

# Postgraduate Diploma

## Emotion-Based Group Psychotherapy





## Postgraduate Diploma Emotion-Based Group Psychotherapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-emotion-based-group-psychotherapy](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-emotion-based-group-psychotherapy)

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# 01

# Introduction

In order to understand the value of group psychotherapy and its effectiveness, it is sufficient to think about the reality in which people live every day. Most of our lives are spent in group contexts: with family, friends or work colleagues. People are part of a complex network of relationships that shapes the way they are. Therefore, students who study this program will explore, in greater depth, the way people relate to each other, as well as identify behavioral patterns. As such, professionals will be able to help resolve emotional difficulties and promote the personal development of the people present in the session, through mixed communication.





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*Learn here about the latest advances in the specialty to be able to provide patients with quality medical practice"*



In group psychotherapy, in addition to the application of specific techniques and the implementation of interventions by the professional, the group itself is an instrument of change. This type of session does not involve exclusive interaction between patients and therapists, rather, what favors and facilitates this type of therapy is the exchange between the different members of the group.

This Postgraduate Diploma will instruct the student in interpersonal learning, the development of socialization techniques and the transmission of information from the approach of emotion. All this in a group context characterized by cohesion and universality. Therefore, the student will understand and be able to effectively apply Group Psychotherapy to help people not only to know themselves better, but also to improve their interpersonal skills.

Over the course of 6 months, students will delve into the applications of Group Psychotherapy, understanding the competitive advantages it brings, thereby positioning them at the forefront of the medical sector. In addition, the student has the best 100% online study methodology, which eliminates the need to attend classes in person and to follow a fixed schedule.

This **Postgraduate Diploma in Emotion-Based Group Psychotherapy** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in Emotion-Based Group Psychotherapy.
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ 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



*As this is a 100% online Postgraduate Diploma, you will be able to advance in your career in a comfortable and fast way”*

“

*This qualification allows you to exercise in simulated environments, which provide immersive learning programmed to train you for real situations”*

*It includes clinical cases to bring the program’s content as close as possible to the reality of Psychotherapy.*

*Become one of the most in-demand professionals of today. Don't miss this opportunity and enroll today.*

The program’s teaching staff includes professionals from the 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 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The objective of this comprehensive Postgraduate Diploma is to train highly qualified professionals. This objective is achieved through a high-impact educational process that boosts the student's real work capacity. For this purpose, Psychotherapy will be mastered from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will intervene in the discomfort or health of the group of patients.







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*Enhance your skills in the approach to  
Emotion-Based Psychotherapy through this  
Postgraduate Diploma"*



## General Objectives

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- ♦ Provide the student with the necessary knowledge to be able to offer real Emotional Well-Being to their patients
- ♦ Get trained to generate a good therapist–patient bond
- ♦ In-depth knowledge and understanding about 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 the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health



*Reach the top with this highly effective educational specialization and open new paths to your professional advancement"*





## Specific Objectives

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### Module 1. Emotional Group Psychotherapy

- ♦ Gain knowledge about other types of therapies when the intervention is with more than one patient (couple, family and groups)
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose
- ♦ Understand how the self-concept is generated through the learning processes and the links to reference persons
- ♦ Understand the importance of the link with the references in order to survive, and how these links are generated from emotion

### Module 2. Emotion

- ♦ Learn about the role of emotion and its historical evolution
- ♦ Know the scientific research related to emotions
- ♦ Know what a basic emotion is and its function
- ♦ Understand how emotion affects different cognitive processes.

### Module 3. A Multifactorial View of Health. Psychoneuroimmunology

- ♦ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ♦ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- ♦ Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model



# 03

## Course Management

The teaching staff of this program is made up of a group of active and highly qualified experts. Therefore, the professional who decides to take this program will learn from the hand of a faculty of excellence, with years of experience in the sector and with the greatest desire to graduate the best in this field. At the same time, this team has also designed the contents of the Postgraduate Diploma, ensuring the student a complete learning experience, based on the highest scientific rigor and the latest developments in the sector.





