

Postgraduate Diploma

Pharmacological and Psychotherapeutic Intervention in the Elderly





Postgraduate Diploma

Pharmacological and Psychotherapeutic Intervention in the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 21 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-pharmacological-intervention-psychotherapeutic-elderly

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01

Introduction

Elderly patients often require several drugs simultaneously. It is especially important that the physician knows each of them perfectly, and above all, the effects they have if they are combined. In this sense, it is very interesting that in cases where it is feasible, the drug is replaced by psychotherapy, thus reducing the medication burden of the elderly person. For this reason, TECH has developed a complete program that includes the latest psychotherapies, as well as the most appropriate drugs for the elderly. With the intention of providing the physician with the tools they need to offer the patient the least aggressive treatment possible. The contents will be offered in a 100% online mode and without timetables, thus favoring personal and work conciliation.





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This program has been developed based on the latest research in Psychogeriatrics, so that you can offer up-to-date care in your practice"

The latest advances in Psychogeriatrics are focusing on preventive stimulation. With the intention of tackling early the diseases of cognitive deterioration due to the passage of time. It has been proven that, especially in the elderly, addressing a pathology as early as possible facilitates its treatment.

In this sense, this Postgraduate Diploma is based on the latest research in Psychogeriatrics. Aimed at defining the most appropriate psychotherapeutic and pharmacological treatments for the elderly. And making available to the practitioner the latest techniques in evaluation and psychodiagnosis.

Therefore, the program addresses the care of the elderly from clinical psychology and pharmacology for a wide spectrum of pathologies and psychopathologies. But it also delves into the psychological, physical and social assessment of health and disease in old age.

All this, through a totally online modality, without timetables and with the complete 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 Pharmacological and Psychotherapeutic Intervention 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 in Pharmacology and in Psychotherapy
- ♦ 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 start working with the most innovative psychotherapies currently available"

“

TECH teachers have developed case studies for you to work with different treatments in sensitive psychopathologies such as bipolar disorder or depression 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.

In TECH, the latest psychotherapeutic studies have been analyzed to show in which cases it may be feasible to replace pharmacological treatment with psychotherapy.

Expand your knowledge in Pharmacology and Psychotherapeutics from the hand of prestigious doctors.



02 Objectives

The main objective of this Postgraduate Diploma is to update the knowledge related to Pharmacology and Psychotherapy. With the intention of offering a minimally invasive treatment to the elderly. To this end, the most recent research will be analyzed, pharmacokinetic changes in the elderly will be studied in depth, different models that explain health and disease behaviors will be discussed, and the latest advances in psychodiagnosis will be defined.





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The elderly have serious difficulties in resisting aggressive pharmacological treatments. Throughout the program we show you the possibilities offered by modern medicine to minimize the damage"



General Objectives

- Offer the most appropriate pharmacological and psychotherapeutic treatments
- Identify situations in which pharmacological treatment can be replaced by psychotherapeutic treatment
- Update pharmacological, psychotherapeutic and psychodiagnostic knowledge based on the latest studies and research



The relearning methodology proposed by TECH facilitates learning without the need to dedicate a large number of hours to study"





Specific Objectives

Module 1. Pharmacological Intervention in the Elderly

- Provide an overview of Geriatric Psychopharmacology
- Understand frailty in the elderly and its pharmacokinetic changes
- Define the most appropriate and innovative drugs for emotional disorders
- Define the most appropriate and innovative drugs for agitation and confusion
- Define the most appropriate and innovative drugs for dementia and impairment
- Determine the appropriateness of anticonvulsant use in the elderly
- Analyze pharmacological intervention for somatization

Module 2. 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

Module 3. 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

This Postgraduate Diploma has been staffed by prestigious physicians in their respective areas. Physicians linked to research and the scientific field capable of transmitting the latest advances in pharmacology and psychotherapy. This, in turn, allows graduates to apply their learning in their practices and increase the quality of care.





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TECH teachers have been selected from among physicians from the most prestigious centers in Spain”

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.



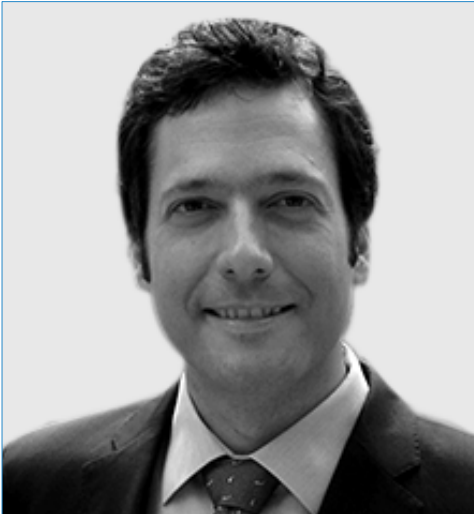
Dr. Altman, Abby

- ♦ 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 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 syllabus begins by addressing pharmacology, proposing innovative treatments for a great number of psychopathologies such as anxiety, depression, bipolar disorder, etc. Then, it is introduced in the intervention from Clinical Psychology. It provides a long list of psychotherapies that are especially useful to avoid overloading the elderly with drugs. And finally, the evaluation and psychodiagnosis as a key point in the pharmacological or psychotherapeutic treatment is discussed in depth.





