Postgraduate Certificate
Specific Techniques for Emotional Processing in Therapy

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Postgraduate Certificate
Specific Techniques for Emotional Processing in Therapy

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

Website: www.techtitute.com/us/medicine/postraduate-certificate/specific-techniques-emotional-processing-therapy

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01
Introduction

Emotional processing is of fundamental importance in the well-being of patients. The knowledge of new techniques, indications and their implementation in the diagnostic and therapeutic process of the patient make it essential for the therapist to be constantly updated. This 100% online program presents the latest advances and tools in the different areas in which emotional processing influences a person. Thanks to this high-level program, the student will delve deeper into this branch of medicine and will do so through the theoretical and practical acquisition of knowledge prepared by the teaching staff, chosen for their prestige in the field of emotional wellness.

Acquire the most specific techniques on emotional processing, as well as the skills and attitudes for their practical application in a specialization created for excellence"

In many cases, feelings alter the way people think and behave. In fact, many psychological disorders often arise as the result of a disproportionate emotional response that the person is unable to control. Hence the importance that this program gives to specific techniques such as bilateral stimulation, emotional release or those based on writing. It also delves into integrative meditation from the Big Mind Model, clinical hypnosis, as well as different techniques for children.

The professional will learn to use the different techniques that act on the processing of emotion. The program includes practical activities to facilitate the students' acquisition and mastery of the theory learned, supporting and complementing the knowledge acquired in the theoretical teaching. The syllabus is presented in an attractive and dynamic way, including multimedia content, in order to reinforce knowledge.

The great advantage of this program is its 100% online teaching; the graduate is in charge of choosing the time and place that best suits their availability, schedules and interests. Through a study method of proven efficiency, the student will be able to acquire new specific techniques in the areas of involvement and emotion processing. All this will provide the student with a unique experience and will allow them access to a Masterclass given by an internationally renowned teacher.

This **Postgraduate Certificate in Specific Techniques for Emotional Processing in Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in specific techniques for emotional processing in therapy
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- Practical exercises where the self-assessment process can be carried out 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

Innovative learning that offers you the best training in this area, an exclusive Masterclass and the convenience of a program that vis fully adaptable to your needs"

Learn in an efficient way, with a real qualification objective, with this unique program in the online teaching market.

"

TECH offers a great opportunity for the therapist to advance their skills and get up to date on all the latest developments in emotion-specific techniques"

A unique opportunity to learn with renowned psychologists and psychotherapists.

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.

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 education programmed to learn 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts in the field of educational coaching with extensive experience.

02
Objectives

The design of the program aims to provide the student with the required skills related to emotional processing and its application in therapy. The knowledge acquired in the development of the points of the syllabus will drive the professional from a global perspective, with full capacity to achieve the proposed goals.

"You will acquire the necessary skills to update your professional practice after expanding your knowledge of specific techniques"

General Objectives

- Provide the student with the knowledge required to be able to offer real emotional wellness to their patients

- Get trained to generate a good therapist–patient bond

- Know and understand the functioning of the human being and the importance of emotional management in it

- Discover the different therapies and models based on emotion

- Develop intervention protocols adapted to the patient and reason for consultation

