

Postgraduate Certificate
Mindfulness-Based
Emotional Intervention



Postgraduate Certificate Mindfulness-Based Emotional Intervention

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 175 h.

Website: www.techtute.com/medicine/postgraduate-certificate/mindfulness-based-emotional-intervention

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01

Introduction

In order to understand the importance of Mindfulness, it is important to take a look at the current pace of life. Nowadays, people live in a frenetic world, where everything is rushed and multitasking has become essential. This way of life has its consequences, and leads individuals to function and act without thinking. Therefore, this program was created so that professionals can turn Mindfulness into an excellent alternative to train their patients to allow them to develop tools and personal strengths that help them become aware of themselves, improve their concentration or learn to manage their emotions, among other things.





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Understand the importance that Mindfulness has played in the effective development of emotional interventions”

Mindfulness becomes a space of calm, where people come to feel safe, without stress or worries, and come to understand themselves better. This meditation technique frees them from rushing and multitasking, allowing them to focus on the present moment and live in the here and now

The Postgraduate Certificate will promote emotional regulation in the student through relaxation and meditation techniques. Thereby taking advantage of the potential of the mind and the role of emotions to apply it in the professional field. As a result, students will be able to apply Mindfulness in their therapies, after examining the main scientific studies that support its effectiveness

Over the course of 6 weeks, students will delve into the applications of Mindfulness, understanding the competitive advantages it brings, which will position them at the forefront of the medical sector. In addition, the student has the best 100% online study methodology, which eliminates the need to attend classes in person or follow a fixed schedule

The **Postgraduate Certificate in Mindfulness-Based Emotional Intervention** contains the most complete and up-to-date academic program on the market. Its most notable features are:

- ◆ Practical cases presented by experts in Mindfulness-Based Emotional Intervention
- ◆ 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
- ◆ 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"

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Turn this Postgraduate Certificate into an opportunity to enhance your career and position yourself as a high-level professional”

The program's teaching staff includes professionals from the sector who contribute their work experience to this 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 training 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 student will be assisted by an innovative interactive video system created by renowned and experienced experts

Through practical and educational cases, you will understand the benefits that Mindfulness can bring to the patient's daily life.

The medical field requires trained professionals, and we give you the keys to position yourself among the professional elite.



02

Objectives

As Mindfulness is such a broad and continuously evolving area, the framework of this Postgraduate Certificate aims to provide the student with a broad vision of the most important innovations and developments in the field of emotional intervention. Consequently, they will have greater insight to incorporate the most innovative techniques presented throughout the syllabus into their daily work.



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You will be able to generate a deep state of consciousness in your patient during the session, using the different techniques that you will learn in this program"



General Objectives

- ◆ Provide the student with the necessary knowledge to be able to offer real Emotional Well-Being to their patients
- ◆ Learn how to generate a good therapist–patient bond
- ◆ In-depth knowledge and understanding about 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

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



This program has a practical side, with integrated real cases, so that you can take advantage of the content in the best way and apply it in your professional activity"

03

Course Management

The faculty gathered for the development of this program will provide future students with the opportunity to receive the best education in this field of action. For this reason, this Postgraduate Certificate has a highly qualified team with extensive experience in Mindfulness, which will offer the best techniques for the student, in the development of their skills during the program.



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Renowned professionals will guide you to experiment with different techniques that will help you reduce stress, achieve emotional balance and improve your patient's attention and concentration"

Management



Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in Quironsalud Hospital and Avatar Psychologists in Marbella
- ♦ Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- ♦ 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 in Human Resources Consulting Services (HRCS)



Mr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- ♦ Director of the scientific journal Psinapsis
- ♦ Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- ♦ Tutor of the Basic Psychology course at the UNED

Professors

Dr. Villar Martín, Alejandro

- ◆ Doctor in Biology from the University of Oviedo.
- ◆ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux.
- ◆ Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has conducted his training
- ◆ Creator of Integrative Meditation, developed from the Big Mind model.
- ◆ He has written a chapter in the book "Evolución Integral" published by Kairós.

Mr. De Dios González, Antonio

- ◆ Director of Avatar Psychologists
- ◆ Director of the Psychology Department of Quirón Hospital in 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
- ◆ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

Ms. 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

Ms. Mazza, Mariela

- ◆ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ◆ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor.
- ◆ Expert in Regressive Therapy, Brian Weiss Method
- ◆ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ◆ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ◆ Expert in *Mindfulness* and Meditation, and facilitator of these techniques at Hospital Quirón Salud Marbella.

Ms. Berbel Jurado, Tamara

- ◆ Psychologist expert in childhood and adolescence at Quirón Salud Marbella Hospital and at Avatar Psychologists
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ◆ Specialist in Health, Justice and Social Welfare from the University of Córdoba.
- ◆ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville.
- ◆ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ◆ Member of the psychosocial ERIES of the Spanish Red Cross.

04

Structure and Content

This program introduces the medical professional to the Mindfulness technique, allowing them to discover the benefits it can have for patients. Although this is an activity performed mostly by adult patients, the advantages of mindfulness in children and patients with ADHD will also be presented, as well as the application of this technique in patients with different disorders such as impulse-control disorder or eating problems.



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The popularity of Mindfulness has led to the creation of a scientific library that includes many studies exploring its potential in different facets"

Module 1. Mindfulness

- 1.1. Meditation
- 1.2. What is Mindfulness?
 - 1.2.1. Full Attention
 - 1.2.2. Benefits and Scientific Evidence
 - 1.2.3. Formal and Informal Practice
- 1.3. The 7 Attitudes in Mindfulness
- 1.4. Directing Attention
- 1.5. Fields of Application
- 1.6. Mindfulness for Children
- 1.7. Mindfulness and ADHD
- 1.8. Stress, Anxiety and Mindfulness
- 1.9. Mindfulness and Impulse Disorder Related Disorders
- 1.10. Mindfulness and Eating Disorders
- 1.11. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
- 1.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 1.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy





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The proposals for research and practice of Mindfulness that you will learn in this course are aimed at improving the quality of life 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.





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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.



06 Certificate

The Postgraduate Certificate in Mindfulness-Based Emotional Intervention 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"

The **Postgraduate Certificate in Mindfulness-Based Emotional Intervention** contains the most complete and up-to-date academic 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.

Qualification: **Postgraduate Certificate in Mindfulness-Based Emotional Intervention**

Official N° of Hours: **175 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.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development language
virtual classroom



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Official N° of Hours: 175 h.

Postgraduate Certificate

Mindfulness-Based Emotional Intervention

