

# Postgraduate Diploma

## Emotion-Based Psychotherapy





## Postgraduate Diploma Emotion-Based 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-psychotherapy](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-emotion-based-psychotherapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

People seek Psychotherapy for a number of reasons that arise in their day-to-day lives. In some cases, for the treatment of depression or anxiety, and in others, to help change problematic behavior or cope with major life transitions. This 100% online program specializes the students and provides them with up-to-date knowledge to be able to gather relevant information about their patients such as their background, the history of their concerns and other important areas of their life. Through psychotherapy you will perform an interactive and collaborative process based on dialogue and the active participation of the patient in shared problem solving based on emotion.



“

*A program designed to offer you the new ways of working in Psychotherapy through a stimulating training experience"*

Patients who come to therapy, whatever the nature of their psychological symptoms, are in a state of demoralization that can be characterized by feelings of incompetence, helplessness and hopelessness. This feeling leaves the individual unable to cope with daily tasks and often leads to confusion about the meaning of the symptoms and exaggeration of their severity.

Students who complete this program will acquire the knowledge required to offer their patients effective and quality therapy, through numerous techniques that work precisely from the place where the conflict is generated; emotions.

The syllabus covers the main current topics in Psychotherapy in the medical field. The student will be able to bring order to chaos by facilitating the understanding of ideas and actions that had been confusing, leading to some relief by enabling the patient to cope with avoidable problems. In this way, it will lead the client to new opportunities to learn different ways of thinking, feeling and acting.

Over the course of 6 months, the students will delve into the field of application of Psychotherapy, understanding the competitive advantages it brings, which will position them at the forefront of the medical sector. Furthermore, students have the best 100% online study methodology, which eliminates the need to attend classes in person or be constrained by a fixed schedule.

This **Postgraduate Diploma in Emotion-Based 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 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 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



*You will see how your workflow and patient satisfaction will improve tremendously with the knowledge provided by this Postgraduate Diploma"*

“

*Make the most of this opportunity and make your skills enable you to perform more efficiently and confidently in the areas of emotion-based psychotherapy"*

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

*A comprehensive and specialized program that will allow you to study without problems of compatibility with your daily life.*

*You have within your reach the best opportunity to give that extra quality you are looking for in your professional career.*



# 02 Objectives

The objective of this Postgraduate Diploma is to accompany and encourage the students in a process of professional growth that will allow them to reach a new level of performance. With the most interesting and up-to-date knowledge of the moment in a qualification that is intensively focused on practice.





“

*This program will lead you to the acquisition of the necessary skills to propel your professional practice to the highest level of quality"*



## General Objectives

---

- Define the concept of emotion-based psychotherapy and its applications
- Learn how the brain works and learning processes
- Master the concept of emotion, its classification and functioning
- Acquire the knowledge and basic tools to generate a good therapeutic bond.
- Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- Understand what a traumatic memory consists of and handle the different techniques of emotional processing



*Training with realistic objectives that will convert into immediate professional advancement"*





## Specific Objectives

---

### Module 1. The Emotion-Based Psychotherapy

- ◆ Discover the scientific basis of emotion and its relevance
- ◆ Observe the path of emotion throughout the history of psychology and its different models
- ◆ In-depth knowledge of what emotion-based psychotherapy is
- ◆ Manage Time Limited Psychotherapy as a reference model
- ◆ Master the 10 basic emotions, their biochemistry and platform of action

### Module 2. The Brain and Learning

- ◆ Master the different types of learning and the role of emotion in learning
- ◆ Understand basic learning processes
- ◆ Understand the importance of early attachments in the development of self-concept
- ◆ Discover how emotional schemes are formed

### Module 3. 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

# 03

# Course Management

Professionals in the field of Psychotherapy make up a complete multidisciplinary team to provide the student with a unique opportunity to learn through this Postgraduate Diploma. Professionals in the sector will invest their theoretical and practical knowledge to take the student to the highest level of training. All this, with the most current and effective teaching methods in the online academic market.





“

*An unparalleled opportunity to learn and grow professionally, hand in hand with the best specialists in Psychotherapy”*

## Management



### Ms. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology in Quironsalud 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

### Mr. 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

### Ms. Berbel Jurado, Tamara

- ◆ Psychologist expert in childhood and adolescence at Quirón Salud Marbella Hospital and at Avatar Psychologists
- ◆ 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 structure of the contents has been designed by a team of professionals from the best education centers, universities, and companies, aware of the relevance of current specialization in order to intervene in the training and support of students, and who are committed to quality teaching through new educational technologies. Likewise, committed to quality teaching, they make use of new educational technologies.







