

# Professional Master's Degree Psychogeriatrics



## Professional Master's Degree Psychogeriatrics

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/professional-master-degree/master-psychogeriatrics](http://www.techtitute.com/us/medicine/professional-master-degree/master-psychogeriatrics)

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# 01

# Introduction

According to INE data, life expectancy in Spain has increased by five years since 1999. This is a very positive figure, but it brings with it certain changes in the care required by the elderly, since new physiological and psychological pathologies are appearing and certain personality traits are becoming even more accentuated. This, in turn, represents an advance in the treatments required by patients. From classical pharmacology to clinical psychology intervention. An evolution of the elderly care paradigm that TECH has reflected in this comprehensive and extensive program. Starting from what is already known to explain the most recent innovations in the sector. All this, through an online methodology and without schedules that allows the physician to reconcile their professional and personal life.



A woman with dark hair pulled back, wearing a white lab coat, is shown in profile from the chest up. She is looking towards the left of the frame with a thoughtful expression. The background is a bright, out-of-focus indoor setting. The image is partially obscured by a dark blue diagonal shape in the top right corner and a white diagonal shape in the bottom left corner.

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*At TECH you will broaden your knowledge in geriatric psychopharmacology from experts in the sector with an impeccable academic background"*



Often, physicians working with geriatric patients demand qualifications that delve deeper into their behaviors and conditions. Both physically and psychologically. At present, there is a scarce educational offer on the study of the brain in the elderly. It also focuses specifically on palliative strategies for the sequelae or side effects of psychiatric illness. And that in many cases it has become outdated.

Therefore, from TECH we propose a degree that serves as a guided intervention to the functioning of the brain from the age of 65. Its objective is not so much a palliative treatment, but to completely eliminate suffering in those cases where it is feasible. Always, through the most innovative drugs and psychotherapies.

In this sense, the program is based on a general vision of disease and health in old age. As well as changes in personality and the role of the family in the development and stability of the elderly, to later focus on physiological and neuropsychological changes, intervention from clinical psychology and pharmacological treatment.

In addition, as it is taught in a 100% online mode, the doctor will be able to combine the study of this Professional Master's Degree with the rest of their daily obligations. Choosing at all times where and when to carry out the learning process.

This **Professional Master's Degree in Psychogeriatrics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychogeriatrics
- ♦ The graphic, schematic, and eminently practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*This program delves into the most innovative psychotherapies to keep you up to date with the latest advances in the field"*

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*Increased life expectancy is impacting the features of aging that affect drug intervention. The faculty of this degree will show you what changes are taking place”*

The program includes, in its teaching staff, professionals in the field of Psychogeriatrics who bring to this training the experience of their work, in addition to recognized specialists from prestigious reference centers and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Enroll in TECH and familiarize yourself with the different types of conflicts and models that explain and models that explain health and disease behaviors*

*This Professional Master's Degree details the most innovative pharmacological treatments for emotional disorders such as depression or anxiety*



# 02 Objectives

Graduates of the Professional Master's Degree in Psychogeriatrics will learn about the latest developments in the treatment of psychological pathologies in the elderly. Contemplating, also, its possible translation into physical problems. Therefore, the physiological and neuropsychological changes that occur in the elderly, the possibilities offered by clinical psychology intervention and an update of the recommended pharmacological treatments will be defined. In addition, the degree is complemented by a general and historical overview of the concept of old age and an analysis of the role played by the family in the lives of the elderly.







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*The Relearning methodology used by TECH facilitates the assimilation of all the psychotherapies included in this degree through continuous work throughout the program"*



## General Objectives

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- Increase knowledge about health and disease in old age
- Facilitate the linkage of the practitioner to the general psychological state of old age
- Learn to design multidisciplinary intervention protocols for the elderly
- Master the assessment, differential diagnosis and intervention in the elderly
- Provide companionship skills in old age
- Train the practitioner to transmit an appropriate way of dealing with aging



*TECH's proposed syllabus delves into the models that explain health and disease behaviors"*



## Specific Objectives

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### Module 1. Old Age from an Anthropological Perspective

