

# Postgraduate Certificate

## Prevention and Management of Stress in Emergency Situations



## Postgraduate Certificate

### Prevention and Management of Stress in Emergency Situations

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Website: [www.techtute.com/in/medicine/postgraduate-certificate/prevention-management-stress-emergency-situations](http://www.techtute.com/in/medicine/postgraduate-certificate/prevention-management-stress-emergency-situations)

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# 01

# Introduction

The control of emotions in emergency situations is fundamental. These are extraordinary contexts in which keeping calm and thinking consistently about the steps to be taken becomes a fundamental requirement that medical professionals must master. That is why knowing in detail the most effective and innovative strategies to prevent and manage stress becomes a real necessity for them. Based on this reason, and as a sign of TECH's commitment to healthcare professionals, the university's team of experts has developed a qualification through which they will be able to catch up with the latest developments in this sector. This is a 150-hour educational experience with which they will be able to work intensively on perfecting their professional skills to control physical stress and anxiety in crisis contexts, increasing the chances of carrying out an even more effective and beneficial intervention for the patient's mental health.



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*Working on your own mental health will help you practice medicine in crisis settings more effectively. That's why the program is set up to get you up to date in this field in just 150 hours"*

Medical professionals, especially those specialized in the emergency area, are continuously exposed to extreme situations: accidents, traumatic deaths, unusual contexts such as suicides or murders, etc. All these types of cases generate stress that, if they are not prevented and treated, can have serious consequences on their mental and physical health in the long term. In addition, the importance of keeping calm and controlling one's emotions becomes a skill that they must manage conscientiously in order to carry out their medical work in the most effective and professional manner possible.

For that reason, TECH and its team of experts in psychology have deemed it necessary to develop a program through which specialists can work on perfecting their stress management skills, specifically in emergency situations. They will be able to comprehensively delve into the protective and risk factors in trauma, the consequences of the psychological impact and the latest general techniques to carry out healthy lifestyle habits from the point of view of mental stability.

For this you will have the best syllabus, as well as clinical cases based on real situations and a multitude of high-quality additional material. All presented in a convenient and flexible 100% online format, compatible with any device with internet connection. Thanks to these features, they will be able to connect from wherever they want, with no limits and with a schedule totally adapted to their availability, so that they can get the most out of this program.

This **Postgraduate Certificate in Prevention and Management of Stress in Emergency Situations** 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



*A 100% online, dynamic and multidisciplinary qualification with which you will be able to delve in a personalized way into the latest scientific evidence related to vicarious traumatization"*

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*Including the latest anxiety prevention techniques in your daily practice will not only allow you to manage your emotions, but you will be able to help your colleagues to work on it as well"*

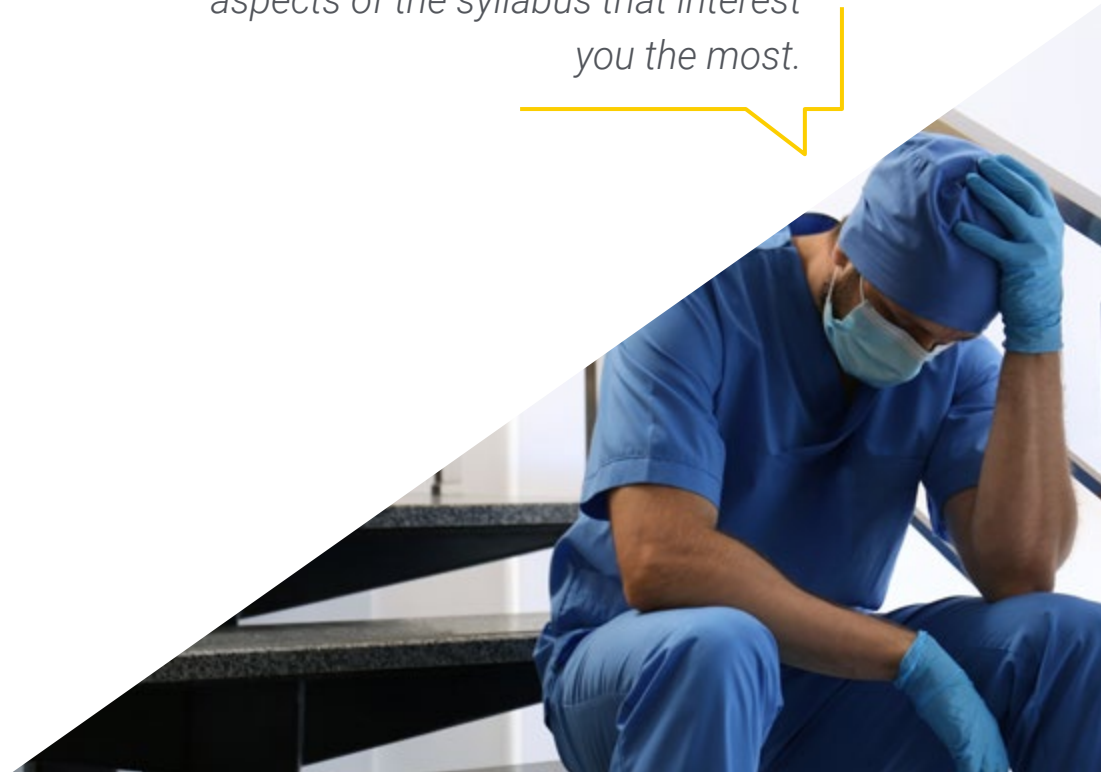
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

