

# Postgraduate Diploma

## Personality Studies in the Elderly



## Postgraduate Diploma Personality Studies in the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 19 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-personality-studies-elderly](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-personality-studies-elderly)

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# 01

# Introduction

Entering old age entails an alteration of personality traits, sometimes negative and sometimes positive. Determining the motivation and possible development of these traits is requiring in-depth research and patient analysis. For this reason, TECH has compiled the latest scientific publications on the personality of the elderly, arranged in the form of an agenda, together with the knowledge that already existed in this field. Thus, physicians who complete this degree will update their knowledge in the field and will be able to transfer it to their daily work in their centers. The contents will be taught in a totally online mode and without timetables, in order to facilitate personal and work conciliation.





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*Throughout this program you will learn about the most innovative theories in the field of psychology and the behavior of the elderly”*

Identifying the place of the elderly in today's society is essential in order to foresee how it will evolve. Likewise, understanding the motivation behind the behavior and personality of the elderly will directly affect advances and innovations in healthcare.

In this sense, TECH has decided to start the Postgraduate Diploma with different studies and theories about personality and the aging process. As well as certain research currently being conducted in the field of Psychogeriatrics.

It then delves into the personality changes experienced by the elderly. Analyzing each of them separately and making a distinction between negative and positive. Subsequently, to study the incidence of personality disorders in later life and the latest related research.

To complement this degree, a review of the dimensions of mental health in old age and its translation into physical problems will be made. In addition to the influence of the family in the development process of the elderly and as an element of sociability.

All this, through a 100% online modality, without timetables and with all the syllabus available from the first day. So that the physician can organize themselves according to their circumstances and combine their studies with their personal and professional life.

The **Postgraduate Diploma in Personality Studies in the Elderly** 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 on Personality in 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



*TECH faculty will give you access to the latest research on personality disorders in aging"*

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*Many physical problems of the elderly respond to a deterioration of mental and emotional health. Enroll and keep up to date with the techniques used to alleviate them"*

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.

*A section has been reserved in this program to define how the modern family model affects the health and socialization of the elderly.*

*Update yourself through this Postgraduate Diploma and delve into the most significant personality traits of the elderly.*



02

# Objectives

Graduates of the Postgraduate Diploma in the Personality Studies in the Elderly will be aware of the latest research on personality traits in the elderly. Psychogeriatrics will be approached by focusing on the most recent studies, delving into the different personality changes, analyzing personality disorders at advanced ages and defining the role played by the family in the care of the elderly.







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*TECH students will work through Relearning, a novel and proven methodology that facilitates and enlivens the learning process by repeating concepts throughout the syllabus"*



## General Objectives

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- ♦ Access to up-to-date personality studies in the elderly
- ♦ Delve into personality traits in the elderly
- ♦ Facilitate the link between the physician and the psychological state of the elderly
- ♦ Master assessment and intervention in the elderly through multidisciplinary protocols



*The expertise possessed by TECH faculty will help you more accurately identify the stress levels faced by the patient”*





## Specific Objectives

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### Module 1. Aging From the Perspective of Personality Traits

- ◆ Know the different theories about the aging process and its reflection in personality traits
- ◆ Understand the social dynamics of the elderly
- ◆ Deepen in the most current research in psychogeriatrics
- ◆ Know the negative and positive changes of the personality in the aging process
- ◆ Update on how personality disorders develop in old age

### Module 2. Health in Old Age

- ◆ Analyze critical features of mental and emotional health in the elderly: emotional schemas, mental flexibility, use of humor, etc
- ◆ Observe how mental health affects physical fitness
- ◆ Identify the levels of stress faced by the elderly person
- ◆ Assess the social health of the elderly

### Module 3. 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

03

# Course Management

This Postgraduate Diploma has prestigious physicians in their respective disciplines. Faculty closely related to scientific research capable of transmitting the latest advances related to personality in old age. This, in turn, allows graduates to transfer this knowledge to their centers and offer the best possible care.

