

Postgraduate Diploma

Health and Illness

Psychogeriatrics





Postgraduate Diploma Health and Illness Psychogeriatrics

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

Website: www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-health-illness-psychogeriatrics

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01

Introduction

The increase in life expectancy brings with it the intensification of certain psychopathologies. As well as the emergence of new ones. In this sense, it is essential to know the starting point of Psychogeriatrics in order to be able to address the changes that are taking place. Therefore, this program will review the concept of old age, its historical evolution and the role it plays in society as a way to build tools to assess psychopathologies today. With the ultimate goal of generating updated knowledge that allows offering quality care in the centers. The contents will be offered in a 100% online mode and without timetables, thus favoring personal and work conciliation.





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Regardless of your specialty, the learning you will gain in Psychogeriatrics by taking this Postgraduate Diploma will be very useful in your practice"

A solid knowledge base is the main pillar of any science. For this reason, TECH wanted to develop a degree that addresses Psychogeriatrics from its beginnings. But without losing sight of the primary objective: to increase general knowledge on the subject.

The program, therefore, provides an anthropological view of the aging process. Reviewing its complexity, the historical evolution of the concept, the role of the third age in culture and society and focusing on growing older from the perspective of Psychogerontology.

On the other hand, the syllabus includes the psychological, physical and social evaluation of the elderly. In each case, the most relevant items, such as the memoristic evaluation, physical examination or the definition of their social network, are examined in depth.

All this, through a 100% online modality, without timetables and with all the 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 Health and Illness Psychogeriatrics** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychogeriatrics
- ♦ 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 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
- ♦ Access to content from any fixed or portable device with an Internet connection



Through the Relearning methodology proposed by TECH you will internalize all the contents without having to dedicate an excessive number of hours to study"

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In order to understand the position of the elderly in today's society, it is necessary to analyze the evolution over the years proposed by TECH"

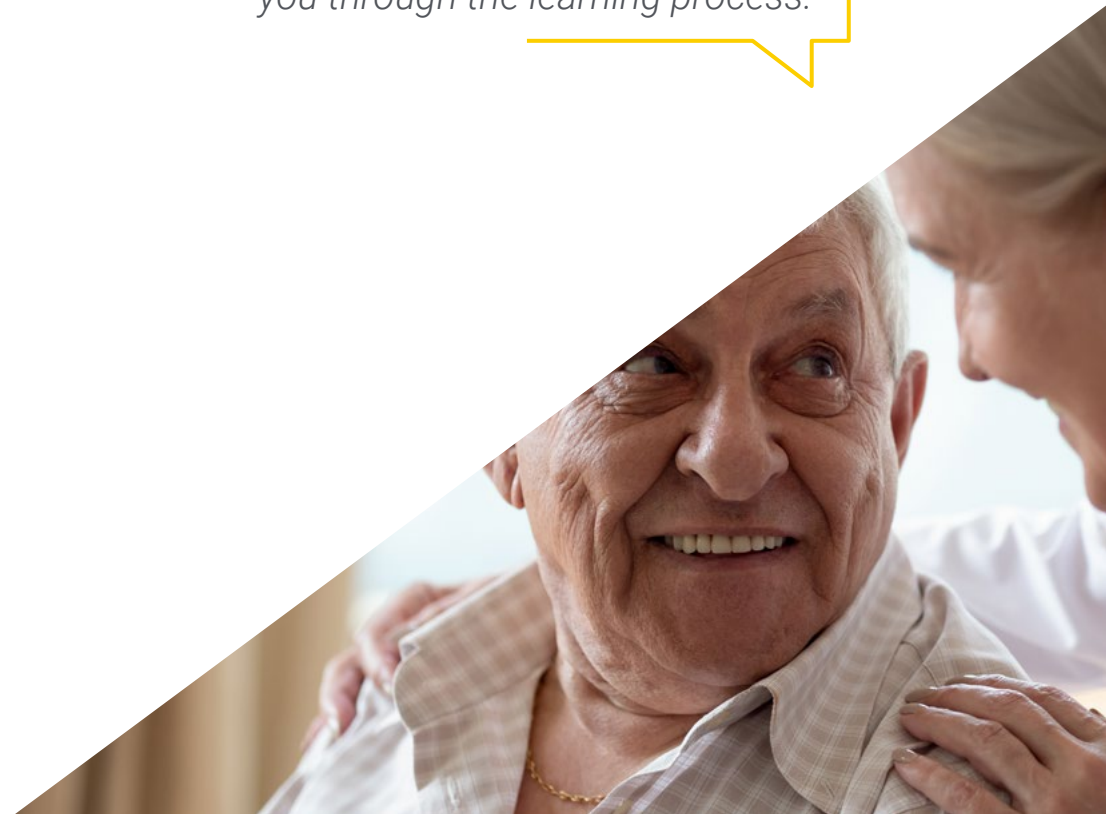
Enroll and learn about the possibilities offered by social assessment when diagnosing psychopathologies.

