

# Postgraduate Certificate

## Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model



## Postgraduate Certificate Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model

- » Modality: online
- » Duration: 8 weeks
- » Certificate: TECH Global University
- » Credits: 12 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/psychological-intervention-drug-addiction-cognitive-behavioral-model](http://www.techtitute.com/us/medicine/postgraduate-certificate/psychological-intervention-drug-addiction-cognitive-behavioral-model)

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# 01

# Introduction

Drug addiction is a real problem that affects hundreds of thousands of people in the world every day. The physicians, in their usual practice, should be familiar with the problems that patients with addictions to drugs such as tobacco, alcohol, opiates, among others, may present. Therefore, this educational program focuses on providing the professional with tools that enable them to perform an optimal intervention with patients with addictions from an approach based on the cognitive-behavioral model. All of this is based on a highly effective and flexible teaching methodology adapted to the professional needs of the labor market.





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*Become a physician capable of addressing addictions in your patients from an innovative approach with this TECH Postgraduate Certificate. It's the most complete on the market”*

The United Nations Office on Drugs and Crime (UNODC) in the 2016 World Drug Report states that 1 in 20 adults used at least one drug in 2014, or 250 million people aged 15-64, equivalent to the combined population of Germany, France, Italy and the United Kingdom.

In the same report, it's mentioned that more than 29 million people who consume drugs suffer from disorders related to them. It also states that 12 million of these are intravenous drug users, and 14% of these are living with HIV, generating a devastating impact on their health. However, only 1 in every 6 people receive treatment.

In recent decades, substance addictions have been joined by addictions where there is no substance that produces dependence, but rather a habit or behavior. This is the case of pathological gambling and addiction to new technologies, which are causing serious psychological and social health problems in both adults and young people. For these cases, medicine has also developed treatments that seek to reduce and eliminate the habits and behaviors that will be presented in this program.

The teaching team of this Postgraduate Certificate in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model has made a careful selection of each of the topics of this program to offer the student a study opportunity as complete as possible and always related to current events.

As it is an online Postgraduate Certificate, the student is not constrained by fixed schedules or the need to move to another physical location, but rather, they can access the contents at any time of the day, allowing them to balance their professional or personal life with their academic life as they please.

The **Postgraduate Certificate in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Clinical cases presented by experts in the different specialties
- ♦ 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
- ♦ New developments on psychological intervention in hard drugs with the cognitive-behavioral model
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based medicine and research methodologies
- ♦ All of this will be complemented by 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



*If you want to improve yourself, make a positive change at a professional level and interact with the best, this is the place for you”*

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*On a daily basis, 31% of the population consumes tobacco, 7% consumes hypnotosedatives, 2% cannabis and 1% cocaine. Below 1% are amphetamines and synthetic drugs, and 0.1% use heroin sometime during the year"*

It includes, in its teaching staff, health professionals belonging to the field of medicine, who bring to this refresher program their work experience, as well as renowned specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, this Postgraduate Certificate will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The Postgraduate Certificate in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model contains the most complete and up-to-date scientific program on the market.*

*Don't miss the opportunity to update your knowledge in the cognitive-behavioral approach to addiction treatment. This will make you a much more reputable doctor.*



# 02 Objectives

With the aim of offering a complete training, which addresses each and every one of the areas where cognitive-behavioral therapy has a positive impact on patients with addictions, TECH has prepared this Postgraduate Certificate full of theoretical content with a practical approach, ideal when it comes to internalizing the knowledge. A unique opportunity in the hands of the physicians who wants to advance their knowledge with the ease offered by the online educational method.