“

*A compendium of knowledge created to give the clinician the opportunity to get up to date and incorporate the most advanced knowledge in Psychotherapy"*

### Module 1. Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

### Module 2. The Brain and Learning

- 2.1. The Three Brains
  - 2.1.1. The Reptilian Brain
  - 2.1.2. The Mammal Brain
  - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
  - 2.2.1. Basic Intelligence
  - 2.2.2. Pattern Intelligence
  - 2.2.3. Parameter Intelligence
- 2.3. The intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Fight-or-Flight Response
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires, Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept



## Module 3. Emotion

- 3.1. What is an Emotion?
  - 3.1.1. Definition
  - 3.1.2. Difference Between Emotion, Feeling and State of Mind
  - 3.1.3. Function, Are there Positive and Negative Emotions?
- 3.2. Different Classifications of Emotions
- 3.3. Fear
  - 3.3.1. Function
  - 3.3.2. Platform for Action
  - 3.3.3. Neurological Structures
  - 3.3.4. Associated Biochemistry
- 3.4. Anger
  - 3.4.1. Function
  - 3.4.2. Platform for Action
  - 3.4.3. Neurological Structures
  - 3.4.4. Associated Biochemistry
- 3.5. Blame
  - 3.5.1. Function
  - 3.5.2. Platform for Action
  - 3.5.3. Neurological Structures
  - 3.5.4. Associated Biochemistry
- 3.6. Disgust
  - 3.6.1. Function
  - 3.6.2. Platform for Action
  - 3.6.3. Neurological Structures
  - 3.6.4. Associated Biochemistry
- 3.7. Sadness
- 3.8. Function
  - 3.8.1. Platform for Action
  - 3.8.2. Neurological Structures
  - 3.8.3. Associated Biochemistry
- 3.9. Surprise
  - 3.9.1. Function
  - 3.9.2. Platform for Action
  - 3.9.3. Neurological Structures
  - 3.9.4. Associated Biochemistry
- 3.10. Curiosity
  - 3.10.1. Function
  - 3.10.2. Platform for Action
  - 3.10.3. Neurological Structures
  - 3.10.4. Associated Biochemistry
- 3.11. Security/Safety
  - 3.11.1. Function
  - 3.11.2. Platform for Action
  - 3.11.3. Neurological Structures
  - 3.11.4. Associated Biochemistry
- 3.12. Admiration
  - 3.12.1. Function
  - 3.12.2. Platform for Action
  - 3.12.3. Neurological Structures
  - 3.12.4. Associated Biochemistry
- 3.13. Joy
  - 3.13.1. Function
  - 3.13.2. Platform for Action
  - 3.13.3. Neurological Structures
  - 3.13.4. Associated Biochemistry
- 3.14. Influence of Emotion in Cognitive Processes
- 3.15. Brain and Emotion in the Child
- 3.16. Brain and Emotion in the Adolescent

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.



“

*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.

“

*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.*





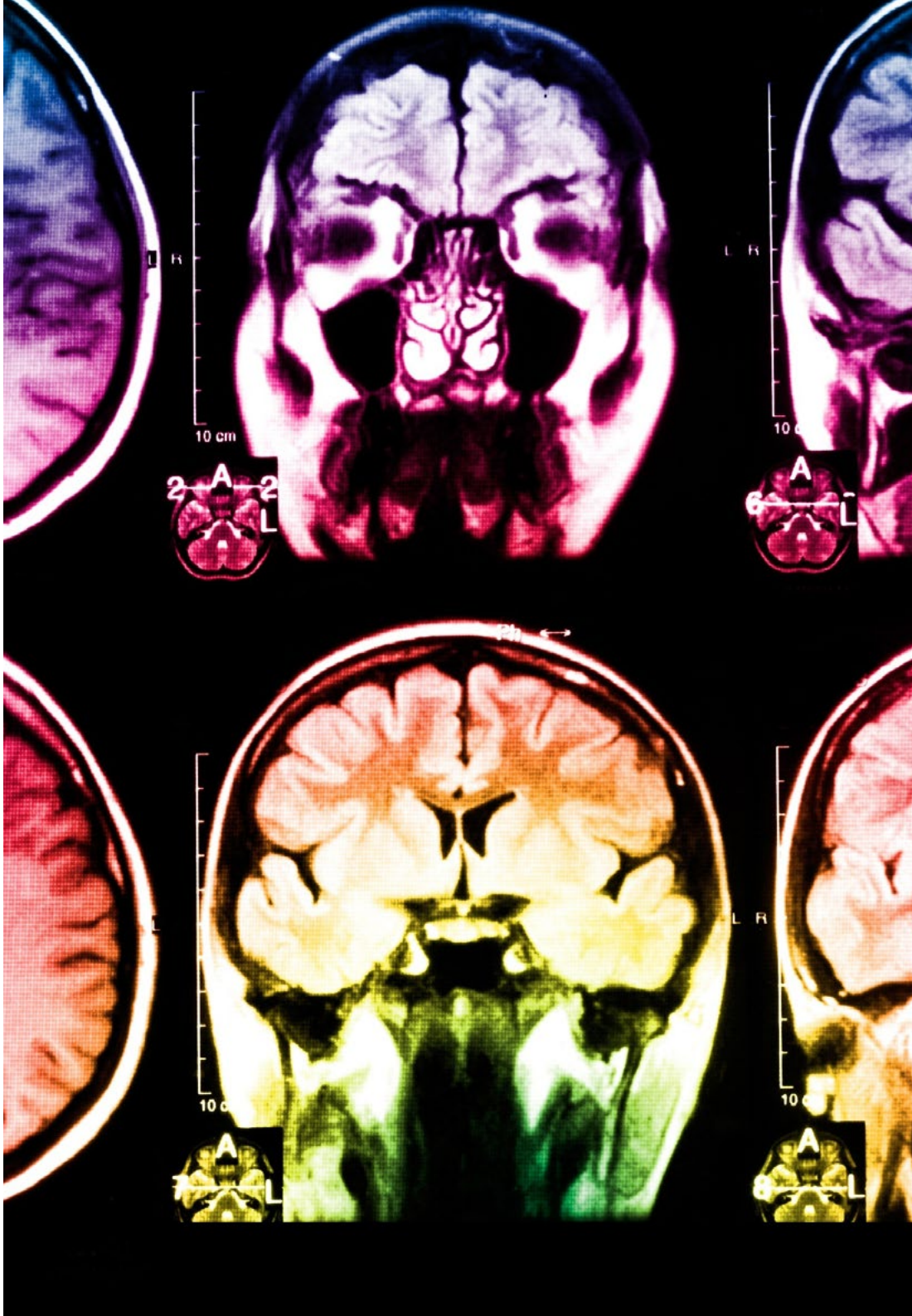
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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.