*The best program in the current teaching market to update your knowledge on the psychological impact of the professional and the most innovative techniques for its prevention.*

*TECH has included in this program diverse additional content, so that you can expand in a personalized way the aspects of the syllabus that interest you the most.*



# 02

# Objectives

Good mental health is essential for any professional, especially for those who are constantly confronted with traumatic situations, such as physicians. For this reason, keeping up to date with stress management strategies is one of the most important tasks on your itinerary. Based on this, the objective of this Postgraduate Certificate is, precisely, to serve as a guide in updating their knowledge, providing them with the latest information in the field of psychology for the prevention and management of stress through self-care.







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*Would you like to be able to boast optimal mental health? This Postgraduate Certificate will provide you with the latest techniques for self-care, working intensively on the prevention of post-traumatic stress”*



## General Objectives

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- ◆ Delve into stress as a consequence of exposure to a traumatic situation in the professional's work environment
- ◆ Know in detail the strategies and guidelines for working with emergency service first responders when a psychological impact occurs



*TECH's commitment to medical professionals is reflected in this Postgraduate Certificate, through its 150 hours of diverse content and the quality of its syllabus"*





## Specific Objectives

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- ◆ Understand the impact of stress and emergency situations on emergency personnel
- ◆ Study the psychological impact of exposure to emergency situations on emergency and urgent care professionals
- ◆ Learn the main stress management and psychological impact prevention techniques for emergency personnel

03

# Structure and Content

TECH is synonymous with quality. An example of this is this Postgraduate Certificate, prepared by experts in psychology and presented in a convenient 100% online format, so that any professional can get up to date in the prevention and management of stress caused by continuous exposure to traumatic situations. Thanks to the exhaustive and intensive nature of its syllabus, graduates will be able to delve into the latest techniques and strategies for managing emotions, allowing them to perfect their skills in following optimal mental health habits that are beneficial to their professional performance.



