

Postgraduate Diploma Psychological First Aid





Postgraduate Diploma Psychological First Aid

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

Website: www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-psychological-first-aid

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01

Introduction

When a traumatic situation occurs, the mental equilibrium of the victims involved can be seriously affected. This instability can be represented in different ways (panic, anxiety, aggressiveness, shock, etc.), so the medical professional specialized in this field must know in detail the appropriate psychological intervention strategies for each case. TECH is aware that this is a demanding job that requires exhaustive attention, so the time available to professionals to get up to date is scarce. For this reason, it has developed this convenient and complete 100% online program, through which you can get up to date with the latest techniques and protocols regarding psychological first aid. This is a program with which they will acquire the level of experts in therapeutic intervention in emergencies and disasters in just 6 months and with the support and endorsement of a great university such as TECH.





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Do you want to perfect your medical skills in emergency intervention through the implementation of the latest psychological first aid protocols? With this program you will achieve it in 6 months"

Psychological First Aid is very important in crisis and emergency intervention. Although in most cases only strategies to guarantee the physical integrity of the victims are included in the protocols of action, the truth is that acting according to their mental state is also relevant, in order to reduce their stress level and avoid possible long-term sequelae. This is why professionals involved in this type of context must have a perfect command of the most effective and innovative psychotherapeutic techniques to control the situation and to know how to act on the basis of the person's response to the exposure to the traumatic event.

However, this is an area that requires, for its mastery, specialized knowledge of psychosocial support guidelines, something that physicians will be able to work on with the course of this Postgraduate Diploma. This is a dynamic and multidisciplinary qualification with which you can get up to date on the characteristics of intervention in emergency situations from the psychological point of view, delving into the most common errors that usually occur at the time of the action. It also delves into the concept of stress and the most innovative communication techniques for its management, with special emphasis on the defence mechanisms associated with the critical situation. Finally, it includes a specific module dedicated to the improvement of the basic skills of specialists in psychological first aid, which will allow them to learn in detail the strategies for effective listening and to generate an environment of trust and tranquility with the victim.

For this you will have 450 hours of the best theoretical, practical and additional material selected and designed by a team of experts in intervention in emergency situations. It includes detailed videos, research articles, complementary readings, self-knowledge exercises, dynamic summaries and much more content with which you can delve in a personalized way in the different sections of the syllabus. All presented in a convenient and accessible 100% online format thanks to which you will be able to access the program from wherever you want and with a schedule fully adapted to your availability.

This **Postgraduate Diploma in Psychological First Aid** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emergency Psychology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where 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



The best qualification in the educational market to bring you up to date on the most innovative psychosocial support strategies through a 100% online program"

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Knowing in detail the most common mistakes from a psychological point of view in emergency intervention will help you to avoid them or to solve them in case they are detected"

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

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that arise during the academic year. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

You will work on the different phases of psychosocial intervention, updating your knowledge in relation to the action guidelines for each moment.

No schedules or face-to-face classes. This way, you can decide when and from where to connect, with unlimited access and at any time of the day.



02 Objectives

The insistence by psychology professionals to include psychological first aid in emergency plans has made its application in emergency situations more and more frequent. That is why TECH and its team of experts have considered necessary the development of a qualification that will help medical specialists to know in detail the latest developments related to this area, focusing on the most innovative and effective protocols and techniques to carry out an adequate and beneficial psychosocial support for victims.



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A Postgraduate Diploma that will bring to your career an additional distinctive feature based on the exhaustive knowledge of the most effective communication and listening techniques for crisis intervention"



General Objectives

- ♦ Develop a broad and specialized knowledge of the importance of preventive psychological intervention in crisis situations
- ♦ Know in detail the latest strategies and therapeutic techniques for the management of the patient victim of an emergency context
- ♦ Serve as a guide for graduates to update their knowledge in a comprehensive and guaranteed manner



A qualification designed for you to achieve even your most demanding educational goals in the field of advanced psychotherapeutic intervention in emergency settings"





Specific Objectives

Module 1. The Importance of Psychosocial Support in Emergencies and Disasters

- ♦ Learn about the origins of Emergency Psychology
- ♦ Study the differences between emergencies, disasters and urgent care situations, and the most common types
- ♦ Be aware of the importance of the psychologist in emergencies, and distinguish the different roles involved when an emergency event occurs

Module 2. The Concept of Stress, Associated Human Response and the After Effects of a Critical Situation

- ♦ Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response.
- ♦ Study the types of basic emotions and their role when the organism is in a stressful situation
- ♦ Know how the stress response progresses in the individual
- ♦ Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation

Module 3. Basic Skills and Psychological First Aid

- ♦ Learn about therapeutic techniques to provide targeted psychological support
- ♦ Be aware of the importance of emotional support in situations of loss and bereavement
- ♦ Know the differences between normal grief and pathological grief
- ♦ Study the role of first aid in crises and emergencies

03

Structure and Content

The design of the structure of this Postgraduate Diploma has been carried out by a team of experts in the field of psychology with extensive experience in intervention in emergency contexts. Thanks to this, it has been possible to create a dynamic and innovative qualification, which includes all the information that specialists need to get up to date in the field of psychological first aid. In addition, it includes dozens of hours of additional material in different formats, with which you will be able to contextualize the data of the syllabus and delve into the aspects you consider most relevant for your professional performance.