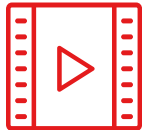
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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.

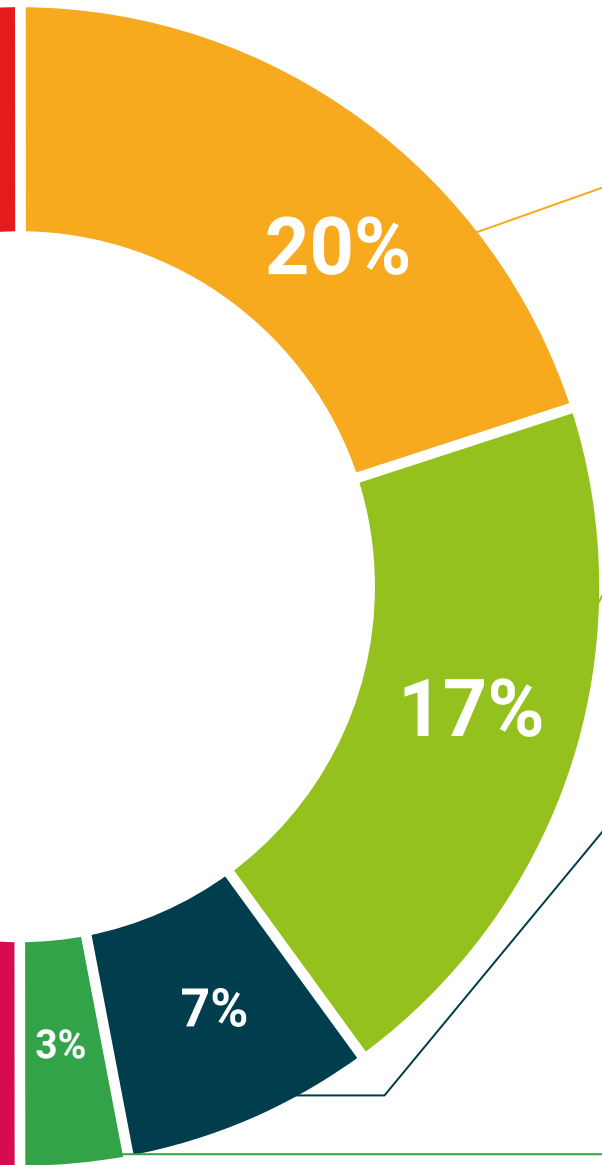
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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



“

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

This **Postgraduate Diploma in Emotion-Based 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 Certificate in Emotion-Based Psychotherapy**

Official N° of hours: **500 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  
online training  
development language  
virtual classroom

**tech** technological  
university

**Postgraduate Diploma**  
Emotion-Based  
Psychotherapy

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

# Postgraduate Diploma

## Emotion-Based Psychotherapy

