

Postgraduate Certificate

Psychological Treatments in Cancer and Third Generation Therapies





Postgraduate Certificate Psychological Treatments in Cancer and Third Generation Therapies

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/psychological-treatments-cancer-third-generation-therapies

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01

Introduction

Cancer has become a worldwide health problem, despite advances in medical treatments. Added to this is the increasing emotional distress when suffering from the disease, making a person feel sad, anxious and worrying about what will happen next. For this reason, psycho-oncology has developed a series of techniques that help professionals to calm their patients, allowing them to focus on positive things in order to live in the present. With this program you will delve deeper into those therapies that have been proven within the medical field and that help prepare the patient to manage stress and fear of treatment.





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Psychological treatments for coping with cancer are aimed at people with significant emotional distress”

This course will provide the tools developed in psycho-oncology to address the emotional distress of cancer patients and their families. These can be applied at any stage of the disease, allowing an early diagnosis or an early intervention of those negative feelings that may jeopardize the medical work.

In this way, the approaches developed by the cognitive behavioral method will be addressed, being used to reduce the patient's anxiety and immunological response, favoring their adaptation to the diagnosis and facing the disease with optimism. This should be taken care of from the very beginning, since they can have repercussions on the health of the person.

On the other hand, from the Acceptance and Commitment Therapy (ACT) position, the psychologist will provide help to patients who must come to terms with aspects of their lives that they cannot control, such as their cancer diagnosis, their fear of death or feelings of anxiety. It will also help to find activities that are valuable to the person, so that their goals and aspirations are not paralyzed during the disease process.

At the end of the program, the physician will be able to apply the appropriate techniques to treat their patients, having the opportunity to collaborate with the team of psychologists of the hospital in which they work.

This **Postgraduate Certificate in Psychological Treatments in Cancer and Third Generation Therapies** contains the most complete and up-to-date educational program on the market. The most important features are:

- ◆ Practical cases presented by experts in Psycho-Oncology
- ◆ 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 the self-assessment process can be carried out to improve learning
- ◆ Special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Access to content from any fixed or portable device with an Internet connection.



Help the patient to express themselves and normalize their emotional reactions”

“

Cancer changes the dynamic of the patient's family. Help them to communicate better with their relatives to involve them in the treatment”

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.

With relaxation techniques and visualization, the patient can prepare themselves to live with the treatment.

Assess and intervene in adaptive and maladaptive emotions and behaviors that put the patient at risk.



02 Objectives

The design of this program will help the physician learn about the latest advances in cognitive behavioral models that reduce the negative effects caused by cancer diagnosis and treatment. In this way, students will learn techniques focused on problem solving, cognitive restructuring, guided imagination, among others. Therefore, the student will be able to intervene in situations with a high emotional burden for the patient, helping them to live with meaning and expanding their reasons to continue fighting against the disease.





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Your patient's mind can play against them. Help them to adopt a positive attitude in the face of their diagnosis”



General Objective

- ◆ Gain in-depth knowledge of the different therapeutic options in the psychological treatment of cancer
- ◆ Contribute to the control of mood alterations through appropriate psychological strategies
- ◆ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors



By reducing the anxiety of your patients, you will be able to improve their immunological response to treatment"





Specific Objectives

- ◆ Determine realistic treatment objectives together with the patient and/or their family
- ◆ Undergo training in the methods of intervention with cancer patients, especially empirically supported treatment techniques
- ◆ Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- ◆ Detect and enhance, as far as possible, the patient's own resources



03

Course Management

This program has a select group of professionals who have specialized in psycho-oncology, practicing alongside health experts. Therefore, they are trained to provide the best education to students interested in learning the intervention methods used by the discipline in cancer patients. Thus, they will be able to develop their skills to identify somatic symptoms that may jeopardize the patient's treatment and recovery.





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Thanks to the extensive experience of the teaching staff, you will learn the latest techniques to help oncology patients with stress problems"

Management



Mr. Garrido Jiménez, Sergio

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- ♦ General Health Psychologist for the Junta de Andalucía. NICA Business School 43384
- ♦ Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP).
- ♦ Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA.
- ♦ Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI).
- ♦ Member of the Spanish Society of Psycho-Oncology (SEPO)
- ♦ Degree in Psychology. University of Jaen (UJA)
- ♦ Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)



04

Structure and Content

The agenda of this program is designed to provide the knowledge that will help oncology medical personnel to manage the latest techniques in the intervention of cancer patients and their families. In this way, they will be fully empowered to employ techniques such as deactivation, which is used to help manage stress and traumatic events associated with the disease. Therefore, the student will be able to optimize the treatment provided to their patients.



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Cognitive behavioral therapy has proven to be an excellent tool for the psychological well-being of the cancer patient”

Module 1. Psychological Treatments in Cancer and Third Generation Therapies

- 1.1. Effective Psychological Treatments in Psycho-Oncology
- 1.2. Cognitive-Behavioral Therapy in Cancer Treatment
 - 1.2.1. Identification of Automatic Thoughts and Modification of Cognitions
 - 1.2.2. Activation Control Techniques
 - 1.2.2.1. Diaphragmatic Breathing Training
 - 1.2.2.2. Progressive Muscular Relaxation
 - 1.2.3. Behavioral Activation
 - 1.2.4. Exposition Techniques and Guided Imagination
- 1.3. Cognitive Training Program
- 1.4. Rehabilitation Program Based on Physical Exercise
- 1.5. *Mindfulness*
 - 1.5.1. *Mindfulness* Training Program
 - 1.5.2. Compassion and Self-Compassion Practice
- 1.6. Acceptance and Commitment Therapy (ACT)
 - 1.6.1. Components of ACT and Clinical Methods
- 1.7. Therapy Focused on the Search for Meaning
 - 1.7.1. Cancer and Feeling. Exploration of the Sources of Meaning
- 1.8. Dignity Therapy
 - 1.8.1. The Concept of Dignity in Cancer Patients
 - 1.8.2. Models of Dignity. Chochinov
- 1.9. Systemic Family Therapy
 - 1.9.1. Family and Cancer. Most Common Family Dynamics
- 1.10. Pseudotherapies and Pseudosciences Against Cancer
 - 1.10.1. Positions of Government Agencies
 - 1.10.2. Pseudotherapies and Pseudosciences With and Without Scientific Evidence