- Understand the complexity of the aging process
- Understand how the concept of old age has evolved historically
- Observe old age from the perspective of Psychogeriatrics and Psychogerontology

### Module 2. Health and Disease Assessment in the Old Age

- Conduct a physical, psychological and social evaluation
- Determine how psychological and social factors affect physical activity
- Observe the ability to solve problems

### Module 3. Aging From the Perspective of Personality Traits

- Know the different theories about the aging process and its reflection in personality traits
- Understand the social dynamics of the elderly
- Deepen in the most current research in psychogeriatrics
- Know the negative and positive changes of the personality in the aging process
- Update on how personality disorders develop in old age

### Module 4. Health in Old Age

- Analyze critical features of mental and emotional health in the elderly: emotional schemas, mental flexibility, use of humor, etc
- Observe how mental health affects physical fitness
- Identify the levels of stress faced by the elderly person
- Assess the social health of the elderly

**Module 5. Aging and Family**

- ♦ Define the concept of family
- ♦ Identify the processes and factors that regulate family life
- ♦ Know the advantages of having a functional family in old age
- ♦ Deepen in the support mechanisms that exist within the family
- ♦ Understand the changes that the 70's crisis can generate in the elderly
- ♦ Understand how the concept of family is evolving
- ♦ Understand the needs of the elderly in order to age successfully

**Module 6. Physiological and Neuropsychological Changes in Old Age**

- ♦ Understand the changes that occur in the central nervous system during aging
- ♦ Define the influence of psychopathologies and neuropathologies on disorders of consciousness and perception in the elderly
- ♦ Understand affective behaviors in old age
- ♦ Understand the sleep disorders in old age

**Module 7. Psychotherapies and Intervention from Clinical Psychology for the Elderly**

- ♦ Define the specific elements of psychotherapy for the elderly
- ♦ Deepen in the models that explain health and disease behaviors
- ♦ Work with different innovative psychotherapies oriented to the elderly

**Module 8. Pharmacological Intervention in the Elderly**

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

**Module 9. The Concept of Stress, Associated Human Response and the After Effects of a Critical Situation**

- ♦ Define the concept of stress
- ♦ Analyze the biology and biochemistry involved in stress
- ♦ Know the responses and defense mechanisms to stress
- ♦ Know the importance of confidence in stressful situations
- ♦ Define communication skills and their most common errors
- ♦ Work with representational systems
- ♦ Learn to redirect difficult discussions and situations
- ♦ Define different techniques oriented to overcome stressful situations

# 03 Skills

The Professional Master's Degree in Psychogeriatrics for Physicians prepares students to understand the role played by old age in today's society, as well as its evolution in the short and medium term, with the aim of giving physicians the ability to select the most appropriate treatments according to the pathologies of the elderly. In this sense, TECH is committed to updating the competencies in psychogeriatrics of the physicians pursuing this degree.





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*The syllabus of this Professional Master's Degree has been elaborated on the basis of the most recent scientific studies in Psychogeriatrics”*





## General Skills

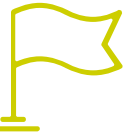
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- ◆ Address the needs of psychogeriatrics today
- ◆ Acquire teamwork skills to facilitate complementation with other branches of health care
- ◆ Implement the knowledge acquired in your center
- ◆ Enhance the capacity for critical analysis and research in the field of psychogeriatrics

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*The TECH faculty will accompany you in the analysis of real cases so that you can observe firsthand how the latest psychotherapies work"*





