

Postgraduate Diploma

Psychological Treatment of Cancer
Patients and their Families



Postgraduate Diploma

Psychological Treatment of Cancer Patients and their Families

- » 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-treatment-cancer-patients-families

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01

Introduction

Addressing the psychological problems generated by cancer provides multiple benefits for the patient's recovery. For this reason, psycho-oncology provides the appropriate tools for intervention in the care of patients and their families throughout the clinical course of the disease. In this sense, this program will seek to deepen in the therapies that improve the quality of life of the patient, helping them to manage stress and the traumatic effects of the most aggressive treatments. Similarly, they will learn about the impact of different types of cancer on the mind, preparing them to develop a psychoeducational group to address the concerns of those affected.





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With acceptance and commitment therapy you will help your patients to assimilate the negative aspects of their cancer experience"

Cancer is associated with an experience of suffering and vulnerability, which generates high levels of stress in patients and their families. Consequently, more and more voices in the scientific community advocate the need to provide psychological support to those affected by the disease, as this reduces the side effects of exhaustion, increasing the quality of life and survival.

Accordingly, this Postgraduate Diploma in Psychological Treatment of Cancer Patients and their Families will focus, first of all, on providing the most relevant cognitive-behavioral models within the discipline. Therefore, the student will learn the techniques of problem solving, cognitive restructuring, guided imagination, among others. All of them have been tested by experts in the area and have proven to be suitable to help the process of coping with the disease. Additionally, they facilitate the alliance between the physician and the patient at the moment of planning a strategy that helps to improve the quality of life of the patient.

Secondly, the impact of the location of the tumor on the patient's psyche will be studied. In this way, the student will learn to discriminate between the emotions generated by colorectal cancer and those derived from breast cancer, the latter receiving greater attention from the scientific community due to its great impact on self-esteem, body image and the female role in society.

Finally, they will learn about the interventions that are applied in areas related to cancer, allowing students to develop a program that helps people to prevent lung disease as a result of years of tobacco abuse. Additionally, they will be able to select and train volunteers to create an external support network for the patient. For all these reasons, the physician will be more than qualified to participate in an integral way in any oncological hospital center at a national and international level.

This **Postgraduate Diploma in Psychological Treatment of Cancer Patients and their Families** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Practical cases presented by experts in psycho-Oncology and medicine
- ♦ 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
- ♦ The practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies for psychological intervention with cancer patients
- ♦ 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



Patients need to understand their suffering in order to receive the right medical support"

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Help your patients to prepare themselves psychologically for the different cancer treatments and the side effects they may experience”

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 the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Employ group therapy in your treatment syllabus to avoid feelings of loneliness in oncology patients.

Assess and intervene in emotions and disruptive behaviors at each stage of the disease.



02 Objectives

The following program will help medical oncologists to develop their skills to accompany and support their patients, ensuring adherence to treatments to help them cope with the disease. In this way, they will learn firsthand the influence of psychological aspects in all phases of cancer and how the patient's perception changes depending on the type of tumor they are facing. Therefore, they will ensure that the long hours of biomedical therapies are pleasant and bearable.





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Patients experience fear and anxiety when they begin cancer treatment. Help them cope with them and commit to their recovery”



General Objectives

- ♦ Gain in-depth knowledge of the area of study and development of the profession
- ♦ Know the application of psychology in the nursing care for cancer
- ♦ Define the functions of a psycho-oncology unit and the role of the psycho-oncologist in the health care setting
- ♦ Gain in-depth knowledge of the different therapeutic options in the psychological treatment of cancer
- ♦ Contribute to the control of mood alterations through appropriate psychological strategies
- ♦ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors
- ♦ Understand the influence of the psychological aspects of each type of tumor and to contribute to their control by means of psychological strategies
- ♦ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors of the different oncologic processes
- ♦ Know how to differentiate between adaptive and maladaptive emotions and behaviors at the end of life
- ♦ Explore and apply strategies for emotional self-regulation
- ♦ Know, evaluate, diagnose and intervene in the most prevalent psychological problems in palliative care
- ♦ Explore personal, social and cultural beliefs and values of the family in relation to illness and death
- ♦ Prepare for the loss
- ♦ Detect psychological reactions in the different phases of grief
- ♦ Provide appropriate individual and family bereavement support
- ♦ Prevention and early identification of pathological grief
- ♦ Gain in-depth knowledge of the basics and acquire basic communication skills
- ♦ Understand in depth the theoretical bases of the professional-patient relationship
- ♦ Be able to deliver bad news and answer difficult questions
- ♦ Elaborate an initial assessment (detailed clinical history) and analysis of the social and spiritual emotional impact on the patient and their family
- ♦ Know how to apply the instruments for the assessment of the patient and the family, useful and appropriate for each symptom and stage of the disease
- ♦ Know in depth the conceptual bases, the methodology, the systematics and the procedures related to research in psycho-oncology
- ♦ Search and select from information: electronic databases, websites, libraries, magazines, texts, etc.
- ♦ Apply bioethical principles to daily clinical practice with special emphasis on the most complex and specific situations
- ♦ Deepen understanding in the conceptual and practical bases of ethics applied to the oncological process
- ♦ Analyze in a scientific, rigorous and systematic way, ethical problems from an interdisciplinary perspective
- ♦ Deepen understanding of the methodology of bioethics, rational and interdisciplinary, and know how to apply it to concrete or general situations



