and improve the group care of your patients"

05
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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling
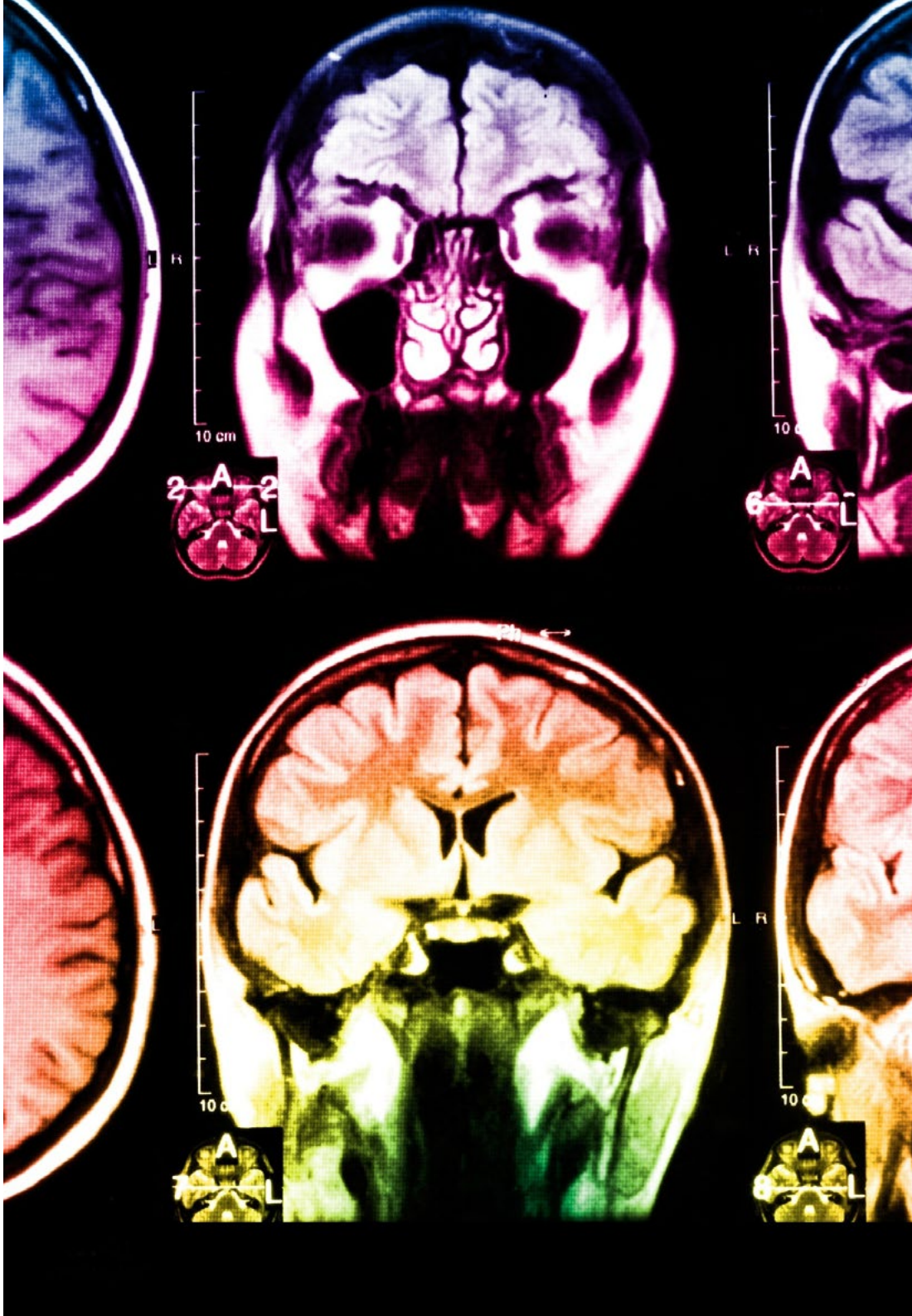
08 competencies testing (retesting)