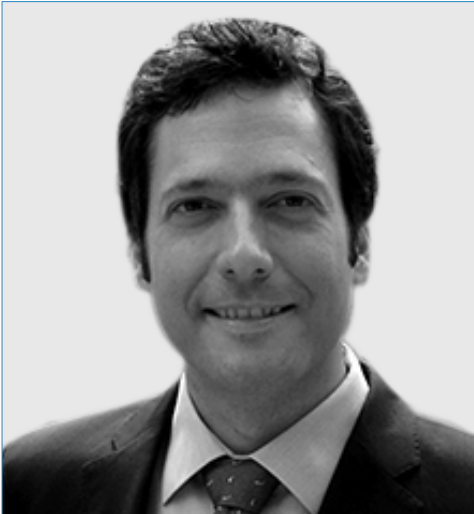




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*The faculty will present real cases and delve into the details of diagnosis and treatment so that theoretical knowledge is supported by the experience of daily work"*

## 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



*Throughout the degree you will learn how the social changes of recent years are affecting the emotional scheme of the elderly person"*

# 04

## Structure and Content

The content of the Postgraduate Diploma in Personality Studies in the Elderly focuses on the most current theories related to personality and the aging process. It delves into the most frequently affected traits and analyzes the impact of personality disorders in later life. These contents are complemented by a review of general health in old age and the role of the family in the development of the elderly.







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*Thanks to this program you will keep up to date with the latest advances in Psychogeriatrics, being able to care for your patients based on the best possible quality standards"*

## Module 1. Aging From the Perspective of Personality Traits

- 1.1. Personality Research and Theories on the Aging Process
- 1.2. Role and Social Dynamics of the Elderly
- 1.3. Experiences and Current Research in Psychogeriatrics
- 1.4. Negative Change in Personality
  - 1.4.1. Egocentrism
  - 1.4.2. Dependency
  - 1.4.3. Dogmatism.
  - 1.4.4. Stiffness
  - 1.4.5. Intolerance
  - 1.4.6. Disobedience
  - 1.4.7. Pessimistic
  - 1.4.8. Impatient
  - 1.4.9. Disrespectful
  - 1.4.10. Insecure
  - 1.4.11. Stingy.
  - 1.4.12. Unsociable
- 1.5. Positive Change in Personality
  - 1.5.1. Honesty
  - 1.5.2. Calm
  - 1.5.3. Unconcerned
  - 1.5.4. Discretion
  - 1.5.5. Frankness
  - 1.5.6. Generosity
  - 1.5.7. Tenderness
  - 1.5.8. Honesty
  - 1.5.9. A leader must be able to be self-critical, while also recognising the professionalism of others.
  - 1.5.10. Kindness
  - 1.5.11. Security/Safety

- 1.5.12. Understanding.
- 1.6. How Do Personality Disorders Affect Old Age?
- 1.7. Research on Personality Disorders in Old Age
  - 1.7.1. Schizoid Personality Disorder
  - 1.7.2. Personality Disorder Due to Dependence
  - 1.7.3. Obsessive Compulsive Personality Disorder
  - 1.7.4. Narcissist Personality Disorder
  - 1.7.5. Paranoid Personality Disorder
- 1.8. The Aging Process either Improves or Worsens Personality Disorders
- 1.9. Situation for the Study and Assessment of Personality Disorders in the Elderly

## Module 2. Health in Old Age

- 2.1. Review Health Dimensions
- 2.2. Mental and Emotional Health
  - 2.2.1. Preservation of the Time and Space Relationship
  - 2.2.2. Maintenance of Short-Term Memory
- 2.3. Habits and Cognitive Style
- 2.4. Emotional Schemes
- 2.5. Basic Needs Met
- 2.6. Resilience
- 2.7. Preservation of the Biography
- 2.8. Mental Flexibility and Use of Humor
- 2.9. Physical Health
  - 2.9.1. Addictions
  - 2.9.2. Chronic Diseases
  - 2.9.3. History of Disease
- 2.10. Previous Care
- 2.11. Stress Level
- 2.12. Social Health