## Specific Skills

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- ♦ Acquire a global knowledge of the evolution of the concept of old age
- ♦ Master the current lines of research in psychogeriatrics
- ♦ Identify the particularities of health and disease in the elderly
- ♦ Effectively assess physical fitness in the elderly
- ♦ Deepen in the fundamental elements of routine physical examination
- ♦ Understand the changes that occur in the central nervous system of the elderly
- ♦ Delve into the pharmacokinetic changes that occur in the elderly
- ♦ Perform essential analytical tests and know their normal and abnormal values
- ♦ Master the essential neurological examination maneuvers and techniques
- ♦ Incorporate the psychic examination into the patient's medical history
- ♦ Deepen in the fundamental vital elements in the third age
- ♦ Assess cognitive, memory and attention deficits, as well as the most common behavioral and psychological disorders in the elderly
- ♦ Understand the social structure that serves as a network for the elderly
- ♦ Determine the subject's group membership
- ♦ Analyze the present and past friendships of the older person
- ♦ Assess the financial possibilities of the elderly person
- ♦ Determine the level of physical aging of the elderly and their autonomy of movement
- ♦ Determine the amount of time spent in creative or stimulating activities
- ♦ Identify the ability to have a conversation, empathize and resolve conflicts
- ♦ Expand knowledge of personality studies and the impact of aging
- ♦ Study the role of the elderly in society
- ♦ Understand negative and positive personality changes in old age
- ♦ Understand the impact of personality disorders on the lives of the elderly
- ♦ Identify how the family relationship is affecting the elderly person
- ♦ Find out how retirement impacts the elderly person
- ♦ Assess the degree of dependence and stress of the elderly person

# 04

# Course Management

For the preparation of the syllabus of this Professional Master's Degree, physicians with a broad academic curriculum have been selected. Professionals linked to the field of scientific research who will transmit to the graduates the latest advances in Psychogeriatrics, allowing them to extrapolate this knowledge to their centers to offer the latest psychotherapies and pharmacological treatments.





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*TECH teachers will put their knowledge and experience at your disposal with the aim of offering a complete and stimulating learning experience"*

## International Guest Director

Dr. Abby Altman is a renowned **Psychologist** specialized in **Anthropology** and **Philosophy**. Her line of work focuses on providing personalized therapeutic plans to patients with conditions such as **Cognitive Impairment** or **Dementia** in order to optimize their long-term quality of life.

Her passion for integrating **behavioral health** into primary care has led her to lead important programs focused on **mental wellness**. One example is **iCBT**, which promotes **neurological resilience**. In addition, during her career, she has held strategic roles such as the **Director of Brain Support and Wellness Services** at Brigham and Women's Hospital in Massachusetts.

Moreover, her leadership skills in healthcare settings have allowed her to contribute to the comprehensive training of specialists. In this way, she has contributed to physicians developing a **multidisciplinary approach** based on behavioral change.

It should be noted that her work has been recognized internationally on multiple occasions. One of his main contributions is the **digital approach** in the field of **Geriatric Psychotherapy**. In this way, she has received a variety of awards for her work in improving access to mental health and the use of **motivational interviewing** to promote behavior change in users.

Firmly committed to progress in this area, she has balanced this work with her role as a **Clinical Researcher**. As such, she has conducted multiple exhaustive analyses on topics such as loneliness, behavioral patterns or the adaptation of **Cognitive-Behavioral Therapies**.

She is also a member of the **Motivational Interviewing Trainers Network**. In this organization she participates in the design of educational programs and didactic materials of this technique for different contexts, from Primary Care to Addictions management.





## Dr. Altman, Abby

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- ♦ Co-director of Neurological Wellness at Brigham and Women's Hospital in Boston, United States
- ♦ Geropsychologist at Brigham and Women's Hospital
- ♦ Clinical Leader, iCBT program at Brigham and Women's Hospital
- ♦ Psychologist at Brigham and Women's Hospital
- ♦ Director of Psychology Education at Brigham and Women's Hospital
- ♦ Subject Matter Expert at Inflect Health Advisory
- ♦ Assistant Project Coordinator at Boston VA Research Institute
- ♦ Clinical Psychology Intern at Bay Pines VA Healthcare System
- ♦ Behavioral Specialist at Eldercare Assessment & Resources
- ♦ Ph.D. in Philosophy at Lehigh University



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

## Management



### Dr. Anasagasti, Aritz

- ◆ European specialist psychologist in Psychotherapy by the EFPA at the CEP health center in Bilbao
- ◆ President of Emotional Network
- ◆ Master in Time-Limited Psychotherapy and Health Psychology
- ◆ Psychogeriatrics Specialist
- ◆ Creator of the homebased intervention.
- ◆ Member of the Basque Association of Gestalt Therapy
- ◆ Reciprocal Interaction Psychotherapist
- ◆ Specialist in neurodegenerative diseases from the Basque Country University.
- ◆ Responsible for the computer development of Emotional Management and treatment in the elderly