- Master therapy from a multidisciplinary and bio-psycho-social perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health
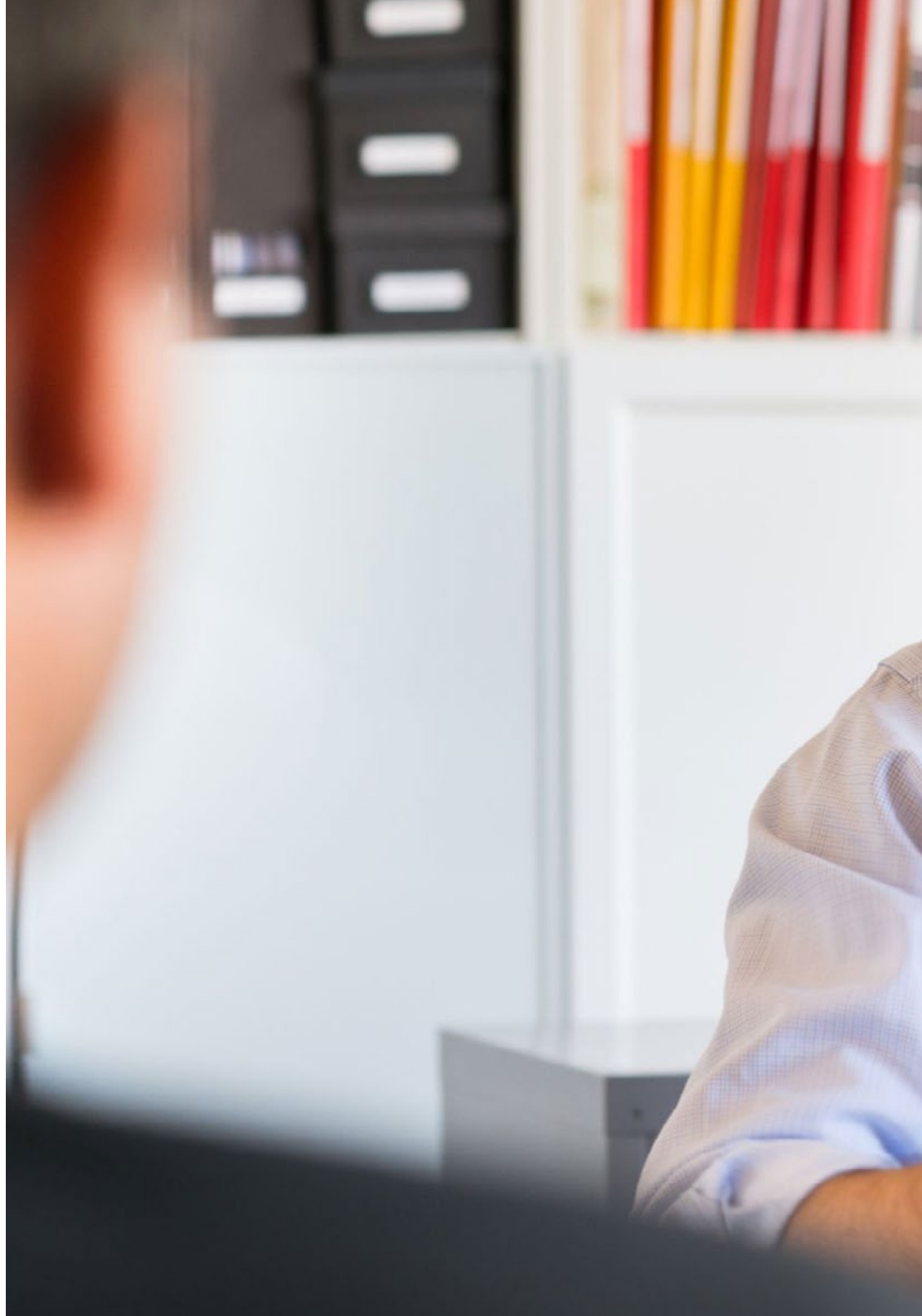
Specific Objectives

- Gain knowledge about what intrapersonal psychology is, and what is the importance of self-knowledge and self-management of the therapist
- Understand what an emotion is, how it differs from feelings and moods, and its function
- Master the basics of human brain function and development

You will have unlimited access from anywhere at any time thanks to the most powerful digital platform and the most developed interactive systems available today"

03

Course Management

The educational staff in charge of this program has a wide and recognized experience in specific techniques on emotional processing. In pursuit of excellence, the teachers make their experience available to the student to create learning situations that will make you become an expert in the subject.

