

# Postgraduate Diploma

## Family Intervention for the Elderly





## Postgraduate Diploma Family Intervention for the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-family-intervention-elderly](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-family-intervention-elderly)

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# 01

# Introduction

The family model has changed a lot in the last decades. Moving from the classical conception to a wide range of different family types. This evolution has had an impact on the way in which the elderly are cared for, which in turn has repercussions on the socialization and health of the elderly. For this reason, TECH has compiled the most recent sociological studies on family models and the figure of the elderly within the family. Combined, in addition, with psychodiagnosis and psychotherapies, as a way of complementing the evaluation of the family network of the elderly person in today's society. In turn, these contents will be taught in a totally online modality and without timetables, thus favoring personal and work conciliation.





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*In TECH you will delve into the latest sociological studies about the modern family so that you can update your knowledge of the elderly family network"*

Occasionally, the physician may require family intervention. These family members are often unaware of the level of dependency of their elderly and how necessary they are to them. In this sense, one of the main axes of the Postgraduate Diploma is to provide techniques and advice to the physician to address these situations with the delicacy and precision they require.

Different factors related to the family will also be analyzed. Such as intergenerational conflicts, the modern family, the regulatory processes of family life or the change of the authority figure. All this, with the intention of determining which is the most suitable ecosystem for aging within the family nucleus.

In addition, the psychic, physical and social evaluation of the elderly person will be studied in depth. As well as in the intervention of the elderly from clinical psychology. Providing the most innovative psychotherapies oriented to the elderly.

These contents will be taught in a 100% online format, without timetables and with the entire syllabus available from the first day. In this way, the physician will be able to organize themselves according to their needs and reconcile their studies with their personal and professional life.

The **Postgraduate Diploma in Family Intervention for the Elderly** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ Developing practical cases presented by experts in Family Intervention for the Elderly
- ♦ The graphic, schematic, and eminently practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used 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



*Enroll and learn different techniques to promote family support for those elderly people who need it"*

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*Throughout the program you will work, together with prestigious physicians, on how dependence affects the onset of personality disorders in the elderly"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The syllabus includes a review of the latest psychodiagnostic techniques so that you can accurately determine the origin of any psychopathology.*

*Keeping up to date will lay the foundation for quality care. At TECH, we offer you a program based on the most recent research.*



# 02 Objectives

The Postgraduate Diploma in Family Intervention for the Elderly aims to provide students with an understanding of the role played by the elderly in the modern family. As well as the importance of this social agent in the health of the elderly. At the same time, the evaluation and psychodiagnosis of the elderly will be studied in depth. As a way of detecting whether a problem is rooted in the family nucleus or is external. And finally, a review of the most effective and current psychotherapies oriented to the elderly will be proposed.







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*Sometimes, the family may be the only point of socialization for the elderly person. In TECH we detail what options are available when this agent is not available"*



## General Objectives

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- ♦ Understand the place of the elderly in the modern family
- ♦ Understand the importance of the family in the health of the elderly and as an agent of socialization
- ♦ Delve into the most recent sociological research on the elderly and the family
- ♦ Know the most relevant and novel psycho-diagnostic techniques and psychotherapies

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*In this program, a section has been reserved to analyze the physical consequences that a psychological problem can have, and vice versa”*





## Specific Objectives

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### Module 1. Aging and Family

- ♦ Define the concept of family
- ♦ Identify the processes and factors that regulate family life
- ♦ Know the advantages of having a functional family in old age
- ♦ Deepen in the support mechanisms that exist within the family
- ♦ Understand the changes that the 70's crisis can generate in the elderly
- ♦ Understand how the concept of family is evolving
- ♦ Understand the needs of the elderly in order to age successfully

### Module 2. Health and Disease Assessment in Old Age

- ♦ Conduct a physical, psychological and social evaluation
- ♦ Determine how psychological and social factors affect physical activity
- ♦ Observe the ability to solve problems

### Module 3. Psychotherapies and Intervention from Clinical Psychology for the Elderly

- ♦ Define the specific elements of psychotherapy for the elderly
- ♦ Delve into the models that explain health and disease behaviors
- ♦ Work with different innovative psychotherapies oriented to the elderly

03

# Course Management

Throughout the program you will work with prestigious physicians from the best centers in Spain. In addition, TECH has taken into account that these physicians should have experience in the educational field. In this way, not only will we work with updated and quality information, but we will also ensure an effective internalization of the learning process.



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*At TECH you will carry out the learning process under the guidance of prestigious doctors, so that you can ask the most specific questions you may have"*

## International Guest Director

Dr. Abby Altman is a renowned Psychologist specialized in Anthropology and Philosophy. Her line of work focuses on providing personalized therapeutic plans to patients with conditions such as Cognitive Impairment or Dementia in order to optimize their long-term quality of life.