## Coordinator



### Dr. Aguado Romo, Roberto

- ◆ Psychologist specializing in Clinical Psychology
- ◆ European specialist psychologist in psychotherapy
- ◆ Managing Director of evaluation and psychotherapy centers in Madrid, Bilbao, and Talavera de la Reina
- ◆ Author of Time-Limited Psychotherapy
- ◆ Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies

## Professors

### Dr. Fernández Sánchez, Angel

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

### Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist. Lecturer in the Department of Psychology at the UCLM
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldan, Lucia

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

### Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

### Dr. Zabala-Baños, M<sup>a</sup> Carmen

- ♦ Doctorate in Psychology from the Castilla la Mancha University
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation



*In TECH you will study the impact of new family formats on the health and sociability of the elderly"*

05

# Structure and Content

The syllabus of the Professional Master's Degree in Psychogeriatrics is based on a general and anthropological vision of the concept of old age, combined with an evaluation of health and disease and their impact on personality traits. The role of the family in the development of the elderly is then defined, followed by an introduction to the physiology and neuropsychology of the elderly, as well as psychotherapies and pharmacology. Finally, it discusses how stress can affect the elderly and the sequelae of exposure to critical situations.





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*The program has been structured to approach Psychogeriatrics in an organic way, going from the general to the concrete”*



### Module 1. Old Age from an Anthropological Perspective

- 1.1. From Cicerón to Marañón
- 1.2. Aging is : a Process of Infinite Complexity
- 1.3. "Growing Old is the Only Way to Live Long" Auber
- 1.4. Cultural Anthropology and "Respect" as a Word That Defines the Elderly
- 1.5. History of the Concept of Old Age
- 1.6. Study of Old Age from Psychogeriatrics for Doctor and Psychogerontology

### Module 2. Health and Disease Assessment in the Old Age

- 2.1. Physical and Mental Health in Aging
- 2.2. Physical Evaluation
  - 2.2.1. Medical History.
  - 2.2.2. General Physical Evaluation
  - 2.2.3. Analysis
  - 2.2.4. Neurological Examination.
  - 2.2.5. Other Examinations.
- 2.3. Psychical Assessment.
  - 2.3.1. Medical History.
  - 2.3.2. Life History.
  - 2.3.3. Cognitive Assessment.
  - 2.3.4. Memory and Attention Assessment
  - 2.3.5. Behavioral Assessment.
  - 2.3.6. Evaluation of the Most Frequent Psychological Disorders in the Elderly
- 2.4. Social Assessment.
  - 2.4.1. Shared Social Network
  - 2.4.2. Belonging to Groups
  - 2.4.3. How Many Friends Do They Have at the Moment?
  - 2.4.4. How Many Friends Did They Have Before?
  - 2.4.5. Financial Capacity.
  - 2.4.6. Recent and Old Relationships
  - 2.4.7. Social Involvement.



- 2.5. Physical Aging.
- 2.6. Physical Activity
  - 2.6.1. Movement Autonomy
  - 2.6.2. Ability to Travel or Move Around
  - 2.6.3. Motor Coordination.
  - 2.6.4. Level of Tiredness and Fatigue
  - 2.6.5. Daily Life Activities
- 2.7. Mental Activity.
  - 2.7.1. Ability to Read
  - 2.7.2. Ability to Have a Get-Together
  - 2.7.3. Flexibility/Rigidity in Reasoning
  - 2.7.4. Creativity in Old Age
- 2.8. Problem Solving Activity.
  - 2.8.1. Ability to Hold a Conversation
  - 2.8.2. Leave the Monologue
  - 2.8.3. Empathize.
  - 2.8.4. Conflict Resolution
  - 2.8.5. Allow Win-Win Relationships

### Module 3. Aging From the Perspective of Personality Traits

- 3.1. Personality Research and Theories on the Aging Process
- 3.2. Role and Social Dynamics of the Elderly
- 3.3. Experiences and Current Research in Psychogeriatrics for Doctor
- 3.4. Negative Personality Changes
  - 3.4.1. Egocentrism
  - 3.4.2. Dependency
  - 3.4.3. Dogmatism.
  - 3.4.4. Stiffness
  - 3.4.5. Intolerance.
  - 3.4.6. Disobedient.

