

# Postgraduate Certificate Personality Studies in the Elderly





## Postgraduate Certificate Personality Studies in the Elderly

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/personality-studies-elderly](http://www.techtute.com/us/medicine/postgraduate-certificate/personality-studies-elderly)

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# 01

# Introduction

Entering old age brings with it certain personality changes, both positive and negative. Its origin may be due to many factors, from a cognitive problem to family abandonment. Defining what is causing the personality change in each case is one of the current challenges of Psychogeriatrics. In recent years, related scientific studies have emerged that delve deeper into this problem, trying to find explanations and solutions. The present degree program is based on this research and is designed to update the knowledge of practitioners regarding the personality traits of the elderly. The contents will be made available to the student in a 100% online mode and without timetables, thus favoring personal and work conciliation.





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*Enroll and learn more about the latest studies on the evolution of personality throughout old age”*

To understand these variations in personality, it is necessary to analyze the roles and dynamics of the elderly person. As a first approach to the study of their behaviors. From there, it will be personality studies, theories on aging and the latest research in psychogeriatrics that will allow us to delve a little deeper.

Following this, the syllabus goes into the analysis of the different personality traits. Negative, such as egocentrism and dependence, or positive, such as sincerity and calmness, among others. Stopping at each one and going deeper into them.

Finally, the latest research on personality disorders in the elderly will be reviewed. These psychopathologies are particularly serious when they affect the elderly.

All this, through a 100% online modality, without timetables and with all the syllabus available from the first day. So that the practitioner can organize themselves according to their needs and combine work and study.

The **Postgraduate Certificate in Personality Studies in the Elderly** contains the most complete and up-to-date educational program on the market. The most important features include:

- The development of case studies presented by experts on Personality in the Elderly
- The graphic, schematic, and eminently 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



*TECH allows you to keep up to date in a field of study that is constantly evolving"*

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*Graduates of this Postgraduate Certificate will become familiar with the roles and dynamics of the elderly. Which will help deduce the reason for the personality changes"*

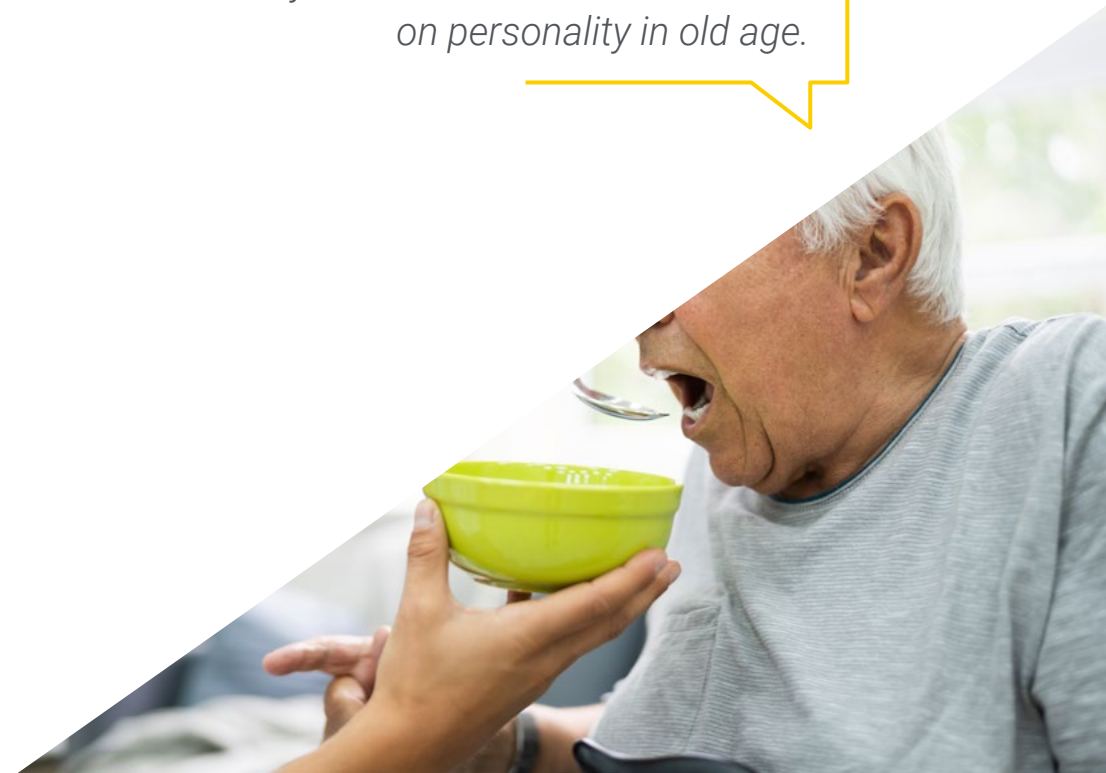
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Disrespectfulness appears frequently in elderly people suffering from cognitive impairments. Enroll and learn more about this and other personality changes.*

*Work together with a prestigious faculty, with the most recent theories on personality in old age.*



# 02 Objectives

Through this Postgraduate Certificate, graduates will update their knowledge about personality changes in the elderly. Through the most recent studies and research on the subject and focusing, separately, on the traits that are most frequently intensified. At the same time, we will delve into personality disorders, acquiring specific knowledge on how they affect the elderly.