Her passion for integrating behavioral health into primary care has led her to lead important programs focused on mental wellness. One example is iCBT, which promotes neurological resilience. In addition, during her career, she has held strategic roles such as the Director of Brain Support and Wellness Services at Brigham and Women's Hospital in Massachusetts.

Moreover, her leadership skills in healthcare settings have allowed her to contribute to the comprehensive training of specialists. In this way, she has contributed to physicians developing a multidisciplinary approach based on behavioral change.

It should be noted that her work has been recognized internationally on multiple occasions. One of his main contributions is the digital approach in the field of Geriatric Psychotherapy. In this way, she has received a variety of awards for her work in improving access to mental health and the use of motivational interviewing to promote behavior change in users.

Firmly committed to progress in this area, she has balanced this work with her role as a Clinical Researcher. As such, she has conducted multiple exhaustive analyses on topics such as loneliness, behavioral patterns or the adaptation of Cognitive-Behavioral Therapies.

She is also a member of the Motivational Interviewing Trainers Network. In this organization she participates in the design of educational programs and didactic materials of this technique for different contexts, from Primary Care to Addictions management.



## Dr. Altman, Abby

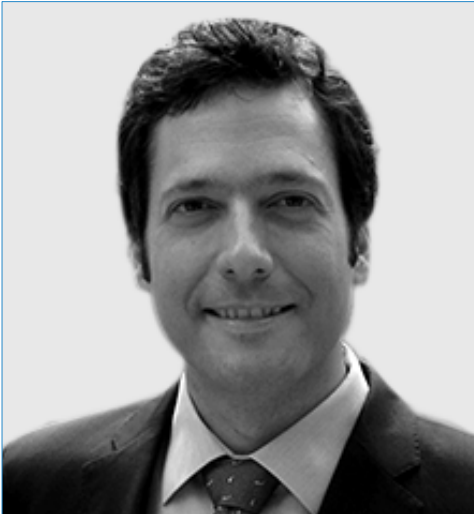
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- ♦ Co-director of Neurological Wellness at Brigham and Women's Hospital in Boston, United States
- ♦ Geropsychologist at Brigham and Women's Hospital
- ♦ Clinical Leader, iCBT program at Brigham and Women's Hospital
- ♦ Psychologist at Brigham and Women's Hospital
- ♦ Director of Psychology Education at Brigham and Women's Hospital
- ♦ Subject Matter Expert at Inflect Health Advisory
- ♦ Assistant Project Coordinator at Boston VA Research Institute
- ♦ Clinical Psychology Intern at Bay Pines VA Healthcare System
- ♦ Behavioral Specialist at Eldercare Assessment & Resources
- ♦ Ph.D. in Philosophy at Lehigh University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Anasagasti, Aritz

- ◆ European specialist psychologist in Psychotherapy by the EFPA at the CEP health center in Bilbao
- ◆ President of Emotional Network
- ◆ Master in Time-Limited Psychotherapy and Health Psychology
- ◆ Psychogeriatrics Specialist
- ◆ Creator of the homebased intervention.
- ◆ Member of the Basque Association of Gestalt Therapy
- ◆ Reciprocal Interaction Psychotherapist
- ◆ Specialist in neurodegenerative diseases from the Basque Country University.
- ◆ Responsible for the computer development of Emotional Management and treatment in the elderly

## Coordination



### Dr. Aguado Romo, Roberto

- ◆ Psychologist specializing in Clinical Psychology
- ◆ European specialist psychologist in psychotherapy
- ◆ Managing Director of evaluation and psychotherapy centers in Madrid, Bilbao, and Talavera de la Reina
- ◆ Author of Time-Limited Psychotherapy
- ◆ Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies



## Professors

### Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN. technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist. Lecturer in the Department of Psychology at the UCLM
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldan, Lucia

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

### Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

### Dr. Zabala - Baños, María Carmen

- ♦ Doctorate in Psychology from the Castilla la Mancha University
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

# 04

## Structure and Content

The agenda begins with the particularities of aging in the family. With sections such as the modern family, the functional family or filial responsibility. This is followed by an in-depth look at the assessment of health and disease in old age. Emphasizing the three main axes: psychic, physical and social. Finally, the most appropriate psychotherapies for the treatment of psychopathologies in the elderly will be discussed.