"

The teachers of the program will provide you with a complete update on the best techniques to develop with your patients in the different sessions"

International Guest Director

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of Health and **Emotional Wellness**. Throughout her career, she has been a key figure in the promotion of **innovative Psychotherapies**, specializing in **personal management,** coaching and the development of **interpersonal projects** to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of Burnout, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an **Executive Coach** by the **International Coach Federation** and has been trained in **Individual Crisis Assistance** and **Group Crisis Intervention** at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. **She is also a** supervisor **and** member of the **advisory board** of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the **Asklepios KlinikenAsklepios Kliniken**, where she has implemented **ntegrated care areas** throughout the **Asklepios Group**.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigious prize awarded by the **Landesärztekammer Hessen (Hessen State Medical Association)**, for her outstanding commitment in the field of **Psychosomatic Primary Care.. Likewise, her involvement in** associations and her contribution to **medical literature have consolidated her position as** leader in her field, as well as an advocate for the **psychological and** physical well-being of her patients.

Dr. Christ, Claudia M.

- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- Director and Founder of the Akademie an den Quellen
- Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
- Psychotherapist
- Professional Coach from the International Coaching Federation (ICF)
- Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- Master's Degree in Public Health at the Technical University of Berlin
- Medical Degree from the Free University of Berlin
- Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care
- Member of German Society of Pain Medicine, German Society of Cardiology, German Society for Psychotherapy based on Depth Psychology, World Association of Positive and Transcultural Psychotherapy Associations and Society for Positive and Transcultural Psychotherapy

Thanks to TECH you will be able to learn with the best professionals in the world"

Management

Dr. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and at Avatar Psychologists
- Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- Degree in Psychology from the National University of Distance Education (UNED)

Professors

Dr. 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 educational centers
- Author of several books on Psychology
- Communicator and expert in Psychology in the media.
- University courses and studies teacher.
- Master's Degree in Clinical and Health Psychology
- Specialist in Clinical Psychology
- Selective Dissociation Targeting Specialist

Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

Structure and Content

This program is a complete review of the newest and most effective specific techniques in wellness therapy. With a multidisciplinary vision, and a complete update that includes the advances in this field of action, it will allow the therapist to learn everything necessary to intervene as a specialist in emotions. This specialization contains the most complete and updated program, designed by experts in Psychology and Psychotherapy, constituting a great tool for therapists who wish to train in a sector with high demand for professionals.

A curriculum developed by experts and quality content are the key to make your learning successful"

Module 1. Techniques for Emotional Processing in Therapy

" *TECH provides you with a unique, key and decisive training experience to boost your professional development with the most advanced techniques in the industry"*

05
Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career"

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.
The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