- 3.4.7. Pessimistic.
- 3.4.8. Impatient.
- 3.4.9. Disrespectful.
- 3.4.10. Insecure.
- 3.4.11. Stingy.
- 3.4.12. Unsociable.
- 3.5. Positive Personality Changes
  - 3.5.1. Honesty.
  - 3.5.2. Calm.
  - 3.5.3. Unconcerned.
  - 3.5.4. Discreet.
  - 3.5.5. Frank.
  - 3.5.6. Generous.
  - 3.5.7. Tender.
  - 3.5.8. Honest.
  - 3.5.9. Humble.
  - 3.5.10. Kind.
  - 3.5.11. Confident.
  - 3.5.12. Understanding.
- 3.6. How Do Personality Disorders Affect Old Age?
- 3.7. Research on Personality Disorders in Old Age
  - 3.7.1. Schizoid Personality Disorder
  - 3.7.2. Personality Disorder Due to Dependence
  - 3.7.3. Obsessive - Compulsive Personality Disorder
  - 3.7.4. Narcissist Personality Disorder
  - 3.7.5. Paranoid Personality Disorder
- 3.8. The Aging Process either Improves or Worsens Personality Disorders
- 3.9. Situation for the Study and Assessment of Personality Disorders in the Elderly

## Module 4. Health in Old Age

- 4.1. Review Health Dimensions
- 4.2. Mental and Emotional Health.
  - 4.2.1. Preservation of the Time and Space Relationship
  - 4.2.2. Maintenance of Short-Term Memory.
- 4.3. Habits and Cognitive Style
- 4.4. Emotional Schemes.
- 4.5. Basic Needs Met
- 4.6. Resilience
- 4.7. Preservation of the Biography
- 4.8. Mental Flexibility and Use of Humor.
- 4.9. Physical Health.
  - 4.9.1. Addictions.
  - 4.9.2. Chronic Diseases.
  - 4.9.3. History of Disease
- 4.10. Previous Care
- 4.11. Stress Level
- 4.12. Social Health.

## Module 5. Aging and Family

- 5.1. What Is Family?
  - 5.1.1. Family Life Cycle
  - 5.1.2. Family Sociability.
  - 5.1.3. New Intergenerational Conflicts
  - 5.1.4. Core Family.
  - 5.1.5. Modern Family
  - 5.1.6. Social Organization of Sexual Relationships
- 5.2. Regulatory Processes of Family Life
  - 5.2.1. Family Temperament.
  - 5.2.2. Family Identity

- 5.3. The Process of Family Development and Growth
  - 5.3.1. Sandwich Generation.
  - 5.3.2. Tupac Amaru Syndrome
  - 5.3.3. Family Aging
- 5.4. Functional Family in Old Age
  - 5.4.1. Support for Demands and Needs
  - 5.4.2. Parentability.
  - 5.4.3. Subsidiary Liability.
- 5.5. Stability of Change and Authority Placement
- 5.6. Aging Within the Family
  - 5.6.1. Family and the Importance of Contribution and Productivity
  - 5.6.2. Psychosocial Aspects of the Family
  - 5.6.3. Structure
  - 5.6.4. Mechanisms of action
  - 5.6.5. The Family as a Social and Health Network in Old Age
  - 5.6.6. Current Role of Old Age in 21st Century Families.
- 5.7. The Crisis of the 70s.
  - 5.7.1. Retirement.
  - 5.7.2. Dependence.
  - 5.7.3. Depression.
- 5.8. The Family of Today and the Family of the Future
- 5.9. Quality of Life, Family and Changes That Occur in Old Age
  - 5.9.1. Society and Aging
  - 5.9.2. How Does Our Body Transform as We Age?
  - 5.9.3. Psychology and Old Age. Metapsychology
- 5.10. Aging in Satisfaction
- 5.11. Realization of Basic Needs in Old Age.

