

Postgraduate Diploma

Psychological Intervention in
Non-Substance Addictions



Postgraduate Diploma

Psychological Intervention in Non-Substance Addictions

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-psychological-intervention-non-substance-addictions

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01

Introduction

Over the last decades, a new type of addictions has been added, where there is not a substance as such that produces dependence, but a habit or behavior that can affect a person's life. In this case we are talking about pathological gambling and addiction to new technologies, which are causing serious psychological and social health problems, both in adults and young people. For these cases, medicine has also developed treatments that seek the reduction and elimination of these habits and behaviors, which will be discussed in depth in this program.





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With this Postgraduate Diploma, you will be able to understand how the drug market has developed and its impact on the world population”

This Postgraduate Diploma is unique for the multitude of techniques and tools that TECH gives to the doctor so that they can specialize in the intervention of addictions. Aimed at professionals who wish to specialize in the field of addictions, or who want to update their knowledge in this regard, it offers the latest advances in the field of medical treatment of addictions and prevention, so that they can intervene competently in this type of problem.

The program covers most of the addictions that a physician will encounter in their daily practice and will help them to position and orient themselves in the intervention in a realistic and committed way, to know the role they should play in the intervention together with other professionals and to know how to apply the most appropriate techniques for each moment of the intervention process.

The teaching team of this program has made a careful selection of each of the topics of this specialization in order to offer the student a study opportunity as complete as possible and always related to current events.

As it is an online program, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Diploma in Psychological Intervention in Non-Substance Addictions** 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 non-substance addictions
- ♦ 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 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
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



The Postgraduate Diploma in Psychological Intervention in Non-Substance Addictions contains the most complete and up-to-date scientific program on the market"

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Make this program the best investment of time to know how to identify erratic behaviors in patients with gambling addiction”

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.

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 education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby professionals 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.

Increase your decision-making confidence by updating your knowledge with this University Expert course.

Don't miss the opportunity to update your knowledge in Psychological Intervention in Non-Substance Addictions in order to improve your patient care.



02 Objectives

This program is oriented to guarantee a theoretical and practical development on the new addictions that do not involve a substance to generate dependence. This can make a difference when treating and understanding the attitudes of a patient in a hospital ward. Therefore, the physician who attends this program will have a series of objectives to guide their learning at all times.



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*Achieve excellence with a program and
classify problems related to gambling
and new technologies”*



General Objectives

- ♦ Analyze the current state of the world of addictions and drugs
- ♦ Discover the neurological bases of different addictions
- ♦ Define the basic concepts commonly used by the scientific community in the area of addictions and formulate the different aspects to be taken into account by the expert in the assessment and intervention in these cases
- ♦ Offer a base of knowledge and procedures which provides the student with the necessary confidence and solid foundations to address real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the evaluation framework in the case of addictions
- ♦ Show the criteria for the choice of therapeutic goals when facing an addiction intervention
- ♦ Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the above approach
- ♦ Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions





Specific Objectives

Module 1. Current Classification of Addictions and Their Basic Concepts

- ♦ Analyze practical cases where you can observe the differences between good and bad praxis
- ♦ Provide information about the current state of the drugs market, well as the plans to fight against drugs and addictions
- ♦ Adequately measure the phenomenon of addictions and show the impact of these addictions on the population
- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions

Module 2. Evaluation, Prevention and Psychological Treatment in Addictions

- ♦ Understand the effects of substances on the brain and the interrelation of the main neurological centers involved in addictions
- ♦ Highlight the techniques and instruments of psychological assessment that the student will use in their daily practice, as well as the areas of evaluation, in order to carry out a correct differential diagnosis, as well as the detection of dual pathology
- ♦ Define the role of the psychologist in the assessment and intervention of addictions
- ♦ Identify the necessary criteria to carry out a preventative intervention as well as the most appropriate type of intervention in each case

Module 3. Treatment of Non-Substance Addictions: Pathological Gambling, The Internet, New Technologies, Emotional Dependency