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*Leading professionals in the field  
have come together to teach you the  
latest advances in Emotion-Based  
Group Psychotherapy"*



## Management



### Ms. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology in Quirónsalud Hospital and Avatar Psychologists in Marbella
- Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL)
- University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- Collaborator in different Red Cross programs
- Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer in Human Resources Consulting Services (HRCS)



### Aguado Romo, Roberto

- President of the European Institute of Time-Limited Psychotherapy
- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo.
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux.
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has conducted his training
- ♦ Creator of Integrative Meditation, developed from the Big Mind model.
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós.

### Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella.
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Expert in energy therapy intervention

### Dr. Mazza, Mariela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in Mindfulness and Meditation, and facilitator of these techniques at Quirón Hospital Salud Marbella

### Dr. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at Hospital Quirón Salud Marbella and at Avatar Psicólogos
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross

# 04

## Structure and Content

The contents of this Postgraduate Diploma have been structured and developed with a clear purpose: to ensure that the students acquire each and every one of the skills they require in order to become true experts in Group Psychotherapy. It is, therefore, a comprehensive program that addresses everything from emotion to Psychoneuroimmunology, to take you to the highest standards of quality and success.





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*TECH will take you through different teaching approaches to allow you to learn in a dynamic and effective way”*

## Module 1. Emotional Group Psychotherapy

- 1.1. Emotion-Based Group Psychotherapy
- 1.2. Psychodrama
- 1.3. Debriefing
- 1.4. Family Therapy
- 1.5. Integral Couple Therapy

## Module 2. Emotion

- 2.1. What is an Emotion?
  - 2.1.1. Definition
  - 2.1.2. Difference Between Emotion, Feeling and State of Mind
  - 2.1.3. Function, Are there Positive and Negative Emotions?
- 2.2. Different Classifications of Emotions
- 2.3. Fear
  - 2.3.1. Function
  - 2.3.2. Platform for Action
  - 2.3.3. Neurological Structures
  - 2.3.4. Associated Biochemistry
- 2.4. Anger
  - 2.4.1. Function
  - 2.4.2. Platform for Action
  - 2.4.3. Neurological Structures
  - 2.4.4. Associated Biochemistry
- 2.5. Blame
  - 2.5.1. Function
  - 2.5.2. Platform for Action
  - 2.5.3. Neurological Structures
  - 2.5.4. Associated Biochemistry
- 2.6. Disgust
  - 2.6.1. Function
  - 2.6.2. Platform for Action
  - 2.6.3. Neurological Structures
  - 2.6.4. Associated Biochemistry
- 2.7. Sadness
- 2.8. Function
  - 2.8.1. Platform for Action
  - 2.8.2. Neurological Structures
  - 2.8.3. Associated Biochemistry
- 2.9. Surprise
  - 2.9.1. Function
  - 2.9.2. Platform for Action
  - 2.9.3. Neurological Structures
  - 2.9.4. Associated Biochemistry
- 2.10. Curiosity
  - 2.10.1. Function
  - 2.10.2. Platform for Action
  - 2.10.3. Neurological Structures
  - 2.10.4. Associated Biochemistry
- 2.11. Security/Safety
  - 2.11.1. Function
  - 2.11.2. Platform for Action
  - 2.11.3. Neurological Structures
  - 2.11.4. Associated Biochemistry
- 2.12. Admiration
  - 2.12.1. Function
  - 2.12.2. Platform for Action
  - 2.12.3. Neurological Structures
  - 2.12.4. Associated Biochemistry
- 2.13. Joy
  - 2.13.1. Function
  - 2.13.2. Platform for Action
  - 2.13.3. Neurological Structures
  - 2.13.4. Associated Biochemistry
- 2.14. Influence of Emotion in Cognitive Processes
- 2.15. Brain and Emotion in the Child
- 2.16. Brain and Emotion in the Adolescent





