

# Postgraduate Diploma

## Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction





## Postgraduate Diploma Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-cognitive-behavioral-treatment-alcohol-cannabis-addiction](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-cognitive-behavioral-treatment-alcohol-cannabis-addiction)

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# 01

# Introduction

The combined use of alcohol and marijuana can have a harmful effect on health, leading to addiction. Both are the most widely used psychoactive drugs worldwide, so it is not uncommon to find cases of intoxication in hospital wards. For this reason, doctors must have a perfect understanding of how the interaction of both substances works and the psychological effects they have on patients. With this program, the student will understand the effects of these drugs on the brain in order to perform a successful rehabilitation treatment.





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*Combining alcohol and cannabis  
creates a chain of harmful effects  
on people's health"*



Intoxication caused by alcohol and cannabis use diminishes people's cognitive and behavioral faculties, making them more vulnerable to accidents and addiction. For this reason, healthcare professionals should be aware of the signs of acute dependence when performing a physical examination of their patients.

With this program, it will be possible to identify and better understand the effects that the combination of these drugs has on the body and on the psyche of patients. This with the intention of finding an adequate rehabilitation treatment to avoid relapses.

For this, there is a series of practical cases and up-to-date information in the field of medicine and psychology. Due to the online modality, the content can be consulted at any time, from anywhere, since the student only needs to have a computer with internet connection. It also has a teaching staff that has specialized in this field and contributes valuable knowledge to the module that makes up the program, making it a unique and enriching experience.

This **Postgraduate Diploma in Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction** 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 alcohol and cannabis addiction
- 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 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



*Perform an initial psychological assessment of patients to then design a treatment to aid their recovery"*

“ *Analyze the impact that recreational cannabis use has had on modern society to understand the addiction it can cause*”

The program's teaching staff includes professionals from sector who contribute their work experience to this 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 professionals 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.

*With this Postgraduate Diploma you will develop criteria to determine the best treatment for patients with severe alcohol addiction.*

*Don't miss the opportunity to update your knowledge in Cognitive-Behavioral Treatment of Alcohol and Cannabis to improve your patient care.*



# 02 Objectives

The program is oriented to achieve the development of theoretical-practical learning, so that the physician is able to keep their knowledge up to date in order to exercise their professional practice with total confidence.





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*This program is designed to help you expand your knowledge with the use of the latest educational technology, to contribute with quality and safety to decision-making, diagnosis, treatment, and patient support"*



## General Objectives

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- ♦ Analyze the current state of the world of addictions and drugs
- ♦ Discover the neurological bases of different addictions
- ♦ Define the basic concepts commonly used by the scientific community in the area of addictions and formulate the different aspects to be taken into account by the expert in the assessment and intervention in these cases
- ♦ Offer a base of knowledge and procedures which provides the student with the necessary confidence and solid foundations to address real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the evaluation 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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### Module 1. Evaluation, Prevention and Psychological Treatment in Addictions

- ♦ Understand the effects of substances on the brain and the interrelation of the main neurological centers involved in addictions
- ♦ Highlight the techniques and tools of psychological assessment that the student will use in their daily practice, as well as the areas of assessment, in order to carry out a correct differential diagnosis as well as the detection of dual pathology
- ♦ Define the role of the psychologist in the assessment and intervention of addictions
- ♦ Identify the necessary criteria to carry out a preventative intervention as well as the most appropriate type of intervention in each case

### Module 2. Cognitive-Behavioral Treatment of Alcohol Addiction

- ♦ Define and classify the different types of alcoholic beverages to identify the problems related to them
- ♦ Get to know the impact and effects on health in healthy people
- ♦ Identify the neurobiology behind alcohol consumption
- ♦ Perform a psychological assessment of patients with alcohol addiction in order to refer them to appropriate treatment
- ♦ Address the different pathologies that are present in alcohol addiction

### Module 3. Cognitive-Behavioral Treatment of Cannabis Addiction

- ♦ Define and classify the types of drugs that lead to cannabis addiction
- ♦ Classify cannabis-related problems, their impact and the health effects of cannabis addiction
- ♦ Understand the disorders related to cannabis addiction
- ♦ Assess and treat the person suffering from cannabis addiction through different treatments such as pharmacological or psychological treatment
- ♦ Define other interventions and types of intervention programs
- ♦ Address other pathologies present in cannabis addiction