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The fear of death exists from the moment a person is diagnosed with cancer. Help them get through this by giving their life meaning”

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

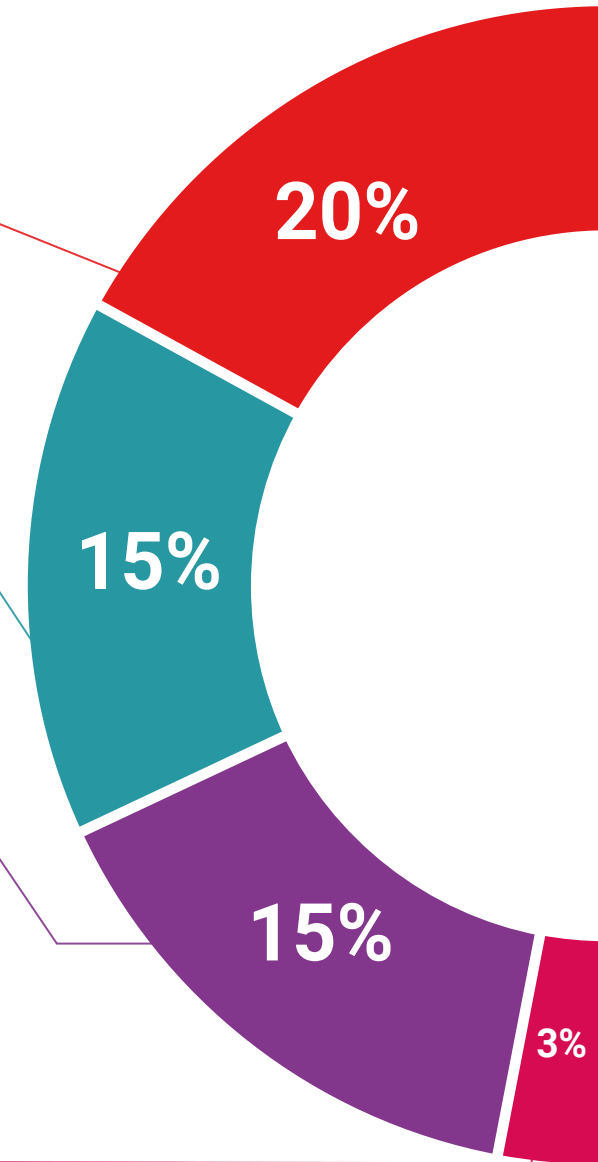
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

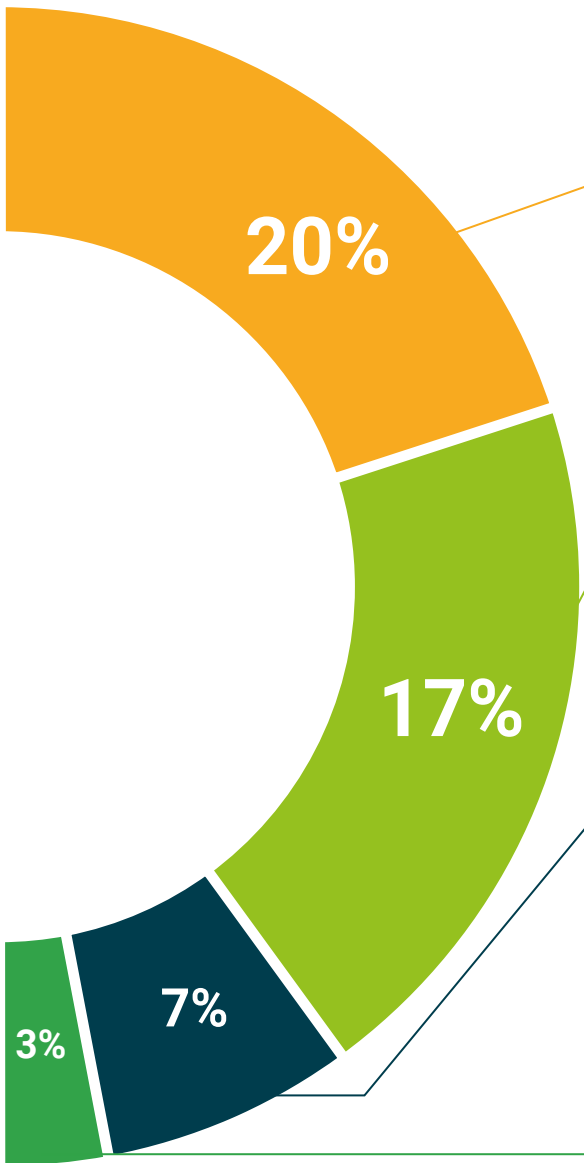
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Treatments in Cancer and Third Generation Therapies guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this training program
and receive your university certificate
without travel or laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Psychological Treatments in Cancer and Third Generation Therapies** 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 Treatments in Cancer and Third Generation Therapies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



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- » Modality: online
- » Duration: 6 weeks
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