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Medicine has come a long way in recent years. It is essential to take courses such as this Postgraduate Diploma in order to maintain quality care”

Module 1. Pharmacological Intervention in the Elderly

- 1.1. Geriatric Psychopharmacology (Dr. Luis F. Agüera Ortiz)
- 1.2. Frailty/Vulnerability of the Elderly
- 1.3. Polypharmacy in the Elderly
- 1.4. Pharmacokinetic Changes.
 - 1.4.1. Decrease in Body Water
 - 1.4.2. Reduced Protein Binding
 - 1.4.3. Longer Time to Reach Peak Plasma Levels
 - 1.4.4. Greater Variability in Achieving Stable Plasma Levels
 - 1.4.5. Lower Hepatic Metabolism
 - 1.4.6. Lower Renal Clearance.
 - 1.4.7. Risk of Interactions
 - 1.4.8. New Pharmacodynamics
- 1.5. Pharmacological Treatment of Anxiety in the Elderly
 - 1.5.1. Benzodiazepines
 - 1.5.2. ISRS
 - 1.5.3. NL Atypicals
- 1.6. Pharmacological Treatment for Depression in the Elderly
 - 1.6.1. ISRS
 - 1.6.2. Non-Tricyclic Antidepressants
 - 1.6.3. Dual Antidepressants.
- 1.7. Pharmacological Treatment of Bipolar Disorder in the Elderly
 - 1.7.1. Lithium
 - 1.7.2. Antiseizure Drugs
- 1.8. Antiseizure Drugs
- 1.9. Medications for Agitation in the Elderly
- 1.10. Pharmacology of Confusion
- 1.11. Drugs for Dementia
- 1.12. Anti-Deficiency Drugs.
- 1.13. Pharmacological Intervention in Somatization

Module 2. Psychotherapies and Intervention from Clinical Psychology for the Elderly

- 2.1. Common and Differential Elements in Psychotherapy of the Elderly
- 2.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 2.3. Capable Scenarios and Motivational Interviewing
- 2.4. Behavior Modification and Time-Limited Psychotherapy in the Elderly
- 2.5. Functional Analysis.
- 2.6. Systemic Therapy.
- 2.7. MRI: Brief Problem Focused Therapy.
- 2.8. BFTC: Brief Solution Focused Therapy.
- 2.9. Family Sculpting.
- 2.10. Metaphorical Storytelling.
- 2.11. Prescriptions: Healing Processes.
- 2.12. Original Prescriptions.
- 2.13. Strategic Therapy and Constructivism
 - 2.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy

Module 3. Health and Disease Assessment in Old Age

- 3.1. Physical and Mental Health in Aging
- 3.2. Physical Evaluation
 - 3.2.1. Medical History.
 - 3.2.2. General Physical Evaluation
 - 3.2.3. Analysis
 - 3.2.4. Neurological Examination.
 - 3.2.5. Other Examinations.
- 3.3. Psychical Assessment.
 - 3.3.1. Medical History.
 - 3.3.2. Life History.
 - 3.3.3. Cognitive Assessment.
 - 3.3.4. Memory and Attention Assessment
 - 3.3.5. Behavioral Assessment.
 - 3.3.6. Evaluation of the Most Frequent Psychological Disorders in the Elderly



- 3.4. Social Assessment.
 - 3.4.1. Shared Social Network
 - 3.4.2. Belonging to Groups
 - 3.4.3. How Many Friends Do They Have at the Moment?
 - 3.4.4. How Many Friends Did They Have Before?
 - 3.4.5. Financial Capacity.
 - 3.4.6. Recent and Old Relationships
 - 3.4.7. Social Involvement.
- 3.5. Physical Aging.
- 3.6. Physical Activity
 - 3.6.1. Movement Autonomy
 - 3.6.2. Ability to Travel or Move Around
 - 3.6.3. Motor Coordination.
 - 3.6.4. Level of Tiredness and Fatigue
 - 3.6.5. Daily Life Activities
- 3.7. Mental Activity.
 - 3.7.1. Ability to Read
 - 3.7.2. Ability to Have a Get-Together
 - 3.7.3. Flexibility/Rigidity in Reasoning
 - 3.7.4. Creativity in Old Age
- 3.8. Problem Solving Activity.
 - 3.8.1. Ability to Hold a Conversation
 - 3.8.2. Leave the Monologue
 - 3.8.3. Empathize.
 - 3.8.4. Conflict Resolution
 - 3.8.5. Allow Win-Win Relationships

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 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 Pharmacological and Psychotherapeutic Intervention 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 Pharmacological and Psychotherapeutic Intervention in the Elderly**

Modality: **online**

Duration: **6 months**

Accreditation: **21 ECTS**



health future 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
Pharmacological and
Psychotherapeutic
Intervention in the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 21 ECTS
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Postgraduate Diploma

Pharmacological and Psychotherapeutic Intervention in the Elderly