- ♦ Expose the different types of assessment to be performed in the case of addictions, as well as provide the necessary knowledge for the correct interpretation of tests that should not be performed by the professional
- ♦ Recognize the signs which indicate prescription of an addiction treatment
- ♦ Identify the real situation of the addict and their motivation for change in order to assign the most appropriate therapeutic goals to their case
- ♦ Guide the student to incorporate practices that have proven to be effective in addiction cases for a successful approach to addictions
- ♦ Analyze the attitudes and actions which favor efficient multidisciplinary intervention



Learn the techniques and instruments of psychological assessment to improve your practice with patients addicted to technologies”

03

Course Management

TECH has designed this program with the help of a team of professionals in this area to guide the student. For this reason, TECH has brought together for this degree a faculty versed in the field of Psychological Intervention in Non-Substance Addictions. As a result, the student will be able to learn from their successful strategies in the academic field. Thanks to this, the student who decides to take this Postgraduate Diploma will enjoy the opportunity to learn from the most qualified professionals in this field.



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A perfect qualification to delve into the assessment, prevention and psychological treatment of addictions guided by the best experts in the field"

International Guest Director

Doctor David Belin, a renowned specialist in Behavioral Neuroscience, has left a significant mark in international research. In fact, already during his PhD, he revolutionized the field by developing the first preclinical model of Cocaine Addiction, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of scientific innovation, combining advanced techniques, from Experimental Psychology to precise brain manipulations and molecular studies. All this with the aim of unraveling the neural substrates of Impulsive/Compulsive Disorders, such as Drug Addiction and Obsessive-Compulsive Disorder.

Likewise, his career took a transcendental turn when he joined the laboratory of Professor Barry Everitt at the University of Cambridge. His pioneering research on the Corticostriatal Mechanisms of Cocaine Seeking, as well as the relationships between impulsivity and compulsive self-administration of the drug, broadened the global understanding of individual vulnerability to addiction.

Dr. Belin also obtained tenure at the Institut National de la Santé et de la Recherche Médicale (INSERM) in France. There, he established a research team in Poitiers, which focused on the Neural and Cellular Mechanisms of Vulnerability to Compulsive Disorders. Although he has never stopped his research on the Neural and Psychological Mechanisms of Compulsive Disorders, he has never stopped his research on the Neural and Psychological Mechanisms of Compulsive Disorders.

With more than 75 publications, he has been awarded the Mémain-Pelletier Prize of the French Académie des Sciences and the Young Investigator Award of the European Behavioural Pharmacology Society. He was one of the first members of the FENS-Kavli Network of Excellence, an international network of young scientists supporting neuroscience research.



Dr. David Belin

- Researcher at the University of Cambridge
- Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM).
- Mémain-Pelletier Award of the Académie des Sciences
- Young Investigator Award of the European Behavioural Pharmacology Society
- PhD in Behavioral Neuroscience from the University of Bordeaux 2
- Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- Member of:
 - Homerton College
 - FENS-Kavli Network of Excellence

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

Management



Dr. Gandarias Blanco, Gorka

- ◆ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ◆ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ◆ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ◆ Degree in Psychology. Deusto University
- ◆ Master's Degree in Time-Limited and Health Psychotherapy
- ◆ International Master's Degree in Clinical and Health Psychology
- ◆ Certificate in Gestalt Therapy
- ◆ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

Coordinator



Mr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and postgraduate studies teacher
- ♦ President of the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

Professors

Dr. Martínez Lorca, Alberto

- ♦ Nuclear Medicine Area Specialist, La Paz University Hospital
- ♦ Physician in the Nuclear Medicine Department of the Ramón y Cajal University Hospital
- ♦ Specialist in nuclear medicine area at the University Hospital Rey Juan Carlos-Quirón
- ♦ Doctor of Medicine
- ♦ Expert researcher in the area of cancer and hormone receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ V.E.C. coaching
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

Mr. Fernández, Ángel

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

Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital of Marbella
- ♦ Psychologist at Avatar Psychologists
- ♦ Psychologist and teacher at the European Institute of Time-Limited Psychotherapies (I.E.P.T.L.)
- ♦ Degree in Psychology, UNED

