

# Postgraduate Certificate Psychological First Aid





## Postgraduate Certificate Psychological First Aid

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 150 h.

Website: [www.techtute.com/in/medicine/postgraduate-certificate/psychological-first-aid](http://www.techtute.com/in/medicine/postgraduate-certificate/psychological-first-aid)

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# 01

# Introduction

Health professionals, especially those specialized in the field of emergencies, are confronted every day with contexts in which their patients, because of the critical situation they have experienced, present a state of stress and anxiety that is affecting their physical and mental health. In such cases, the application of psychological first aid becomes an urgent necessity. However, it is not usually considered in the first instance. Therefore, those medical specialists whose skills include a mastery of this psychosocial strategy will be able to intervene more effectively in the management of these people. In order to help them update their knowledge in this field, they can count on the program that TECH has designed for them. In only 6 weeks you will be able to get up to date on the first-class therapeutic protocols in a 100% online way.





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*TECH presents this Postgraduate Certificate as a unique opportunity to get up to date on psychological first aid in a guaranteed way and through a 100% online program"*

The health crisis unleashed by the covid-19 pandemic highlighted the importance of psychological first aid. Tens of thousands of people around the world suddenly suffered the consequences of this virus, seriously affecting not only their physical health, but also their mental stability. Overnight, medical professionals had to assume the role of support for families who lost a family member without being able to say goodbye, for patients in whom the disease left irreversible sequelae, and for people who saw their personal and work routine blurred.

In fact, numerous studies conducted from 2021 onwards have determined that there has been a significant increase in the number of patients with depression or disorders associated to covid suffering in a protagonist or passive way, increasing, also, suicidal thoughts and cases of insomnia. Based on this, the performance of physicians as mediators of the situation through the application of adapted psychosocial strategies has been significant and highly beneficial for the recovery of their health.

For this reason, TECH and its team of experts in this sector have considered it necessary to develop a program that allows specialists interested in this field to update their knowledge regarding first aid protocols. Thanks to this, this 100% online Postgraduate Certificate has emerged, an innovative and dynamic qualification with which graduates will be able to perfect their medical skills in the application of psychological first aid in a guaranteed way. In addition, it is a flexible program that can be perfectly balanced with the activity of your practice, allowing you to design the academic calendar based on your own availability, without schedules or presential classes.

This **Postgraduate Certificate in Psychological First Aid** 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



*Would you like to implement psychological strategies to your triage skills? With this Postgraduate Certificate you will learn the latest techniques for diagnosis"*

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*You will delve into the modulating factors in the emergence of a psychological crisis, knowing in detail the new developments related to the control techniques of its triggering parameters”*

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 program includes, exclusively, a section dedicated to the application of psychological first aid in people under the influence of alcohol and/or drugs.*

*A Postgraduate Certificate with which you can also get up to date on the principles for the psychosocial assessment of the patient in shock.*



# 02 Objectives

The lack of qualifications focused on the medical sector and focused on psychological first aid in crisis situations is the reason why TECH and its team have considered necessary the development of this Postgraduate Certificate. Therefore, its objective is to serve as a guide for graduates in their exhaustive update, through the best syllabus and the most sophisticated and innovative teaching tools.







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*TECH designs each of its qualifications with the needs of its graduates in mind. For that reason, in this Postgraduate Certificate, you will find everything you need to get up to date in just 6 weeks”*



## General Objectives

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- ♦ Know in detail the protocols of first aid in psychological intervention in crisis situations
- ♦ Delve into the new developments in psychological first aid and enable the graduate to handle the most frequent physical pathologies in a crisis intervention

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*Phase of impact, reaction, resolution and/or adaptation. With this program, you will delve into the new developments of each of them and you will acquire a thorough mastery of the modulating factors of the patient's behavior"*





## Specific Objectives

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- ♦ Know when a psychological crisis occurs and the consequences for the individual
- ♦ Study and distinguish first aid protocol stages in Emergency Psychology
- ♦ Know the main action protocols in emergency situations

# 03

## Structure and Content

The design of increasingly complete and avant-garde qualifications is what TECH aspires to. For this reason, TECH invests hundreds of hours in each one of them, in order to develop the best theoretical, practical and additional content. An example of this is this Postgraduate Certificate, a program with which, undoubtedly, medical specialists will have no problem in updating their knowledge on psychological first aid, favoring, in addition, the improvement of their professional skills through the resolution of situations based on real cases.



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*You will have access to a wide range of additional material, from detailed videos to complementary readings, in order to delve into the different sections of the syllabus in a personalized way”*

## Module 1. First Aid Protocol: Psychological First Aid

- 1.1. Concept of Psychological Crisis
  - 1.1.1. Introduction to the Concept of Crisis Psychological
  - 1.1.2. Severity of Psychological Crisis
  - 1.1.3. Factors Affecting the Emergence of Psychological Crises
- 1.2. Triggering Factors
  - 1.2.1. Introduction to the Triggering Factor Concept
  - 1.2.2. Types of Triggering Factors
- 1.3. Psychological First Aid
  - 1.3.1. Concept of Psychological First Aid
  - 1.3.2. Components
  - 1.3.3. First Aid with People under the Influence of Alcohol and other Drugs
  - 1.3.4. Monitoring
- 1.4. Psychological Triage
  - 1.4.1. What is Triage?
  - 1.4.2. Psychological Triage
  - 1.4.3. Triage Classification
- 1.5. Impact or Shock Phase
  - 1.5.1. Introduction to the Concept of Impact or Shock
  - 1.5.2. Principles and Assessment of the Impact Phase
  - 1.5.3. Performance in the Impact Phase
- 1.6. Reaction Phase
  - 1.6.1. Introduction to the Concept of Reaction
  - 1.6.2. Principles of the Reaction Phase
  - 1.6.3. Types of Reaction
  - 1.6.4. Performance in the Reaction Phase



- 1.7. Resolution and/or Adaptation Phase.
  - 1.7.1. Psychological Adaptation
  - 1.7.2. Principles of Resolution and/or Adaptation Phase
  - 1.7.3. Factors Affecting Adaptation
- 1.8. Specific Skills for Crisis Intervention
  - 1.8.1. Therapist Skills
  - 1.8.2. Specific Skills of Crisis Therapists
- 1.9. Action Protocols
  - 1.9.1. Basic Principles of an Action Protocol
  - 1.9.2. Types of Action Protocols
- 1.10. Legislation and Emergency Plans
  - 1.10.1. Introduction to the Concept of Legislation
  - 1.10.2. Introduction to the Concept of Emergency Plans
  - 1.10.3. Importance of Legislation and Emergency Plans
  - 1.10.4. Effective Emergency Plans



*Opt for a Postgraduate Certificate with which you will be able to perfect your specific skills for crisis intervention to the level of a specialist versed in emergency psychology"*



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 Psychological First Aid 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 Psychological First Aid** 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 Psychological First Aid**

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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