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*In TECH you will delve into social assessment by raising questions such as economic possibilities or the number of friends of the elderly person"*

## Module 1. Aging and Family

- 1.1. What Is Family?
  - 1.1.1. Family Life Cycle
  - 1.1.2. Family Sociability.
  - 1.1.3. New Intergenerational Conflicts
  - 1.1.4. Core Family.
  - 1.1.5. Modern Family
  - 1.1.6. Social Organization of Sexual Relationships
- 1.2. Regulatory Processes of Family Life
  - 1.2.1. Family Temperament.
  - 1.2.2. Family Identity
- 1.3. The Process of Family Development and Growth
  - 1.3.1. Sandwich Generation.
  - 1.3.2. Tupac Amaru Syndrome
  - 1.3.3. Family Aging
- 1.4. Functional Family in Old Age
  - 1.4.1. Support for Demands and Needs
  - 1.4.2. Parentability.
  - 1.4.3. Subsidiary Liability.
- 1.5. Stability of Change and Authority Placement
- 1.6. Aging Within the Family
  - 1.6.1. Family and the Importance of Contribution and Productivity
  - 1.6.2. Psychosocial Aspects of the Family
  - 1.6.3. Structure
  - 1.6.4. Mechanisms of action
  - 1.6.5. The Family as a Social and Health Network in Old Age
  - 1.6.6. Current Role of Old Age in 21st Century Families.

- 1.7. The Crisis of the 70s.
  - 1.7.1. Retirement.
  - 1.7.2. Dependence.
  - 1.7.3. Depression.
- 1.8. The Family of Today and the Family of the Future
- 1.9. Quality of Life, Family and Changes That Occur in Old
  - 1.9.1. Society and Aging
  - 1.9.2. How Does Our Body Transform as We Age?
  - 1.9.3. Psychology and Old Age. Metapsychology
- 1.10. Aging in Satisfaction
- 1.11. Realization of Basic Needs in Old Age.

## Module 2. Health and Disease Assessment in Old Age

- 2.1. Physical and Mental Health in Aging
- 2.2. Physical Evaluation
  - 2.2.1. Medical History.
  - 2.2.2. General Physical Evaluation
  - 2.2.3. Analysis
  - 2.2.4. Neurological Examination.
  - 2.2.5. Other Examinations.
- 2.3. Psychical Assessment.
  - 2.3.1. Medical History.
  - 2.3.2. Life History.
  - 2.3.3. Cognitive Assessment.
  - 2.3.4. Memory and Attention Assessment
  - 2.3.5. Behavioral Assessment.
  - 2.3.6. Evaluation of the Most Frequent Psychological Disorders in the Elderly

- 2.4. Social Assessment.
  - 2.4.1. Shared Social Network
  - 2.4.2. Belonging to Groups
  - 2.4.3. How Many Friends Do They Have at the Moment?
  - 2.4.4. How Many Friends Did They Have Before?
  - 2.4.5. Financial Capacity.
  - 2.4.6. Recent and Old Relationships
  - 2.4.7. Social Involvement.
- 2.5. Physical Aging.
- 2.6. Physical Activity
  - 2.6.1. Movement Autonomy
  - 2.6.2. Ability to Travel or Move Around
  - 2.6.3. Motor Coordination.
  - 2.6.4. Level of Tiredness and Fatigue
  - 2.6.5. Daily Life Activities
- 2.7. Mental Activity.
  - 2.7.1. Ability to Read
  - 2.7.2. Ability to Have a Get-Together
  - 2.7.3. Flexibility/Rigidity in Reasoning
  - 2.7.4. Creativity in Old Age
- 2.8. Problem Solving Activity.
  - 2.8.1. Ability to Hold a Conversation
  - 2.8.2. Leave the Monologue
  - 2.8.3. Empathize.
  - 2.8.4. Conflict Resolution
  - 2.8.5. Allow Win-Win Relationships

### Module 3. Psychotherapies and Intervention from Clinical Psychology for the Elderly

- 3.1. Common and Differential Elements in Psychotherapy of the Elderly
- 3.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 3.3. Capable Scenarios and Motivational Interviewing
- 3.4. Behavior Modification and Time-Limited Psychotherapy in the Elderly
- 3.5. Functional Analysis.
- 3.6. Systemic Therapy.
- 3.7. MRI: Brief Problem Focused Therapy.
- 3.8. BFTC: Brief Solution Focused Therapy.
- 3.9. Family Sculpting.
- 3.10. Metaphorical Storytelling.
- 3.11. Prescriptions: Healing Processes.
- 3.12. Original Prescriptions.
- 3.13. Strategic Therapy and Constructivism
  - 3.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy



*Enroll and work with the latest therapies in a practical way so you can quickly implement them in your practice"*

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. Gervas, 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 Pharmacological and Psychotherapeutic Intervention in the Elderly 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 Family Intervention for the Elderly** 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 Family Intervention for the Elderly**

Modality: **online**

Duration: **6 months**

Accreditation: **20 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 Family Intervention for the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Family Intervention for the Elderly