Mr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Professor in the Department of Psychology at the University of Castilla La Mancha CLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



Ms. Roldan, Lucía

- ◆ Health Psychologist
- ◆ Cognitive-behavioral intervention specialist
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in energy therapy intervention

Ms. Soria, Carmen

- ◆ Head of the Psychosocial Unit of the CEP (Evaluation and Psychotherapy Center associated with IEPTL)
- ◆ Private practice specializing in long-term disorders (Personality, Bipolar and Psychotic)
- ◆ Collaborating Professor Practicum at the Complutense University of Madrid.
- ◆ Professor of the Master's Degree of Psychotherapy at the IEPTL
- ◆ Degree in Psychology from the Autonomous University of Madrid
- ◆ Specialist in General Health Psychology
- ◆ Master's Degree in Clinical and Health Psychology by CINTECO
- ◆ Master's Degree in Time-Limited Psychotherapy by IEPTL
- ◆ EMDR Therapist
- ◆ Specialized training in Personality Disorders and Psychotic Disorders in adults and adolescents
- ◆ Training in Dissociative Disorders
- ◆ Training in Couples Therapy

04

Structure and Content

In their daily practice, health professionals may face different events that require not only the use of their medical knowledge, but also a series of skills to perform an appropriate psychological intervention. For this reason, a program has been developed to strengthen the knowledge of students to perform an appropriate approach in patients presenting a non-substance addiction.





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Understanding the effects of substances on the brain to better understand the neurological development of an addiction"

Module 1. Current Classification of Addictions and Their Basic Concepts

- 1.1. Situation of Drugs on the International Level
- 1.2. Epidemiology of Addictions
- 1.3. Neurobiology of Addiction
- 1.4. Psychosocial Factors Related to Addictions
- 1.5. The Role of the Psychologist in the Treatment of Addictions
- 1.6. Classification of Substances Which Lead to Addiction
- 1.7. Basic Concepts in Addictions: Use, Abuse, Dependence, Tolerance, Abstinence, Craving, Polyconsumption
- 1.8. Classification of Disorders Related to Substance Abuse and Addictive Disorders
- 1.9. Classification of Non-Substance-Related Addictive Disorders
- 1.10. Comorbidity and Dual Pathology

Module 2. Evaluation, Prevention and Psychological Treatment in Addictions

- 2.1. Assessment of the Physical Field and General State of Health
- 2.2. Assessment Through Laboratory Tests
- 2.3. Assessment of Neuropsychological Aspects
- 2.4. Assessment of Personality and Its Disorders
- 2.5. Assessment of Mental State and Its Disorders
- 2.6. Assessment of the Severity of Addiction to Substances
- 2.7. Assessment of the Severity of Addiction Not Related to Substances
- 2.8. Assessment of Psychosocial Aspects
- 2.9. Prevention of Addictions
- 2.10. Principles to Follow in the Treatment of Addictions
- 2.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 2.12. Transtheoretical Model
- 2.13. Cognitive-Behavioral Treatment: Commonly Used Techniques
- 2.14. Treatment Oriented Towards the Family
- 2.15. Group Therapy
- 2.16. Other Focuses of Treatment
- 2.17. Care Resources and Devices and Addiction Treatment



Module 3. Treatment of Non-Substance Addictions: Pathological Gambling, The Internet, New Technologies, Emotional Dependency

- 3.1. Pathological Gambling and Addiction to New Technology
- 3.2. Classification of Problems Related to Gambling and New Technologies
- 3.3. Impact and Effect of Non-Substance-Related Addictions on Health
- 3.4. Evaluation of Addictions Not Related to Substances
- 3.5. Non-Substance-Related Disorders
- 3.6. Psychological Evaluation in Addictions to Gambling and New Technologies
- 3.7. Medical Treatment and Psychological Treatment: Cognitive-- Behavioral Treatment
- 3.8. Treatment With Time-Limited Psychotherapy
- 3.9. Psychological Intervention in Adolescents
- 3.10. Approach to Other Pathologies Present in Addiction Not Related to Substances
- 3.11. Prevention of Relapses and Maintaining Results



This program will orient you towards the treatment and psychological assessment, from the medical point of view, in addiction that does not involve substances"

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.