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.
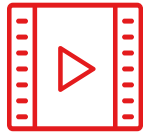
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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 adapted in 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.
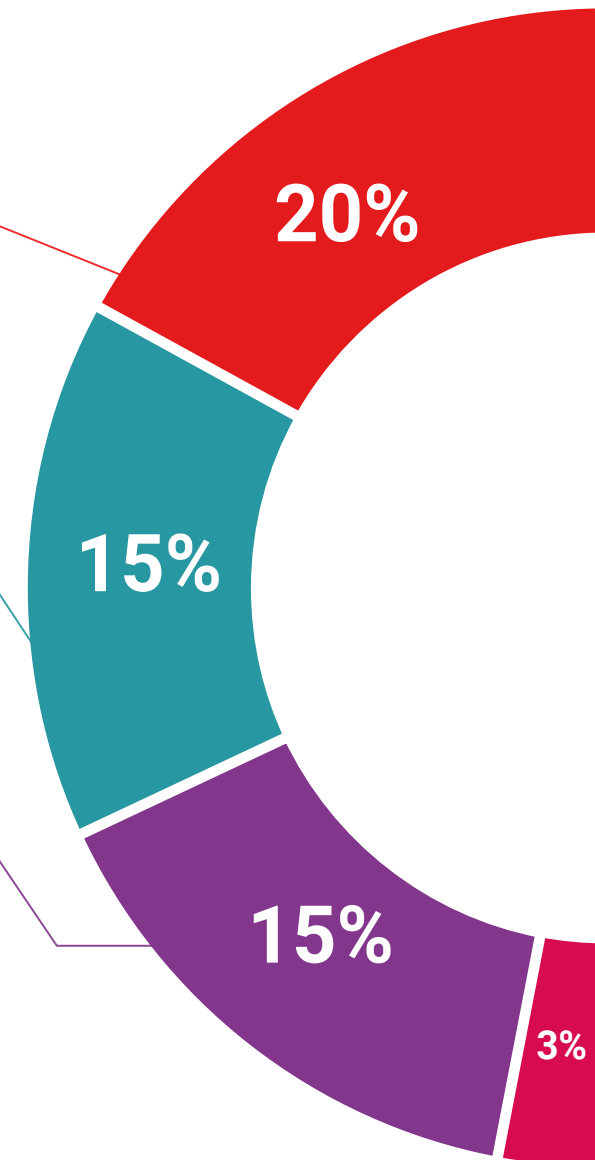
Interactive Summaries

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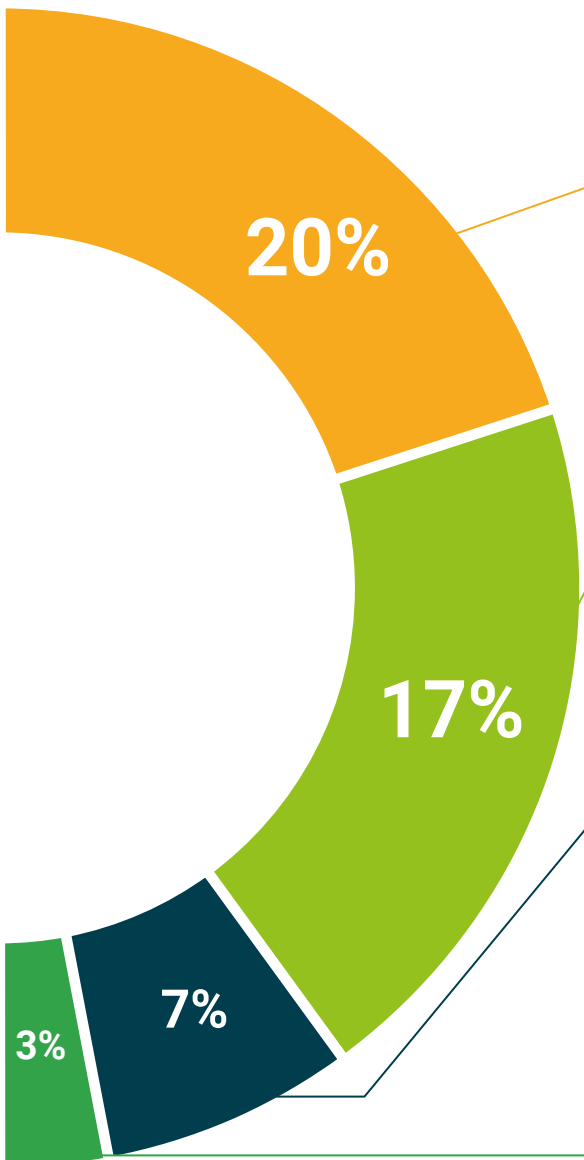
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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.

20%

15%

15%

3%

20%

17%

7%

3%

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.

Certificate

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

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

This **Postgraduate Certificate in Emotion-Based Group Psychotherapy** 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 Emotion-Based Group Psychotherapy**

Official Nº of Hours: **150 h.**

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Awards the following
CERTIFICATE
to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE
in

Emotion-Based Group Psychotherapy

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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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