**Module 3. Aging and Family**

- 3.1. What Is Family?
  - 3.1.1. Family Life Cycle
  - 3.1.2. Family Sociability.
  - 3.1.3. New Intergenerational Conflicts
  - 3.1.4. Core Family.
  - 3.1.5. Modern Family
  - 3.1.6. Social Organization of Sexual Relationships
- 3.2. Regulatory Processes of Family Life
  - 3.2.1. Family Temperament.
  - 3.2.2. Family Identity
- 3.3. The Process of Family Development and Growth
  - 3.3.1. Sandwich Generation.
  - 3.3.2. Tupac Amaru Syndrome
  - 3.3.3. Family Aging
- 3.4. Functional Family in Old Age
  - 3.4.1. Support for Demands and Needs
  - 3.4.2. Parentability.
  - 3.4.3. Subsidiary Liability.
- 3.5. Stability of Change and Authority Placement
- 3.6. Aging Within the Family
  - 3.6.1. Family and the Importance of Contribution and Productivity
  - 3.6.2. Psychosocial Aspects of the Family
  - 3.6.3. Structure
  - 3.6.4. Mechanisms of Action
  - 3.6.5. The Family as a Social and Health Network in Old Age
  - 3.6.6. Current Role of Old Age in 21st Century Families.

- 3.7. The Crisis of the 70s.
  - 3.7.1. Retirement.
  - 3.7.2. Dependence.
  - 3.7.3. Depression.
- 3.8. The Family of Today and the Family of the Future
- 3.9. Quality of Life, Family and Changes That Occur in Old
  - 3.9.1. Society and Aging
  - 3.9.2. How Does Our Body Transform as We Age?
  - 3.9.3. Psychology and Old Age. Metapsychology
- 3.10. Aging in Satisfaction
- 3.11. Realization of Basic Needs in Old Age.



*Enroll in this Postgraduate Diploma and  
renew your knowledge with the best doctors"*

# 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 Personality Studies 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 Personality Studies in 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.

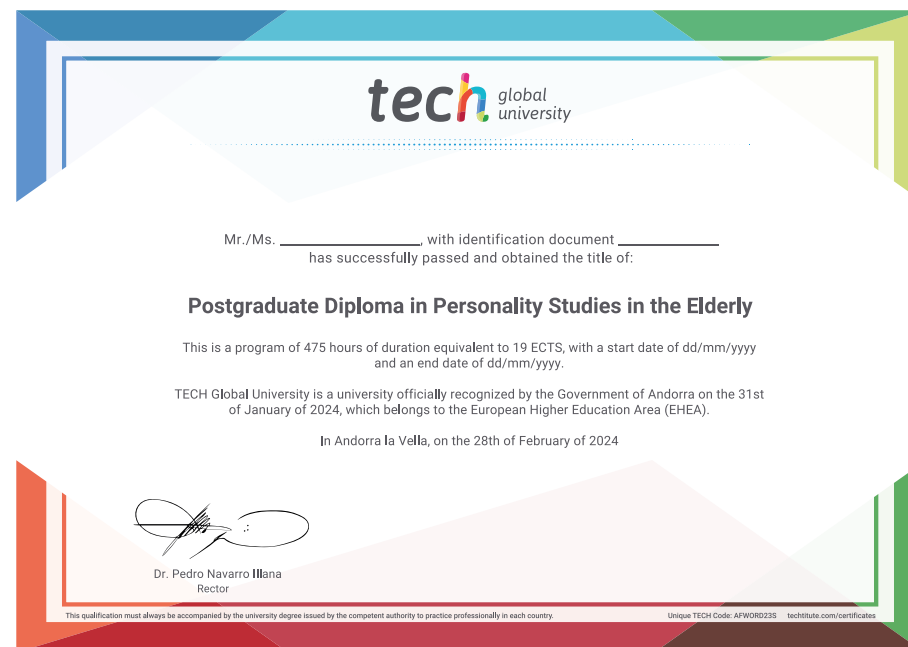
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Personality Studies in the Elderly**

Modality: **online**

Duration: **6 months**

Accreditation: **19 ECTS**



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

**tech** global  
university

**Postgraduate Diploma**  
Personality Studies  
in the Elderly

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