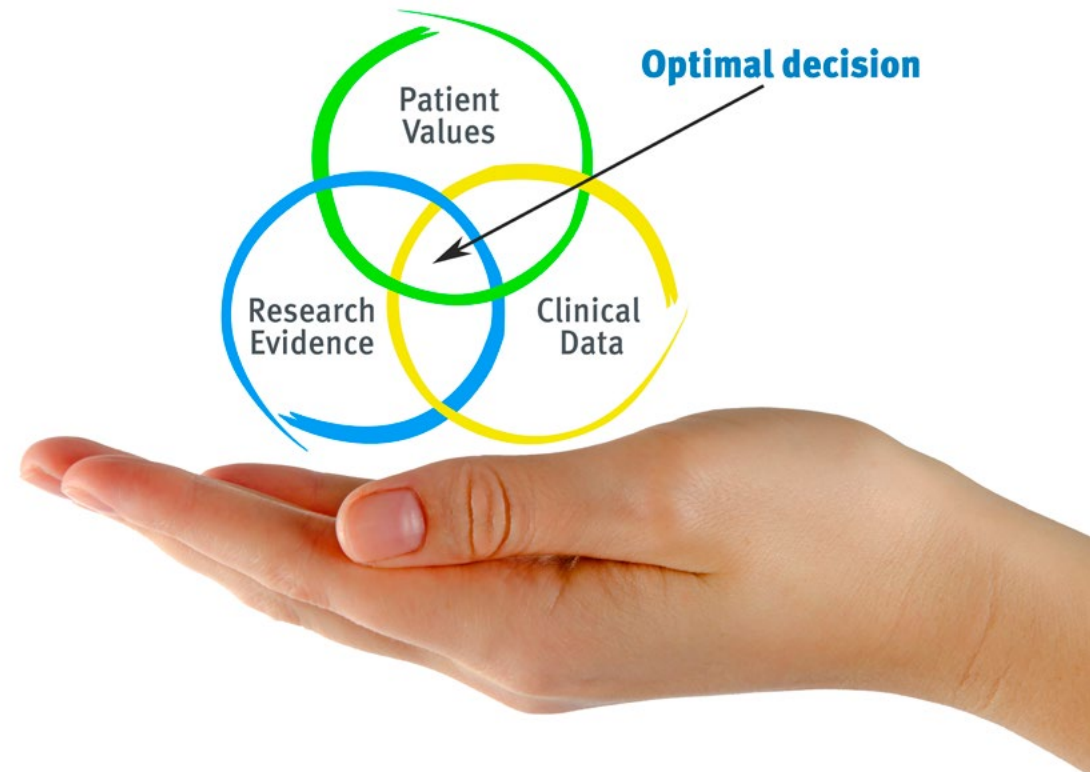
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