At TECH you will have the support of prestigious physicians who will guide you through the learning process.

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 during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



02 Objectives

The Postgraduate Diploma in Health and Illness Psychogeriatrics pursues two main objectives, one a consequence of the other. To understand the role played by the elderly in today's culture and society, in order to define the existing possibilities when diagnosing psychopathologies; based on the standards of psychic, physical and social evaluation.



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This Postgraduate Diploma includes case studies to help in the extrapolation of theoretical knowledge to the practice”



General Objectives

- Provide an overview of the concept of old age
- Analyze the historical evolution of the concept of old age
- Provide the necessary tools to assess the elderly

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In TECH you will have access to the complete contents from the first day and throughout the course 24 hours a day. Being able to select the most appropriate time for learning”





Specific Objectives

Module 1. Old Age from an Anthropological Perspective

- ♦ Understand the complexity of the aging process
- ♦ Understand how the concept of old age has evolved historically
- ♦ Observe old age from the perspective of Psychogeriatrics and Psychogerontology

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

03

Course Management

The professors of this Postgraduate Diploma are physicians from the most reputable centers in Spain. They also have a vast academic curriculum and experience in educational environments. In this way, the student will have access to quality content that will be taught based on proven learning techniques.



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The expertise of the faculty in this program will give you the opportunity to raise issues closely related to the day-to-day performance of the profession"

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.



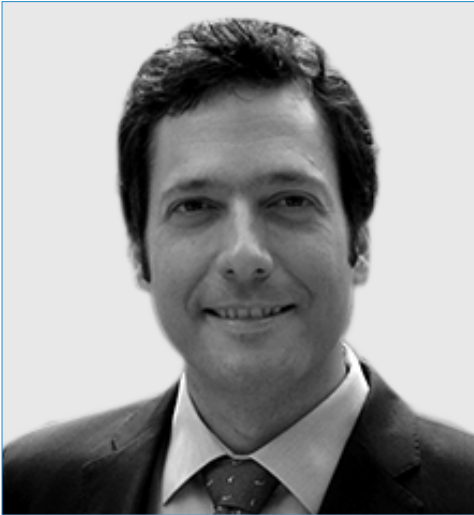
Dr. Altman, Abby

- ♦ 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 for the Professional 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's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute
- ♦ of Time-Limited Psychotherapies (I.E.P.T.L.).
- ♦ 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 Postgraduate Diploma in Health and Illness Psychogeriatrics begins with an overview of the concept of old age and its role in today's society. As a form of introduction to psychogeriatrics. Then, to develop the assessment and psychodiagnostic techniques most commonly used by professionals. As well as those that have been recently discovered.





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The syllabus has been structured in an organic way so that learning is progressive, thus favoring the assimilation of the content”

Module 1. Old Age from an Anthropological Perspective

- 1.1. From Cicerón to Marañón
- 1.2. Aging, Is a Process of Infinite Complexity
- 1.3. "Growing Old is the Only Way to Live Long", Auber
- 1.4. Cultural Anthropology and Respect as a Word That Defines the Elderly
- 1.5. History of the Concept of Old Age
- 1.6. Study of Old Age from the Perspective of Psychogeriatrics and Psychogerontology

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

“ Working in stimulating environments, such as TECH, facilitates the student's involvement and, therefore, the program's success”

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 Health and Illness Psychogeriatrics 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”

The **Postgraduate Diploma in Health and Illness Psychogeriatrics** 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 diploma 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 from career evaluation committees.

Title: **Postgraduate Diploma in Health and Illness Psychogeriatrics**

Official N° of Hours: **325 hours**.



*Apostille Convention. In the event that the student wishes to have their paper diploma 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



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