### Module 3. A Multifactorial View of Health. Psychoneuroimmunology

- 3.1. What is Psychoneuroimmunology?
  - 3.1.1. Definition
  - 3.1.2. Origins
- 3.2. Communication Routes
- 3.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (1) The Nervous System
- 3.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (2) The Endocrine System
- 3.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (3) The Immune System
- 3.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (4) Interaction Between Systems
- 3.7. Emotion, Personality and Illness
- 3.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 3.9. Healthy Living



*Learn through an immersive experience that will help you assimilate knowledge more quickly and provide you with a much more realistic view of the content"*

# 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.







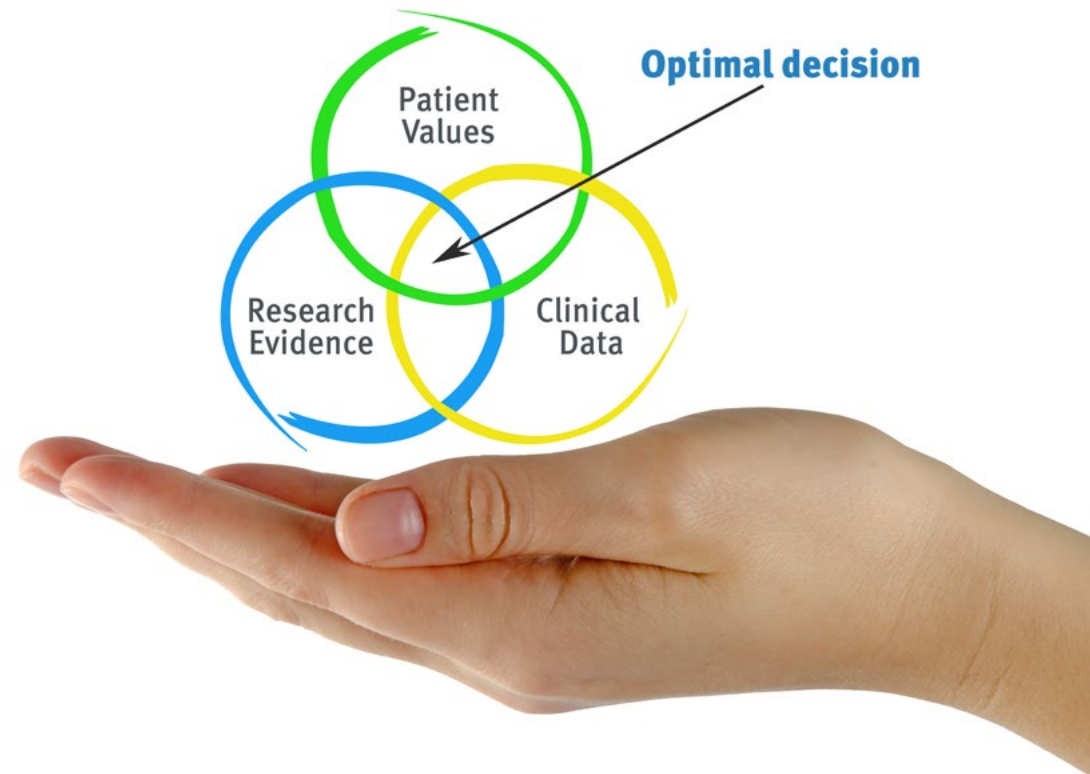
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