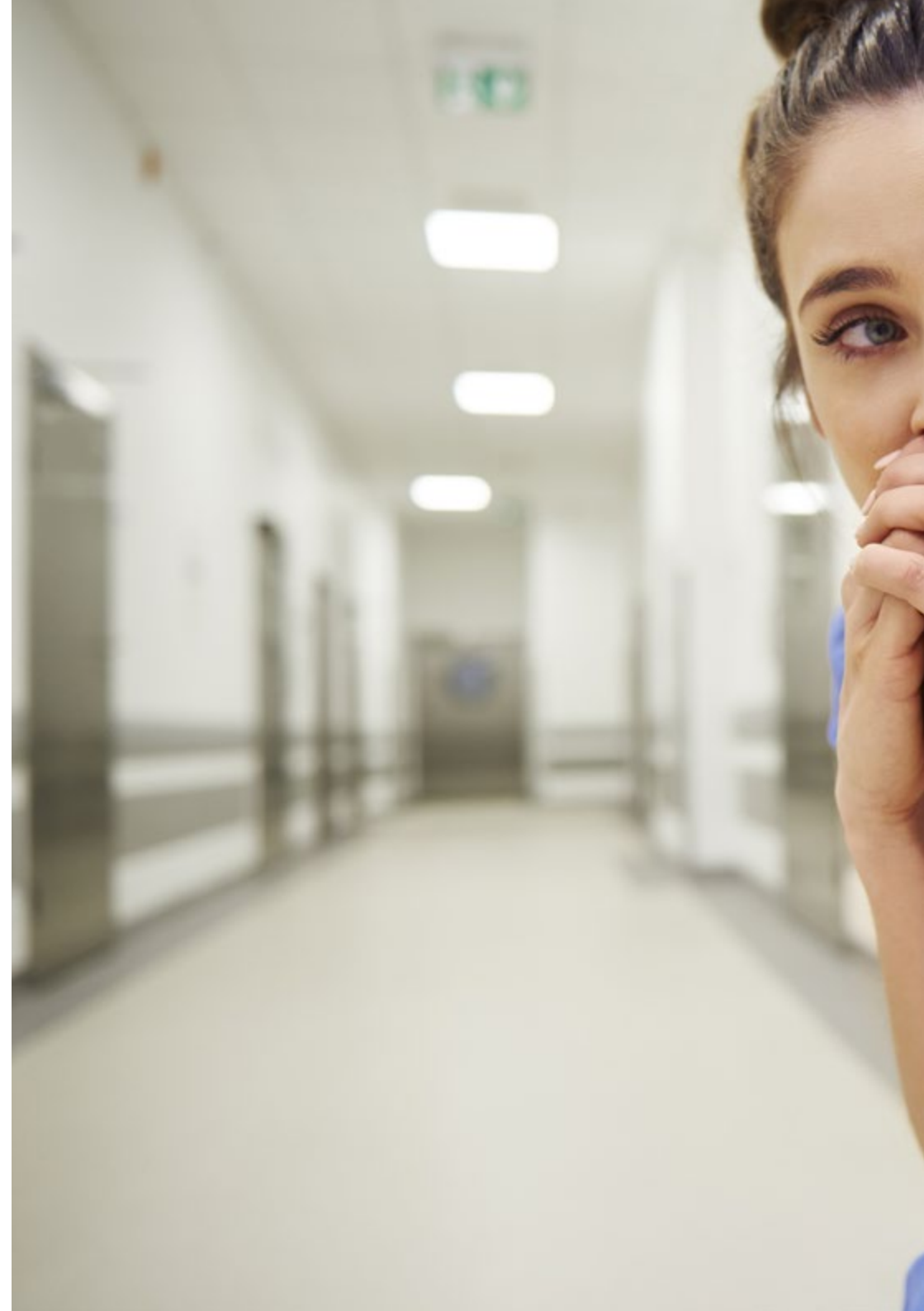


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*The perfect program to delve into the most innovative strategies for the prevention of Burnout Syndrome, as well as the most effective therapeutic strategies for its treatment"*

## Module 1. Prevention and Management of Stress in Emergency Situations

- 1.1. Characteristics of Emergency Situations, Influencing Factors and Critical Psychological Impact Situations.
  - 1.1.1. Introduction to Psychological Impact
  - 1.1.2. Characteristics of Emergency Situations Influencing Psychological Impact
- 1.2. Psychological Impact on the Professional
  - 1.2.1. Trauma
  - 1.2.2. Vicarious Traumatization
  - 1.2.3. Disaster
  - 1.2.4. Relationship between Trauma and Disaster
- 1.3. Protective and Risk Factors in Trauma
  - 1.3.1. Protective Factors in Trauma
  - 1.3.2. Risk Factors in Trauma
- 1.4. Coping
  - 1.4.1. Empathy Fatigue
  - 1.4.2. Prevention
  - 1.4.3. Adaptation Mechanisms
- 1.5. Consequences of Psychological Impact
  - 1.5.1. Main Consequences of Psychological Impact
  - 1.5.2. Psychological Impact as a Factor in Post-traumatic Stress Disorder
  - 1.5.3. Treatment
- 1.6. Occupational Stress
  - 1.6.1. Conceptualization of Stress
  - 1.6.2. Risk Factors in Stress
  - 1.6.3. Consequences of Occupational Stress
- 1.7. Effects of Stress on Emergency Personnel
  - 1.7.1. Sources of Stress in Emergency Personnel
  - 1.7.2. Factor Affecting of Stress in Emergency Personnel
  - 1.7.3. Effects of Stress on Emergency Personnel





- 1.8. Pathologies that may Arise
  - 1.8.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
  - 1.8.2. *Burnout Syndrome*
  - 1.8.3. Countertransference
- 1.9. Pathologies in Emergency Personnel
  - 1.9.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
  - 1.9.2. *Burnout Syndrome*
  - 1.9.3. Countertransference
  - 1.9.4. Differences
- 1.10. General Techniques and Healthy Habits
  - 1.10.1. General Techniques for Stress Prevention and Management
  - 1.10.2. Healthy Habits as an Influential Factor
  - 1.10.3. Sleep

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*Join one of the largest academic communities of physicians in the world and you can keep up to date with the latest developments in the field from wherever you are, without any hustle and bustle or schedules”*

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 Prevention and Management of Stress in Emergency Situations 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 Prevention and Management of Stress in Emergency Situations** 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 Prevention and Management of Stress in Emergency Situations**

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.

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



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Certificate: TECH Technological University

Official N° of hours: 150 h.

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