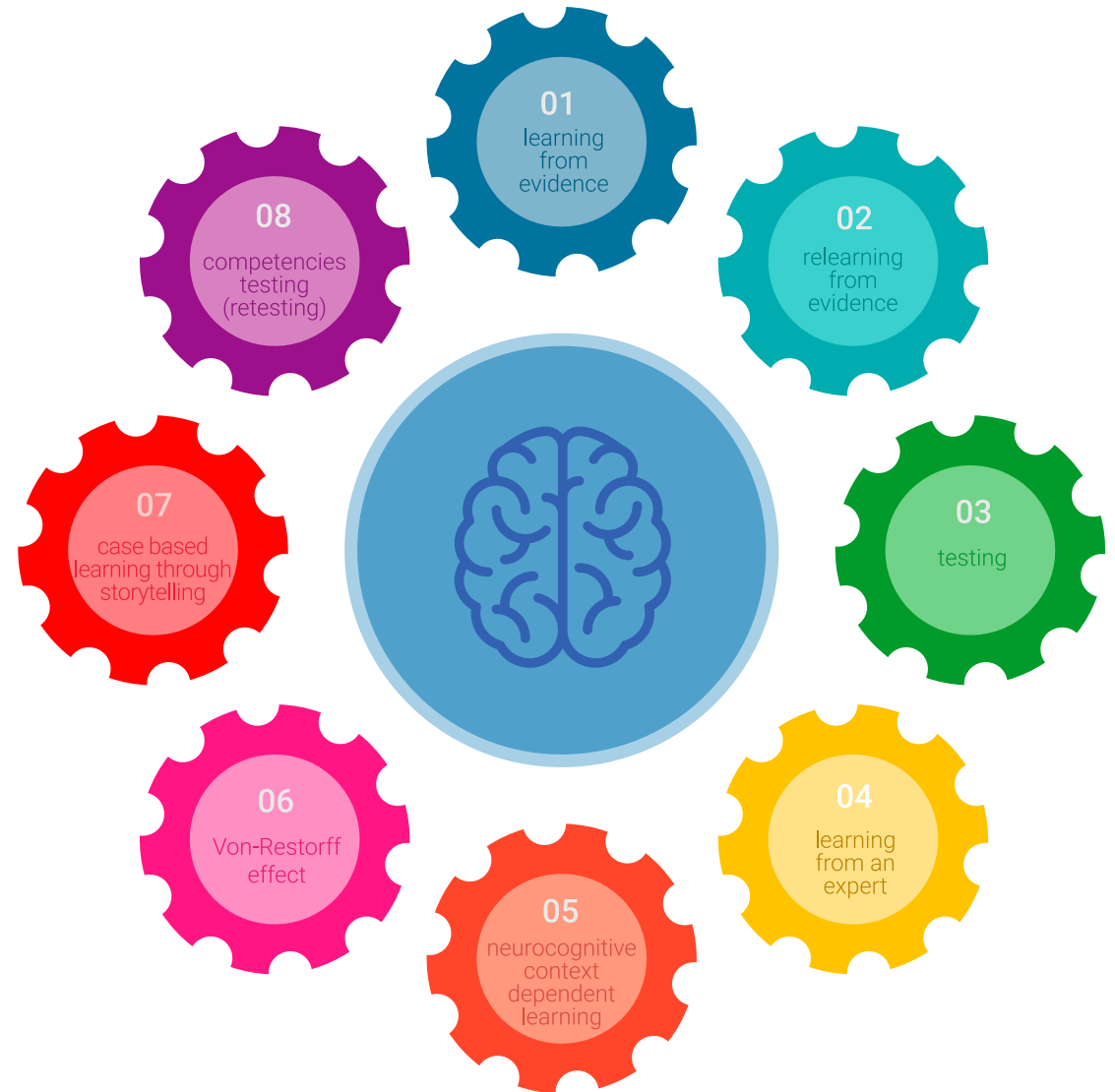


Relearning Methodology

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.

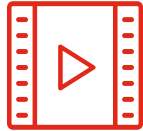
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