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*Throughout the program you will learn about the origin of schizoid disorder in the elderly and its consequences”*



## General Objectives

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- ◆ Acquire up-to-date knowledge about Personality in the Elderly
- ◆ Deepen in the most recent studies and research on Personality in the Elderly
- ◆ Acquire up-to-date knowledge on disorders in the elderly



*Completing this degree will enable you to provide the best possible care for elderly patients. For you will know in depth what motivates their actions and their personality”*





## Specific Objectives

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- ◆ Know the different theories about the aging process and its reflection in personality traits
- ◆ Understand the social dynamics of the elderly
- ◆ Deepen in the most current research in psychogeriatrics
- ◆ Know the negative and positive changes of the personality in the aging process
- ◆ Update on how personality disorders develop in old age



03

# Course Management

TECH's faculty is made up of academics of the highest prestige. Physicians who are currently involved in research related to psychogeriatrics. And, therefore, they will provide you with the most current studies on the subject. In addition, their extensive experience will allow students to ask the most specific questions that may arise.



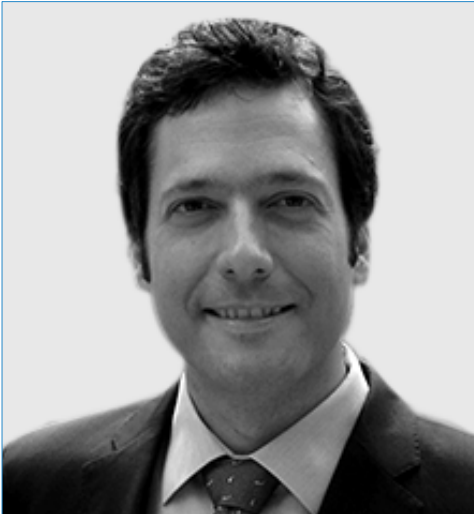


A close-up photograph of an elderly woman with white hair, resting her chin on her hand. The image is partially obscured by a diagonal split in the background, which is divided into a dark blue upper-left section and a white lower-right section. The woman's face is in the white section, looking towards the right.

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*TECH teachers are doctors from the most reputable centers in Spain"*

## Management



### Dr. Anasagasti, Aritz

- ◆ European specialist psychologist in Psychotherapy by the EFPA at the CEP health center in Bilbao
- ◆ President of Emotional Network
- ◆ Master in Time-Limited Psychotherapy and Health Psychology
- ◆ Psychogeriatrics Specialist
- ◆ Creator of home-based intervention.
- ◆ Member of the Basque Association of Gestalt Therapy
- ◆ Reciprocal Interaction Psychotherapist
- ◆ Specialist in neurodegenerative diseases from the Basque Country University.
- ◆ Responsible for the computer development of Emotional Management and treatment in the elderly

## Coordination



### Dr. Aguado Romo, Roberto

- ◆ Psychologist specializing in Clinical Psychology
- ◆ European specialist psychologist in psychotherapy
- ◆ Managing Director of evaluation and psychotherapy centers in Madrid, Bilbao, and Talavera de la Reina
- ◆ Author of Time-Limited Psychotherapy
- ◆ Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies

## Professors

### Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN. technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### 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. Roldan, Lucia

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

### Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

### Dr. Zabala - Baños, María Carmen

- ♦ Doctorate in Psychology from the Castilla la Mancha University
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

# 04

## Structure and Content

The syllabus begins by analyzing the most recent research on personality traits in the elderly, as well as their roles and dynamics. It then delves into the most common positive and negative behaviors. Defining them separately and studying them in depth. Finally, the incidence of the most frequent personality disorders in the elderly, such as schizoid disorder or obsessive-compulsive disorder, is reviewed.







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*The syllabus has been structured to address personality traits in the elderly from all possible perspectives”*

## Module 1. Aging From the Perspective of Personality Traits

- 1.1. Personality Research and Theories on the Aging Process
- 1.2. Role and Social Dynamics of the Elderly
- 1.3. Experiences and Current Research in Psychogeriatrics
- 1.4. Negative Change in Personality
  - 1.4.1. Egocentrism
  - 1.4.2. Dependency
  - 1.4.3. Dogmatism.
  - 1.4.4. Stiffness
  - 1.4.5. Intolerance
  - 1.4.6. Disobedience
  - 1.4.7. Pessimistic
  - 1.4.8. Impatient
  - 1.4.9. Disrespectful
  - 1.4.10. Insecure
  - 1.4.11. Stingy.
  - 1.4.12. Unsociable
- 1.5. Positive Change in Personality
  - 1.5.1. Honesty
  - 1.5.2. Calm
  - 1.5.3. Unconcerned
  - 1.5.4. Discretion
  - 1.5.5. Frankness
  - 1.5.6. Generosity
  - 1.5.7. Tenderness
  - 1.5.8. Honesty
  - 1.5.9. A leader must be able to be self-critical, while also recognising the professionalism of others.
  - 1.5.10. Kindness
  - 1.5.11. Security/Safety
  - 1.5.12. Understanding.







- 1.6. How Do Personality Disorders Affect Old Age?
- 1.7. Research on Personality Disorders in Old Age
  - 1.7.1. Schizoid Personality Disorder
  - 1.7.2. Personality Disorder Due to Dependence
  - 1.7.3. Obsessive Compulsive Personality Disorder
  - 1.7.4. Narcissist Personality Disorder
  - 1.7.5. Paranoid Personality Disorder
- 1.8. The Aging Process either Improves or Worsens Personality Disorders
- 1.9. Situation for the Study and Assessment of Personality Disorders in the Elderly

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*The relearning methodology proposed by TECH means that its students do not need to dedicate excessive hours to study”*

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. Gervas, 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 Personality Studies in the Elderly 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 Personality Studies in the Elderly** contains the most complete and up-to-date scientific program on the market.

After passing the assessments the student will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Personality Studies in the Elderly**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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  
online training  
development languages  
virtual classroom



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