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*We help you to update your knowledge and achieve your professional goals in a simple way and adapted to the needs of the 21st century student”*



## General Objectives

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- Discover the neurological bases of different addictions
- Define the basic concepts commonly used by the scientific community in the field of addictions and identify the different aspects for the physician to take into account in the assessment and intervention of these cases
- Provide a base of knowledge and procedures, which will give the student the necessary confidence and solvency to approach real cases
- Provide the student with the keys to the assessment framework in the case of addictions
- Show the criteria for the choice of therapeutic goals when facing an addiction intervention
- Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the above approach
- Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions





## Specific Objectives

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- ♦ Make a classification of the most frequent psychostimulant substances
- ♦ Establish the most common forms of consumption of psychostimulant substances
- ♦ Establish the impact and effects of psychostimulant substances on health
- ♦ Define the neurobiology of addiction to psychostimulant substances
- ♦ Address different treatments to manage addiction to psychostimulant substances and perform proper relapse prevention and maintenance
- ♦ Perform a classification of opiates and opioids
- ♦ Establish the most common forms of consumption of these substances
- ♦ Develop the impact and effects of heroin and morphine on health
- ♦ Define the neurobiology of heroin and morphine addiction
- ♦ Address different treatments for the management of heroin and morphine addiction, with proper relapse prevention and maintenance

# 03

# Course Management

TECH has selected a team of experts in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model for the design of this Postgraduate Certificate. Therefore, the quality of its contents is based on the pillars of excellence. As a result, students who decide to take this program will have the opportunity to learn from the most qualified professionals in this field. In this way, the graduate will have a faculty that stands out not only for its professionalism and experience in this area, but also for its proximity and human quality.



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*Specialize in the approach to the pathologies present in opiate addiction thanks to this Postgraduate Certificate"*

## International Guest Director

Doctor David Belin, a renowned specialist in Behavioral Neuroscience, has left a significant mark in international research. In fact, already during his PhD, he revolutionized the field by developing the first preclinical model of Cocaine Addiction, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of scientific innovation, combining advanced techniques, from Experimental Psychology to precise brain manipulations and molecular studies. All this with the aim of unraveling the neural substrates of Impulsive/Compulsive Disorders, such as Drug Addiction and Obsessive-Compulsive Disorder.

Likewise, his career took a transcendental turn when he joined the laboratory of Professor Barry Everitt at the University of Cambridge. His pioneering research on the Corticostriatal Mechanisms of Cocaine Seeking, as well as the relationships between impulsivity and compulsive self-administration of the drug, broadened the global understanding of individual vulnerability to addiction.

Dr. Belin also obtained tenure at the Institut National de la Santé et de la Recherche Médicale (INSERM) in France. There, he established a research team in Poitiers, which focused on the Neural and Cellular Mechanisms of Vulnerability to Compulsive Disorders. Although he has never stopped his research on the Neural and Psychological Mechanisms of Compulsive Disorders, he has never stopped his research on the Neural and Psychological Mechanisms of Compulsive Disorders.

With more than 75 publications, he has been awarded the Mémain-Pelletier Prize of the French Académie des Sciences and the Young Investigator Award of the European Behavioural Pharmacology Society. He was one of the first members of the FENS-Kavli Network of Excellence, an international network of young scientists supporting neuroscience research.



## Dr. David Belin

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- ♦ Researcher at the University of Cambridge
- ♦ Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM).
- ♦ Mémain-Pelletier Award of the Académie des Sciences
- ♦ Young Investigator Award of the European Behavioural Pharmacology Society
- ♦ PhD in Behavioral Neuroscience from the University of Bordeaux 2
- ♦ Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- ♦ Member of:
  - ♦ Homerton College
  - ♦ FENS-Kavli Network of Excellence

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Gandarias Blanco, Gorka

- ◆ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ◆ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ◆ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ◆ Degree in Psychology. Deusto University
- ◆ Master's Degree in Time-Limited and Health Psychotherapy
- ◆ International Master's Degree in Clinical and Health Psychology
- ◆ Diploma in Gestalt Therapy
- ◆ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)



## Coordinator



### **Mr. Aguado Romo, Roberto**

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and postgraduate studies teacher
- ♦ President of the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Nuclear Medicine Area Specialist, La Paz University Hospital
- ♦ Physician in the Nuclear Medicine Department of the Ramón y Cajal University Hospital
- ♦ Specialist in nuclear medicine area at the University Hospital Rey Juan Carlos-Quirón
- ♦ Doctor of Medicine
- ♦ Expert researcher in the area of cancer and hormone receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ V.E.C. coaching
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