## Module 6. Physiological and Neuropsychological Changes in Old Age

- 6.1. Changes in the Central Nervous System
  - 6.1.1. Neuropsychological and Psychopathological Alterations in the Elderly
  - 6.1.2. Characteristics in Old Age Affecting Drug Intervention
- 6.2. Psychopathology and Neuropathology in Disorders of Consciousness and Perception in the Elderly
  - 6.2.1. Biopsychosocial Factors in Life Fatigue
  - 6.2.2. Daily Life Stress in the Elderly
  - 6.2.3. Attention, Learning and Memory
  - 6.2.4. Helplessness.
  - 6.2.5. Isolation.
  - 6.2.6. Loneliness
  - 6.2.7. Boredom.
  - 6.2.8. Neglect.
  - 6.2.9. Suicide in Old Age
- 6.3. Affective Disorders in the Elderly
- 6.4. Sleep Disorders in Old Age

## Module 7. Psychotherapies and Intervention from Clinical Psychology for the Elderly

- 7.1. Common and Differential Elements in Psychotherapy of the Elderly
- 7.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 7.3. Capable Scenarios and Motivational Interviewing
- 7.4. Behavior Modification and Time-Limited Psychotherapy in the Elderly
- 7.5. Functional Analysis.
- 7.6. Systemic Therapy.
- 7.7. MRI: Brief Problem Focused Therapy.
- 7.8. BFTC: Brief Solution Focused Therapy.
- 7.9. Family Sculpting.
- 7.10. Metaphorical Storytelling.
- 7.11. Prescriptions: Healing Processes.
- 7.12. Original Prescriptions.
- 7.13. Strategic Therapy and Constructivism
  - 7.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy

## Module 8. Pharmacological Intervention in the Elderly

- 8.1. Geriatric Psychopharmacology
- 8.2. Frailty/Vulnerability of the Elderly
- 8.3. Polypharmacy in the Elderly
- 8.4. Pharmacokinetic Changes.
  - 8.4.1. Decrease in Body Water
  - 8.4.2. Reduced Protein Binding
  - 8.4.3. Longer Time to Reach Peak Plasma Levels
  - 8.4.4. Greater Variability in Achieving Stable Plasma Levels
  - 8.4.5. Lower Hepatic Metabolism
  - 8.4.6. Lower Renal Clearance.
  - 8.4.7. Risk of Interactions
  - 8.4.8. New Pharmacodynamics
- 8.5. Pharmacological Treatment of Anxiety in the Elderly
  - 8.5.1. Benzodiazepines
  - 8.5.2. ISRS
  - 8.5.3. NL Atypicals
- 8.6. Pharmacological Treatment for Depression in the Elderly
  - 8.6.1. ISRS
  - 8.6.2. Non Tricyclic Antidepressants
  - 8.6.3. Dual Antidepressants.
- 8.7. Pharmacological Treatment of Bipolar Disorder in the Elderly
  - 8.7.1. Lithium
  - 8.7.2. Anticonvulsants
- 8.8. Antiseizure Drugs
- 8.9. Medications for Agitation in the Elderly
- 8.10. Pharmacology of Confusion
- 8.11. Drugs for Dementia
- 8.12. Anti-Deficiency Drugs.
- 8.13. Pharmacological Intervention in Somatization