" *At TECH you will NOT have live classes (which you might not be able to attend)"*
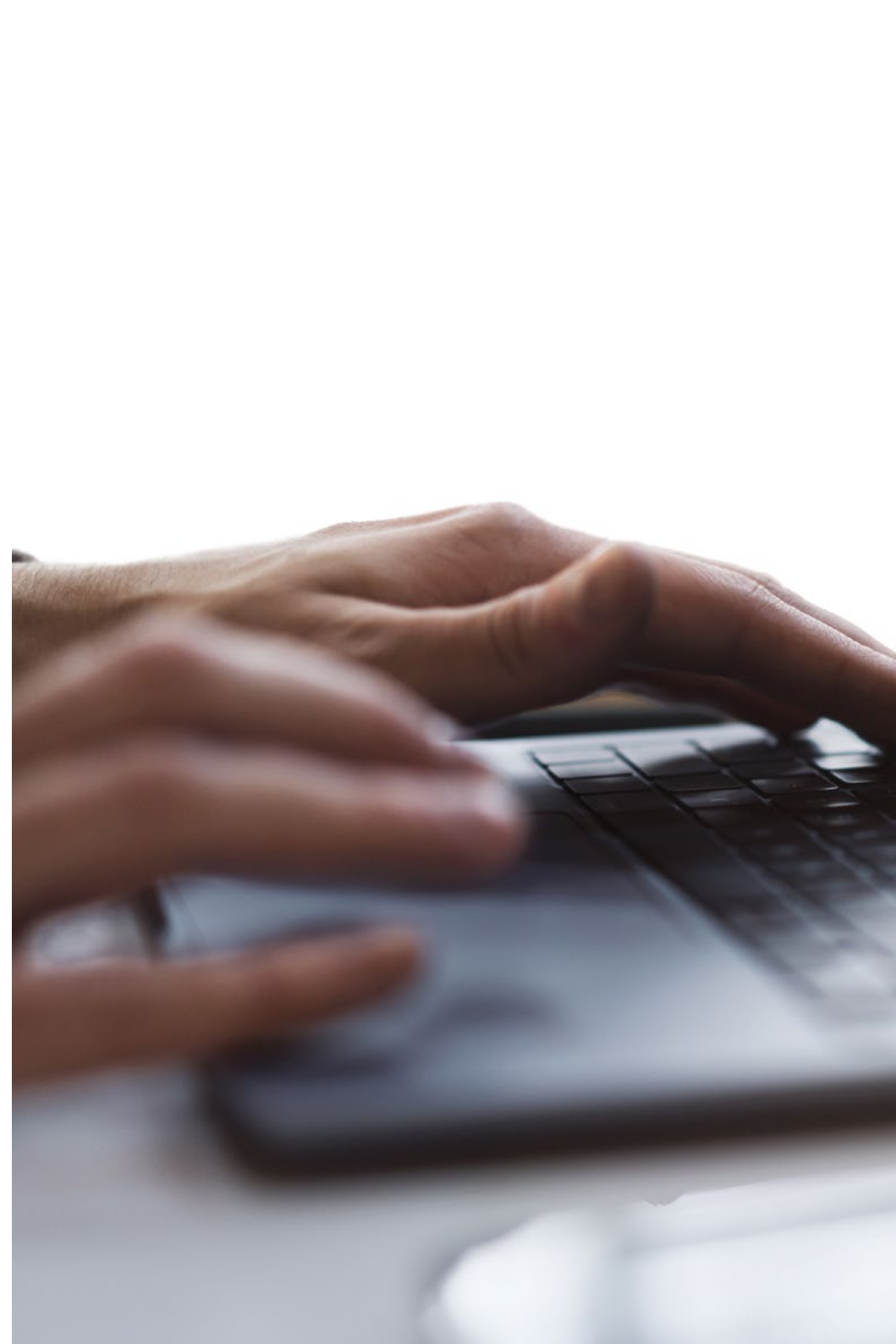
The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want"

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.

Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.

01
learning from evidence

02
relearning from evidence

03
testing

04
learning from an expert

05
neurocognitive context dependent learning

06
Von-Restorff effect

07
case based learning through storytelling

08
competencies testing (retesting)

A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.

> *The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"*

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

As such, the best educational materials, thoroughly prepared, will be available in this program:

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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.

Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.

Interactive Summaries

We present 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, international guides... In our virtual library you will have access to everything you need to complete your education.