Specific Objectives

Module 1. Psychological Treatments in Cancer and Third Generation Therapies

- ♦ Determine realistic treatment objectives together with the patient and/or their family
- ♦ Undergo training in the methods of intervention with cancer patients, especially empirically supported treatment techniques
- ♦ Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- ♦ Detect and enhance, as far as possible, the patient's own resources

Module 2. Most Relevant Psychological Aspects According to Different Tumor Locations

- ♦ Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- ♦ Compensate for, eliminate or attenuate such symptoms, symptom control
- ♦ Detect and enhance, as far as possible, the patient's own resources
- ♦ Facilitating adaptation to the disease during the biomedical treatment process (affecting anxiety, anguish, side effects of chemotherapy, phobias of radiotherapy devices, sexual dysfunctions and also hospital admissions)
- ♦ Encourage active coping styles
- ♦ Facilitate therapeutic adherence to medical treatment

Module 3. Other Psychological Interventions in Specific Cancer-Related Areas

- ♦ Perform in-depth management of the combined protocol for the smoking withdrawal process and relapse prevention
- ♦ Perfect the skills and competencies necessary for the selection, training and supervision of volunteers
- ♦ Detect the psychological factors associated with participation in cancer screening and genetic counseling programs, as well as to encourage participation in them by increasing the perception of control
- ♦ Analyze the use and some of the advantages of group therapy compared to individual treatment
- ♦ Gain in-depth knowledge of psychological preparation programs for the different medical oncological treatments and their side effects
- ♦ Be able to identify and mitigate the sequelae that remain in cancer survivors



Motivate your patients to get on with their lives and find activities to help them get through the long hours of treatment"

03

Course Management

For the development of this program, we have trained experts in psychology and psycho-oncology, who have gathered great experience working in different organizations and renowned hospitals. Therefore, the student will learn firsthand everything they need to identify and alleviate the aftermath of the disease, while providing empirical knowledge in the discipline. Likewise, they will be able to carry out an accompaniment that goes beyond the medical treatment, enhancing their job opportunities in any hospital entity.



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Count on the support of an excellent teaching staff in your journey through psycho-oncology”

Management



Mr. Garrido Jiménez, Sergio

- Provincial Coordinator of the Section of Psycho-Oncology and Palliative Care of (Ilustre Colegio Oficial de Psicólogos de Andalucía Oriental - COPAO) in Jaén
- General Health Psychologist for the Junta de Andalucía. NICA 43384
- Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP)
- Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA
- Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- Member of the Spanish Society of Psycho-Oncology (SEPO)
- Degree in Psychology. University of Jaen (UJA)
- Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)

Professors

Ms. Pino Estrada, Marta

- ♦ Psycho-Oncologist at Spanish Association Against Cancer Madrid
- ♦ Clinical Psychologist of Integral Rehabilitation at Bartolomé Puerta
- ♦ Degree in Psychology from the University of Jaen
- ♦ Master's Degree in Psycho-Oncology from the Complutense University of Madrid
- ♦ Specialist in Childhood Psychology and Neuropsychology at Euroinnova Business School



04

Structure and Content

The Postgraduate Diploma in Psychological Treatment of Cancer Patients and their Families is divided into three learning modules, made up of a series of topics that are essential for the professional development of students. In this way, they will learn about the psychological treatments most commonly used by psycho-oncologists, as well as the effect on the mind of the different types of cancer. All this will guarantee an excellent work performance at the moment of developing an integral approach to the patient's disease.