## Module 9. The Concept of Stress, Associated Human Response and the After Effects of a Critical Situation

- 9.1. What is Stress?
- 9.2. Biology of the Stress Response
- 9.3. Biochemistry of Stress
- 9.4. Basic Emotions
- 9.5. The Biology of Stress in a Critical Situation
- 9.6. Development of the Stress Response
- 9.7. Psychological Defense Mechanisms Associated with the Critical Situation
- 9.8. Self-management, The Management of One' s Own Emotions
- 9.9. Being proactive.
- 9.10. Create an Environment of Trust
  - 9.10.1. The Importance of Trust
  - 9.10.2. The Four Pillars of Confidence
- 9.11. Empathic Listening.
- 9.12. Applied Communication Skills
  - 9.12.1. The Communication Process
  - 9.12.2. Guidelines for Effective Communication
  - 9.12.3. Common Errors in Conveying Information
  - 9.12.4. Common Errors in Receiving Information
- 9.13. Representational Systems.
- 9.14. Handling Difficult Discussions and Conversations
  - 9.14.1. Introduction
  - 9.14.2. Conversation About: Who's Right?
  - 9.14.3. Conversations About Emotions
  - 9.14.4. Conversations about Identity
- 9.15. Effective Use of Questions
- 9.16. Paraphrasing.
- 9.17. Influence Techniques to Overcome Resistance
  - 9.17.1. Managing Motivation
  - 9.17.2. Strategies to Support Change
- 9.18. Achieving a Small "Yes".
- 9.19. Speaking about the Present and the Future
- 9.20. Expressing Ourselves with "Me" Messages.
- 9.21. Accompanying and Leading
- 9.22. Set the Person to Do Something



*By opting for this Professional Master's Degree you will update your knowledge in Psychogeriatrics in one of the most prestigious online universities in Spanish in the world"*





06

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

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 Re-learning, 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 abundant 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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking 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 high socioeconomic profile and an average age of 43.5 years old.

*Re-learning 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 multimedia content presentation training Exclusive system 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 & Re-testing

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 your goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts: The system termed Learning from an Expert strengthens knowledge and recall capacity, and generates confidence in the face of difficult decisions in the future.



#### 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.



07

# Certificate

The Professional Master's Degree in Psychogeriatrics guarantees, in addition to the most rigorous and up-to-date training, access to a Professional Master's Degree certificate issued by TECH Global University.





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*Successfully complete this training program  
and receive your diploma without travel or  
laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree diploma in Psychogeriatrics** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

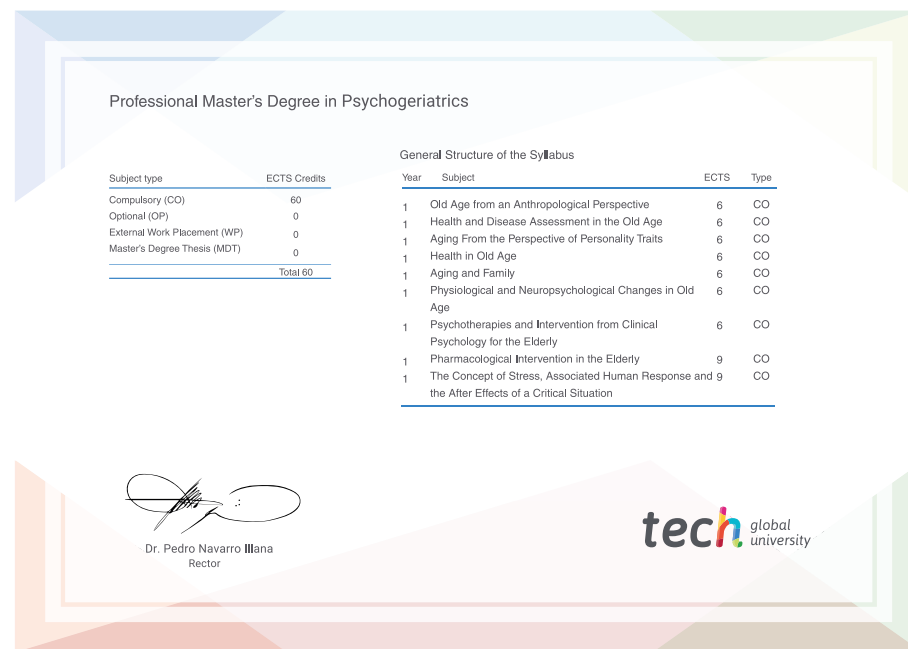
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Psychogeriatrics**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



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



## Professional Master's Degree Psychogeriatrics

- › Modality: online
- › Duration: 12 months
- › Certificate: TECH Global University
- › Credits: 60 ECTS
- › Schedule: at your own pace
- › Exams: online

# Professional Master's Degree Psychogeriatrics