*This Postgraduate Diploma will represent a significant change in the careers of medical professionals”*

03

# Course Management

TECH has designed this program together with a team of professionals in this area to help students to achieve their most ambitious goals. For this reason, it has brought together for this qualification a faculty versed in the field of Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction. As a result, you will be able to learn from their successful strategies in the academic environment. In this way, the student who decides to take this Postgraduate Diploma will enjoy the opportunity to learn from the most qualified professionals in this field.







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*Perfect the Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction thanks to a unique qualification in the market"*



## 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



### **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 field 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)

### 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 (Evaluation 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 to guarantee the development of students in real environments that require the application of psychological intervention techniques to treat an addiction. In this way, they will be able to help their patients in a complete way, committing themselves to their physical and emotional recovery.





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*This program will become an opportunity to develop the skills in psychological intervention that every physician must possess to deal with addicted patients”*

## Module 1. Assessment, Prevention and Psychological Treatment in Addictions

- 1.1. Assessment of the Physical Field and General State of Health
- 1.2. Assessment Through Laboratory Tests
- 1.3. Assessment of Neuropsychological Aspects
- 1.4. Assessment of Personality and Its Disorders
- 1.5. Assessment of Mental State and Its Disorders
- 1.6. Assessment of the Severity of Addiction to Substances
- 1.7. Assessment of the Severity of Addiction Not Related to Substances
- 1.8. Assessment of Psychosocial Aspects
- 1.9. Prevention of Addictions
- 1.10. Principles to Follow in the Treatment of Addictions
- 1.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 1.12. Transtheoretical Model
- 1.13. Cognitive-Behavioural Treatment: Commonly Used Techniques
- 1.14. Treatment Oriented Towards the Family
- 1.15. Group Therapy
- 1.16. Other Focuses of Treatment
- 1.17. Care Resources and Devices and Addiction Treatment

## Module 2. Cognitive-Behavioral Treatment of Alcohol Addiction

- 2.1. Definition and Classification of Alcoholic Drinks
- 2.2. Classification of Problems Related to Alcohol
- 2.3. Impact and Effect of Alcohol on Health
- 2.4. Neurobiology of Addiction to Alcohol
- 2.5. Disorders Related to Alcohol
- 2.6. Psychological Assessment in Alcohol Addiction
- 2.7. Medical treatment
- 2.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 2.9. Other Therapeutic Interventions and Types of Intervention Programs
- 2.10. Psychological Intervention in Adolescents
- 2.11. Approach to Other Pathologies Present in Addiction to Alcohol
- 2.12. Prevention of Relapses and Maintaining Results





### Module 3. Cognitive-Behavioral Treatment of Cannabis Addiction

- 3.1. Current Beliefs on Cannabis
- 3.2. Cannabis and Ways of Consuming It
- 3.3. Impact and Effect of Cannabis on Health
- 3.4. Neurobiology of Addiction to Cannabis
- 3.5. Disorders Related to Cannabis
- 3.6. Psychological Assessment in Cannabis Addiction
- 3.7. Medical Treatment
- 3.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 3.9. Other Therapeutic Interventions and Types of Intervention Programs
- 3.10. Psychological Intervention in Adolescents
- 3.11. Approach to Other Pathologies Present in Addiction to Cannabis
- 3.12. Prevention of Relapses and Maintaining Results

“*Establish appropriate treatment for patients with withdrawal syndromes and supports them in their recovery*”





# 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 Diploma in Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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*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 Diploma in Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction** 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 Diploma in Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction**

Modality: **online**

Duration: **6 months**

Accreditation: **24 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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development language

virtual classroom



## Postgraduate Diploma

Cognitive-Behavioral  
Treatment in Alcohol  
and Cannabis Addiction

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
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# Postgraduate Diploma

## Cognitive-Behavioral Treatment in Alcohol and Cannabis Addiction