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All content will be available on the Virtual Campus from the beginning of the program, and can also be downloaded to any device with an internet connection for offline consultation”

Module 1. The Importance of Psychosocial Support in Emergencies and Disasters

- 1.1. Introduction and History of Emergency Psychology
 - 1.1.1. Introduction to the Concept of Emergency Psychology
 - 1.1.2. How did Emergency Psychology Arise?
 - 1.1.3. Emergency Psychology Today
- 1.2. Emergencies, Urgencies and Catastrophes
 - 1.2.1. Differences between the Concepts of Emergencies, Urgent Care and Disasters
 - 1.2.2. Main types of Emergencies, Urgent Care and Disasters
- 1.3. Different Phases and Roles Involved in Emergencies
 - 1.3.1. Emergency Phases
 - 1.3.2. Roles Involved in Emergencies
- 1.4. The Importance of Psychological Support in Emergencies
 - 1.4.1. Introduction to Psychological Support
 - 1.4.2. Psychological Support in Emergency Psychology
 - 1.4.3. The Importance of Psychological Support in Emergencies
- 1.5. Instances of Psychosocial Intervention
 - 1.5.1. Introduction to the Concept of Psychosocial Intervention
 - 1.5.2. Psychosocial Intervention in Psychology
 - 1.5.3. Instances or Stages of Psychosocial Intervention in Emergency Psychology
- 1.6. Objectives and Purposes of Crisis Intervention
 - 1.6.1. Introduction to the Concept of Crisis
 - 1.6.2. Objectives and Purposes of Crisis Intervention
- 1.7. Common Mistakes in Intervention
 - 1.7.1. Main Errors in Emergency Intervention
 - 1.7.2. Psychological Consequences of Erroneous Intervention for those Involved

Module 2. The Concept of Stress, Associated Human Response and the After Effects of a Critical Situation

- 2.1. Basic Emotions
 - 2.1.1. Introduction to the Concept of Emotion
 - 2.1.2. Emotion vs. Feelings
 - 2.1.3. Main Basic Emotions
- 2.2. Human Behavior in Emergency Situations
 - 2.2.1. The ABC Model
 - 2.2.2. Context of Emergency Situations
 - 2.2.3. Transactions
- 2.3. What is Stress?
 - 2.3.1. Introduction to the Concept of Stress
 - 2.3.2. Types of Stress
 - 2.3.3. Stress Characteristics and Determining Factors
- 2.4. Biology and Biochemistry of the Stress Response
 - 2.4.1. The Biological and Biochemical Stress Response
 - 2.4.2. Arousal
 - 2.4.3. Theories on Stress
- 2.5. Anxiety
 - 2.5.1. Definition of Anxiety
 - 2.5.2. Anxiety Disorders
 - 2.5.3. Differences between Stress and Anxiety
- 2.6. Development of the Stress Response
 - 2.6.1. How Does the Stress Response Develop?
 - 2.6.2. Sources of Stress
 - 2.6.3. Factor Affecting the Stress Response
- 2.7. Consequences of the Stress Response
 - 2.7.1. Individual Stress
 - 2.7.2. Signs and Symptoms of Stress in the Individual
 - 2.7.3. Main Consequences of Stress

- 2.8. Psychological Strategies to Control Stress
 - 2.8.1. Techniques to Modify Physiological Activation
 - 2.8.2. Techniques to Modify Cognitive Activation
 - 2.8.3. Techniques to Modify Motor Activation
- 2.9. Psychological Defence Mechanisms Associated with the Critical Situation
 - 2.9.1. Introduction to Defence Mechanisms
 - 2.9.2. Main Psychological Defence Mechanisms
- 2.10. Threshold Theory
 - 2.10.1. Introduction to Threshold Theory
 - 2.10.2. Seyle's Model
 - 2.10.3. General Adaptation Syndrome

Module 3. Basic Skills and Psychological First Aid

- 3.1. Self-Management, The Management of One' s Own Emotions
 - 3.1.1. What is Self-Management?
 - 3.1.2. The Self-Management of Emotions
 - 3.1.3. Managing Emotions
- 3.2. Being Proactive
 - 3.2.1. Concept of Proactivity
 - 3.2.2. Hypothesis of Proactivity
 - 3.2.3. Adaptation
- 3.3. Concept of Listening
 - 3.3.1. Introduction to the Concept of Listening
 - 3.3.2. Types of Listening
 - 3.3.3. Active Listening in Psychological Therapy
- 3.4. Applied Communication Skills
 - 3.4.1. Introduction to Communicative Skills
 - 3.4.2. Main Communication Skills
 - 3.4.3. Components
- 3.5. Communication Techniques
 - 3.5.1. Technique for Communication in Emergency Situations
 - 3.5.2. Communication Strategies
 - 3.5.3. Assertive Communication
- 3.6. Communication to Children in Emergency Situations
 - 3.6.1. First Contact
 - 3.6.2. Direct Attention
 - 3.6.3. The Intervention
 - 3.6.4. Subsequent Recall
- 3.7. Communication with other Groups
 - 3.7.1. Special Groups
 - 3.7.2. Communication with the Elderly
 - 3.7.3. Communication with Disabled People
 - 3.7.4. Communication with Foreign People
- 3.8. Importance and Objectives of First Aid
 - 3.8.1. Introduction to the Concept of First Aid
 - 3.8.2. Main Objectives of First Aid
 - 3.8.3. Why is First Aid Important?
- 3.9. Introduction to Basic Concepts
 - 3.9.1. Commonly used Terms in Emergency Situations
 - 3.9.2. Common Emergency Situations
- 3.10. Most Common Pathologies in Psychosocial Emergency Situations
 - 3.10.1. Pathologies in Emergency Situations
 - 3.10.2. Pathological Development after the Crisis



Opt for a qualification designed for medical professionals who, like you, seek excellence through the constant updating of their knowledge"

04

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.



05 Certificate

The Postgraduate Diploma in Psychological First Aid 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”*

This **Postgraduate Diploma in Psychological First Aid** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Psychological First Aid**

Official N° of Hours: **450 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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community commitment
personalized service innovation
knowledge present
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virtual classroom



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