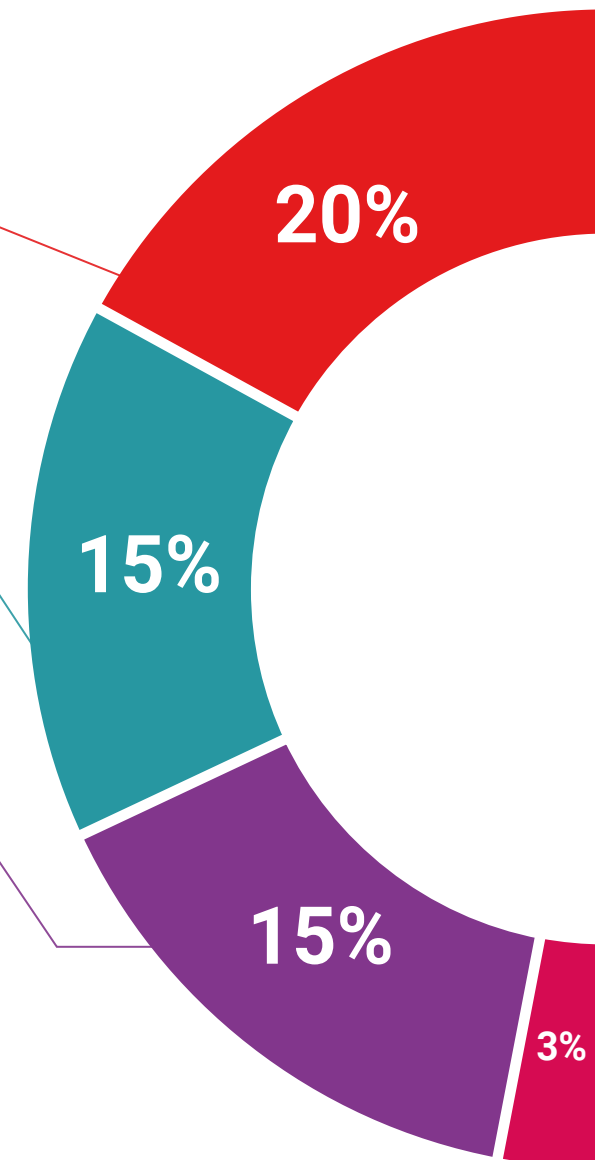
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

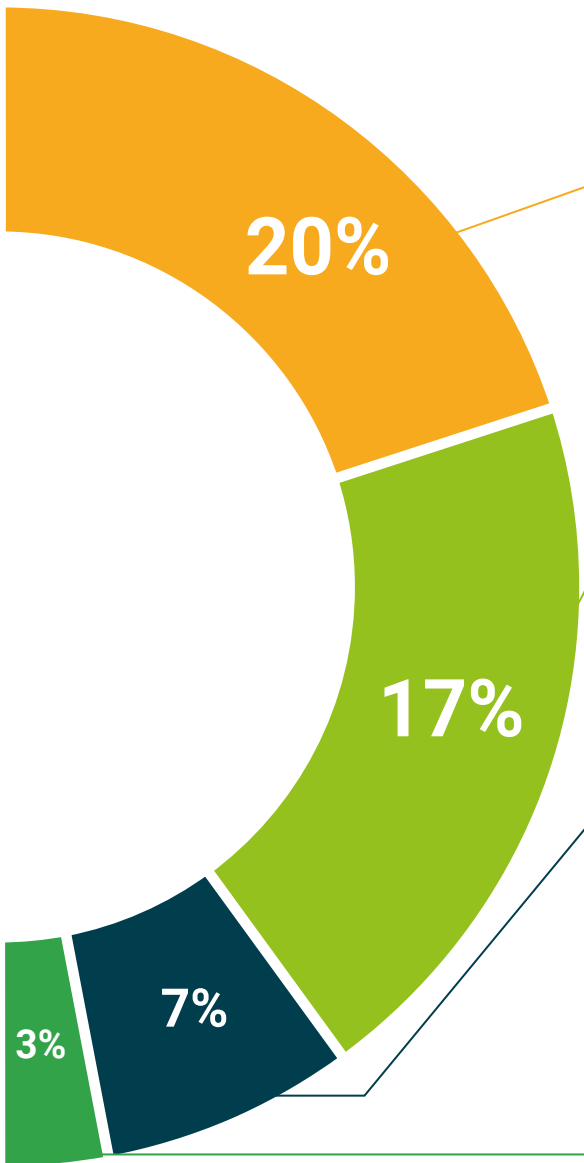
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Emotion-Based Group Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Emotion-Based Group Psychotherapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding Postgraduate Diploma issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Emotion-Based Group Psychotherapy**

Official N° of Hours: 400 h.



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

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



**Postgraduate Diploma**  
Emotion-Based Group  
Psychotherapy

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

# Postgraduate Diploma

## Emotion-Based Group Psychotherapy