### Mr. Fernández, Ángel

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

### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital of Marbella
- ♦ Psychologist at Avatar Psychologists
- ♦ Psychologist and teacher at the European Institute of Time-Limited Psychotherapies (I.E.P.T.L.)
- ♦ Degree in Psychology, UNED

### Mr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Professor in the Department of Psychology at the University of Castilla La Mancha CLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



**Ms. Roldan, Lucía**

- ◆ Health Psychologist
- ◆ Cognitive-behavioral intervention specialist
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in energy therapy intervention

**Ms. Soria, Carmen**

- ◆ Head of the Psychosocial Unit of the CEP (Assessment and Psychotherapy Center associated with IEPTL)
- ◆ Private practice specializing in long-term disorders (Personality, Bipolar and Psychotic)
- ◆ Collaborating Professor Practicum at the Complutense University of Madrid
- ◆ Professor of the Master's Degree of Psychotherapy at the IEPTL
- ◆ Degree in Psychology from the Autonomous University of Madrid
- ◆ Specialist in General Health Psychology
- ◆ Master's Degree in Clinical and Health Psychology by CINTECO
- ◆ Master's Degree in Time-Limited Psychotherapy by IEPTL
- ◆ EMDR Therapist
- ◆ Specialized training in Personality Disorders and Psychotic Disorders in adults and adolescents
- ◆ Training in Dissociative Disorders
- ◆ Training in Couples Therapy

# 04

## Structure and Content

The structure of the contents has been designed by a team of professionals who know the benefits of the cognitive-behavioral approach in the medical treatment of addictions. This ensures the student a unique opportunity to learn from a realistic syllabus adapted to the current state of the profession. The latest science in the field at the service of the student in a simple and flexible way.



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*TECH is committed to offering students the most complete and up-to-date teaching materials on the market. This is the only way to offer quality education”*

**Module 1. Cognitive-Behavioral Treatment of Addiction to Psychostimulants: Cocaine, Amphetamines and Synthetic Drugs**

- 1.1. Classification of Psychostimulant Substances
- 1.2. Ways of Consuming Psychostimulants
- 1.3. Impact and Effect of Psychostimulants on Health
- 1.4. Neurobiology of Addiction to Psychostimulants
- 1.5. Disorders Related to Psychostimulants
- 1.6. Psychological Evaluation in Psychostimulants Addiction
- 1.7. Medical Treatment
- 1.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 1.9. Other Therapeutic Interventions and Types of Intervention Programs
- 1.10. Psychological Intervention in Adolescents
- 1.11. Approach to Other Pathologies Present in Addiction to Psychostimulants
- 1.12. Prevention of Relapses and Maintaining Results

**Module 2. Cognitive-Behavioral Treatment of Heroin and Morphine Addiction**

- 2.1. Classification of Opiates and Opioids
- 2.2. Ways of Consuming Opiates and Opioids
- 2.3. Impact and Effect of Heroin and Morphine on Health
- 2.4. Neurobiology of Addiction to Heroin and Morphine
- 2.5. Disorders Related to Opiates
- 2.6. Psychological Evaluation in Opiates Addiction
- 2.7. Medical treatment
- 2.8. Psychological Treatment: Cognitive-Behavioral Treatment
- 2.9. Other Therapeutic Interventions and Types of Intervention Programs
- 2.10. Psychosocial Intervention in Special Populations
- 2.11. Approach to Other Pathologies Present in Addiction to Opiates
- 2.12. Prevention of Relapses and Maintaining Results





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*A unique academic experience,  
key and decisive to boost your  
professional development"*

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 Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.







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

This program will allow you to obtain your **Postgraduate Certificate in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Psychological Intervention in Drug Addiction with the Cognitive-Behavioral Model**

Modality: **online**

Duration: **8 weeks**

Accreditation: **12 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



**Postgraduate Certificate**  
Psychological Intervention  
in Drug Addiction with the  
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- » Modality: online
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