20%

15%

15%

3%

20%

17%

7%

3%
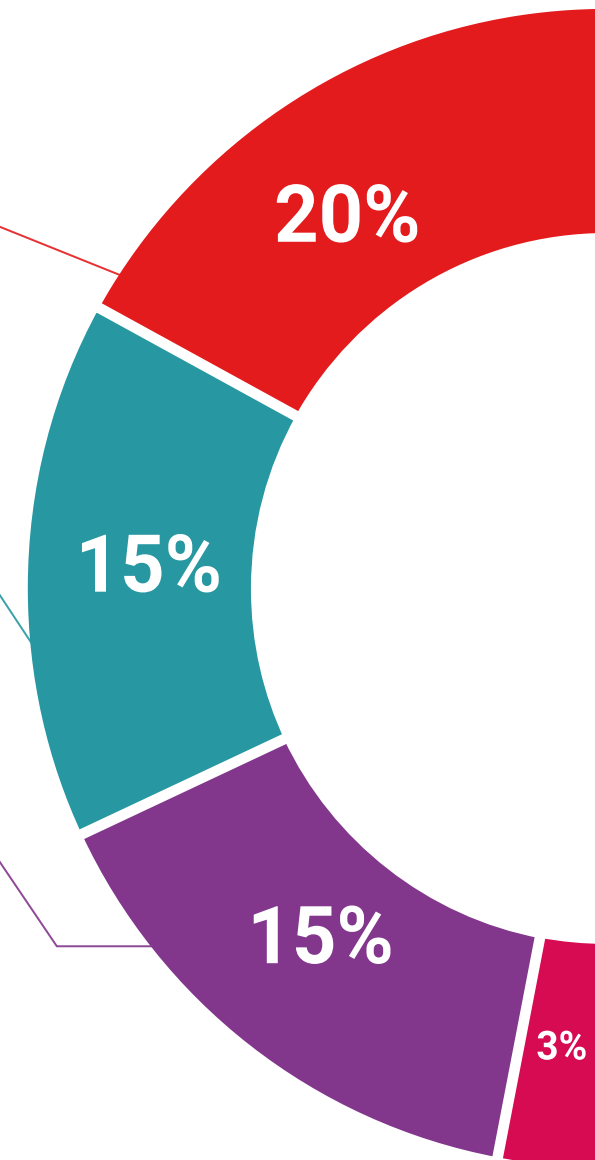
Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Testing & Retesting

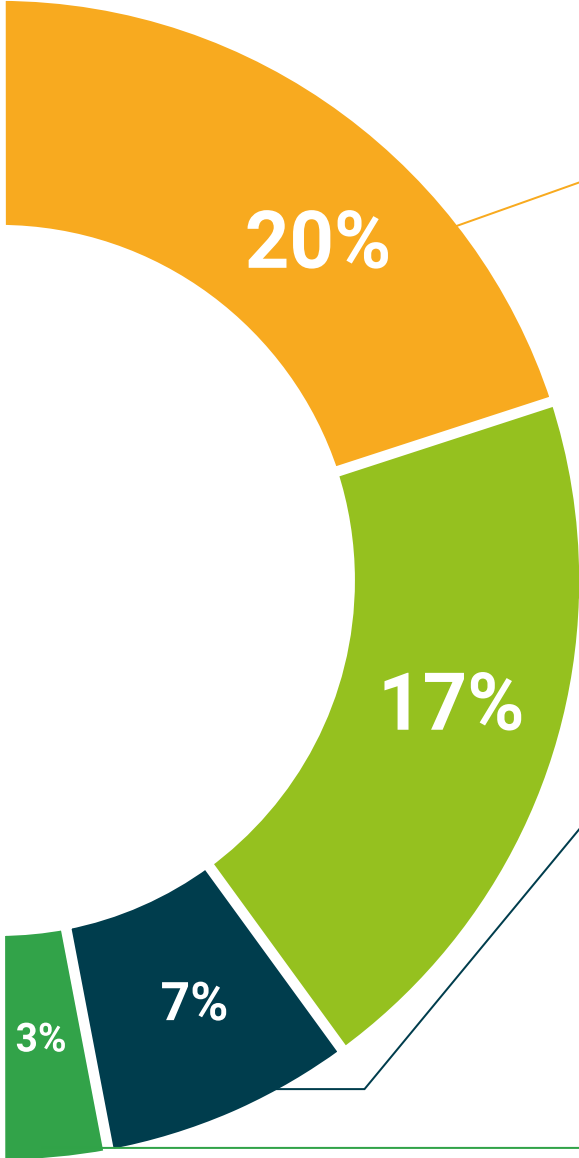We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for 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 Specific Techniques for Emotional Processing in Therapy 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 private qualification will allow you to obtain a **Postgraduate Certificate in Specific Techniques for Emotional Processing in Therapy** 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** private qualification 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 Specific Techniques for Emotional Processing in Therapy**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

tech global university

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Specific Techniques for Emotional Processing in Therapy

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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.

![tech. global university]

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Postgraduate Certificate

Specific Techniques for Emotional Processing in Therapy

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