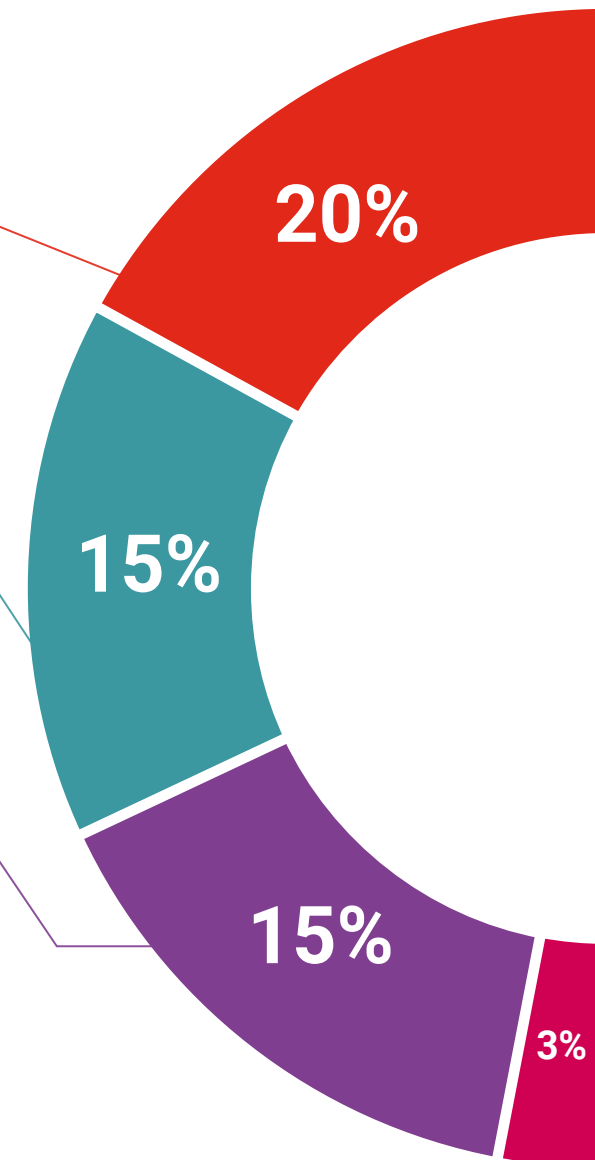
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

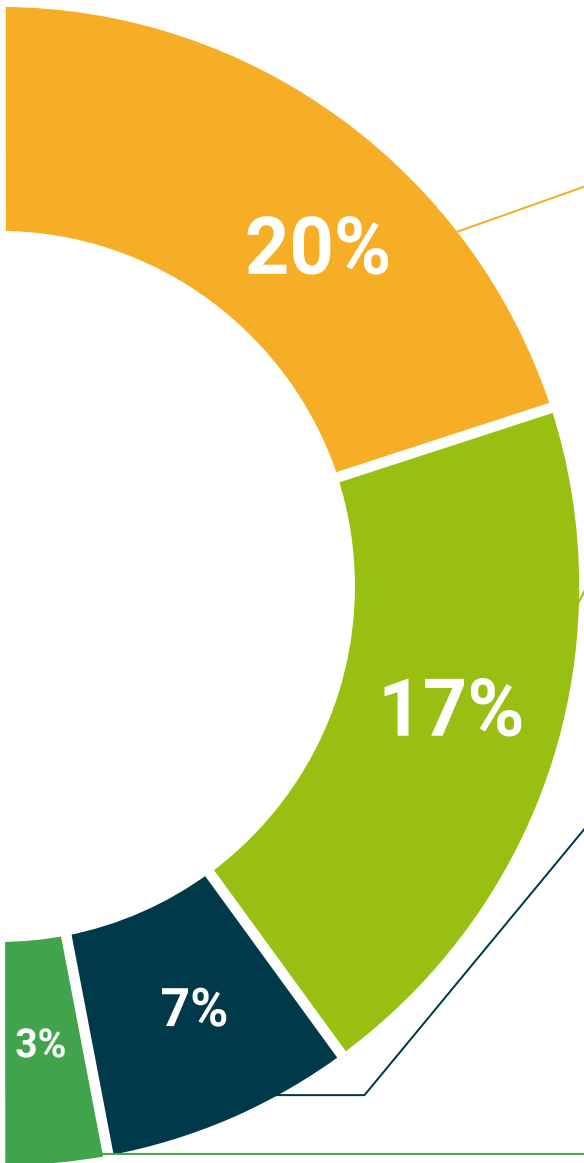
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Psychological Intervention in Non-Substance Addictions 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 Intervention in Non-Substance Addictions** 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 Intervention in Non-Substance Addictions**

Official N° of Hours: **525 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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guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



Postgraduate Diploma
Psychological Intervention
in Non-Substance
Addictions

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Schedule: **at your own pace**
- » Exams: **online**

Postgraduate Diploma

Psychological Intervention in Non-Substance Addictions