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Learn how to develop a mindfulness training program to focus the patient's attention on the present"

Module 1. Psychological Treatments in Cancer and Third Generation Therapies

- 1.1. Effective Psychological Treatments in Psycho-Oncology
- 1.2. Cognitive-Behavioral Therapy in Cancer Treatment
 - 1.2.1. Identification of Automatic Thoughts and Modification of Cognitions
 - 1.2.2. Activation Control Techniques
 - 1.2.2.1. Diaphragmatic Breathing Training
 - 1.2.2.2. Progressive Muscular Relaxation
 - 1.2.3. Behavioral Activation
 - 1.2.4. Exposition Techniques and Guided Imagination
- 1.3. Cognitive Training Program
- 1.4. Rehabilitation Program Based on Physical Exercise
- 1.5. Mindfulness
 - 1.5.1. Mindfulness Training Program
 - 1.5.2. Compassion and Self-Compassion Practice
- 1.6. Acceptance and Commitment Therapy (ACT)
 - 1.6.1. Components of ACT and Clinical Methods
- 1.7. Therapy Focused on the Search for Meaning
 - 1.7.1. Cancer and Feeling. Exploration of the Sources of Meaning
- 1.8. Dignity Therapy
 - 1.8.1. The Concept of Dignity in Cancer Patients
 - 1.8.2. Models of Dignity. Chochinov
- 1.9. Systemic Family Therapy
 - 1.9.1. Family and Cancer. Most Common Family Dynamics
- 1.10. Pseudotherapies and Pseudosciences Against Cancer
 - 1.10.1. Positions of Government Agencies
 - 1.10.2. Pseudotherapies and Pseudosciences With and Without Scientific Evidence

Module 2. Most Relevant Psychological Aspects According to Different Tumor Locations

- 2.1. Leukemias, Lymphomas and Myelomas
 - 2.1.1. Bone Marrow Transplantation and Isolation Situations
- 2.2. Breast Cancer and Gynecology
 - 2.2.1. Body image
 - 2.2.2. Sexuality
 - 2.2.3. Self-esteem
 - 2.2.4. Chemobrain Effect
- 2.3. Prostate Cancer
 - 2.3.1. Incontinence and Sexual Impotence
- 2.4. Colon Cancer and the Digestive System
 - 2.4.1. Living with a Colostomy
- 2.5. Intervention in Laryngectomized Patients
 - 2.5.1. Speech Therapy Intervention
 - 2.5.2. Alteration in Social and Work Life
- 2.6. Head and Neck Tumors
- 2.7. Thyroid Cancer
- 2.8. Tumors of the Central Nervous System
 - 2.8.1. Cognitive Deficits and Mobility Limitations
- 2.9. Lung Cancer
- 2.10. Child Cancer
 - 2.10.1. Emotional Development and Child Intellect
 - 2.10.2. Social Impact on the Child
 - 2.10.3. Impact on the Family



Module 3. Other Psychological Interventions in Specific Cancer-Related Areas

- 3.1. Psychological Treatment to Give Up Smoking
 - 3.1.1. Myths About Tobacco
 - 3.1.2. Analysis of Smoking Behavior. Physical and Psychological Dependence
 - 3.1.3. Program Structure. Sessions and Methodology
 - 3.1.4. Abstinence and Prevention of Relapse
- 3.2. Early Detection of Cancer
 - 3.2.1. Screening Tests (Mammography, FOBT, Cytology, etc.)
 - 3.2.2. Anticipatory Anxiety and Difficulties in Participation
 - 3.2.3. Oncologic Genetic Counseling
- 3.3. Mutual of Self-Help Groups
- 3.4. Psycho-Educational Groups for Family Members and Patients
 - 3.4.1. Topics to Approach and Work Methodology
 - 3.4.2. Inclusion and Exclusion Criteria
- 3.5. Psychological Intervention in Cancer Survivors. The Return to “Normality”
- 3.6. Control of Secondary Effects in Cancer Patients
 - 3.6.1. Pain Control
 - 3.6.2. Against Fatigue and Sleep
 - 3.6.3. Sexuality Control
 - 3.6.4. Cognitive Alterations. Chemobrain Effect
- 3.7. Preparation and Intervention for Hospitalization and Surgery
- 3.8. Psychological Preparation for Other Medical Treatment (Chemotherapy, Radiotherapy, etc.)
- 3.9. Psychological Intervention in Bone Marrow Transplants (BMT)
- 3.10. Strategies for Training Volunteers in Cancer Patient Care
 - 3.10.1. The Volunteer Interview. Assignment and Matching of the Volunteer to Each Profile
 - 3.10.2. Specific Training of the Volunteer. Tutoring and Monitoring

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 Treatment of Cancer Patients and their Families 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 Treatment of Cancer Patients and their Families** 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 Treatment of Cancer Patients and their Families**

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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