

Postgraduate Diploma Psychoneuroimmunology





Postgraduate Diploma Psychoneuroimmunology

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

Website: www.techtute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-psychoneuroimmunology

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01

Introduction

Psychoneuroimmunology has been used by many researchers to establish possible relationships between behavioral factors and the progression of immunological diseases, and to assess the role of immune elements in diseases of the central nervous system. This 100% online program covers the mechanism by which diseases are triggered, especially chronic pathologies, from a multidisciplinary approach. Thanks to this high-level program, students will gain in-depth knowledge of this branch of medicine, laying the scientific foundations for understanding health and disease and their relationship with various profiles such as psychologists, psychiatrists, immunologists and epidemiologists, among others.



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This Postgraduate Diploma offers a complete vision and comprehensive training, both for therapeutic and preventive treatment and personal growth, from an integral and multifactorial vision of the human being"

Diseases are often the result of the interaction of multiple factors, a mutual action that takes place mainly through the nervous, endocrine and immune systems. This Postgraduate Diploma addresses the so-called Psychoneuroimmunology, as a branch of science that studies the complex interrelationships between the central nervous system and the immune system.

Students who complete this program will acquire the knowledge required to offer their patients more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated; the nervous system. The syllabus covers the main current topics in Psychoneuroimmunology in the medical field, so that whoever masters them will be prepared to work in this field.

Additionally, as it is an online program, students are not conditioned by fixed schedules or the need to move to another physical location. They will be able to access the contents at any time of the day, being able to balance their professional or personal life with their academic life.

This **Postgraduate Diploma in Psychoneuroimmunology** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Psychoneuroimmunology
- ♦ 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



This qualification is a real learning tool to approach the topics of the specialty in a modern, objective and judgmental way"

“

Access to a multimedia content developed with the latest educational technology, which will allow the professional a contextual and situated learning”

Expand your knowledge thanks to a simulated environment that will provide you with an immersive learning experience to train you for real situations.

A unique opportunity to get up to date in a high-demand professional field.

The program's teaching staff includes professionals from the sector who contribute their work experience to this 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



02 Objectives

The main objective of this program is to instruct the students to be able to define the limits of the use of Psychoneuroimmunology in order to be able to manage it safely with the patient, so that they can make the appropriate decisions to use it in a preventive and therapeutic way. This program provides theoretical and practical learning, so that the student can thoroughly master the intervention through the role of the therapist in Psychoneuroimmunology.





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This refresher program will generate a sense of confidence when practising medicine, which will help you grow both personally and professionally”



General Objectives

- Define the concept of emotion-based psychotherapy and its applications
- Learn how the brain works and learning processes
- Master the concept of emotion, its classification and functioning
- Acquire the knowledge and basic tools to generate a good therapeutic bond
- Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- Understand what a traumatic memory consists of and handle the different techniques of emotional processing



A unique program that will allow you to acquire superior training to develop in this field"





Specific Objectives

Module 1. The Therapist's Role in Emotional Well-Being

- ♦ Develop effective communication with the patient
- ♦ Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- ♦ Acquire the knowledge and basic tools to generate a good therapeutic bond

Module 2. A Multifactorial View of Health. Psychoneuroimmunology

- ♦ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ♦ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- ♦ Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model

Module 3. Techniques for Emotional Processing in Therapy

- ♦ Gain knowledge about what intrapersonal psychology is, and what is the importance of self-knowledge and self-management
- ♦ Understand what an emotion is, how it differs from feelings and moods, and its function
- ♦ Master the basics of human brain function and development

03

Course Management

Within the concept of total quality that TECH always seeks and offers, this course presents students with a teaching staff of the highest level, selected for their proven experience. Health professionals of recognized prestige, who belong to the field of Psychoneuroimmunology have developed a curriculum where they pour the experience of all their years of work.



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Professionals in the field Psychoneuroimmunology constitute our complete multidisciplinary team. A unique opportunity to learn from the best”

Management



Ms. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology in Quirónsalud Hospital and Avatar Psychologists in Marbella
- Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL)
- University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- Collaborator in different Red Cross programs
- Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer in Human Resources Consulting Services (HRCS)



Aguado Romo, Roberto

- President of the European Institute of Time-Limited Psychotherapy
- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of the Basic Psychology course at the UNED

Professors

Dr. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has trained
- ♦ Creator of Integrative Meditation, developed from the Big Mind model
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

Ms. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Expert in Energy Therapy Intervention

Ms. Mazza, Mirela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in Mindfulness and Meditation, and facilitator of these techniques at Quirón Hospital Salud Marbella

Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at Quirón Salud Marbella Hospital and at Avatar Psychologists
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross

04

Structure and Content

The structure and content of the Postgraduate Diploma has been developed with the aim of ensuring that our students acquire each and every one of the skills necessary to become true experts in this subject. This offers a complete and well-structured program that will lead you to the highest standards of quality and success.



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A program that also has a holistic perspective, making it interesting for healthcare professionals of any kind"

Module 1. The Therapist's Role in Emotional Well-Being

- 1.1. Intrapersonal Intelligence (Gardner)
- 1.2. Self-Knowledge
- 1.3. Self-Management
- 1.4. Difference Between Empathy, Sympathy and Mirror Neurons
- 1.5. The Therapist-Patient Bond
 - 1.5.1. Therapist as Escort and Referrer
 - 1.5.2. U Techniques
- 1.6. Approach to Neuro-Linguistic Programming (NLP)
- 1.7. Motivational Interviewing

Module 2. A Multifactorial View of Health. Psychoneuroimmunology

- 2.1. What is Psychoneuroimmunology?
 - 2.1.1. Definition
 - 2.1.2. Origins
- 2.2. Communication Routes
- 2.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (1) The Nervous System
- 2.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (2) The Endocrine System
- 2.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (3) The Immune System
- 2.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (4) Interaction Between Systems
- 2.7. Emotion, Personality and Illness
- 2.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 2.9. Healthy Living





Module 3. Techniques for Emotional Processing in Therapy

- 3.1. Emotional Memories
 - 3.1.1. Creation of Memories
 - 3.1.2. Classification and Types of Memory
 - 3.1.3. Difference Between Memories and Reminiscences
- 3.2. Traumatic Memory
- 3.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 3.4. Brainspotting
- 3.5. Emotional Freedom Technique. EFT
- 3.6. Writing-Based Techniques. Written Ventilation
- 3.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices
- 3.8. Clinical Hypnosis
- 3.9. Hypnotic Induction Techniques
- 3.10. Techniques for Children

“*Make the most of this opportunity and take the step to get up to date on the latest developments in Psychoneuroimmunology*”

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 Psychoneuroimmunology 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 Psychoneuroimmunology** 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 Psychoneuroimmunology**

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.

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



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