

# Postgraduate Certificate

## Basic Skills and Psychological First Aid





## Postgraduate Certificate Basic Skills and Psychological First Aid

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

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/basic-skills-psychological-first-aid](http://www.techtute.com/pk/nursing/postgraduate-certificate/basic-skills-psychological-first-aid)

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# 01

# Introduction

Caring for disaster patients both physically and psychologically is equally important. Traumatic events can have a profound impact on the lives of those affected, and health professionals play a crucial role in preventing the development of long-lasting consequences. For this reason, TECH and its team of experts, with extensive experience in the psychological field, have developed a program that addresses the action protocol for patients of all ages dealing with post-traumatic stress. This is a 100% online degree program that allows nursing specialists to enhance their communication and intervention skills using the most innovative and effective therapeutic techniques and strategies in the field.





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*In just 6 weeks, TECH will equip you with the fundamental skills of a psychological first aid expert”*

Psychological first aid is of vital importance when dealing with an accident or death. This care must be provided at both physical and psychological levels to ensure that patients do not experience long-term sequelae. The intervention of nurses involves physical and emotional demands on these professionals. Therefore, it is essential that they possess extensive practical skills to provide immediate aid, both in hospital centers and at the accident site itself.

With the aim of enhancing the mental stability of those affected from the onset of a catastrophe, TECH has designed a program targeted at nursing graduates. This program empowers them to advance their professional careers in healthcare with advanced multidisciplinary skills. By pursuing this degree, the graduate will have access to 150 hours of theoretical, practical, and additional content. This program will help you enhance your listening and communication skills in traumatic contexts, while also understanding the significance and objectives of first aid. All of this will be accessible through materials that you can download from the Virtual Campus, allowing you to consult them offline as well. It is a comprehensive academic package that includes video summaries, audios, presentations, activities, and much more.

In this way, the specialist will delve into the management of their own emotions, gaining knowledge of the most innovative and effective self-management techniques. A rigorous teaching approach framed in a comfortable 100% online format, allowing the specialist to adapt their pace of study with total freedom. Therefore, it presents a unique academic opportunity for students to incorporate the best therapeutic strategies for crisis intervention into their healthcare practice.

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

- ♦ The program includes the development of case studies presented by experts in psychology and emergency services
- ♦ The program incorporates graphic, schematic, and practical contents that offer both scientific and practical information on the disciplines crucial for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, opportunities to ask questions to experts, discussion forums for addressing controversial topics, and individual reflection papers
- ♦ Content that is accessible from any fixed or portable device with an internet connection



*Enroll now in this program to enhance your competences in the practice of psychological intervention”*

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*Rely on experts in emergency services to offer first responder care to victims of traumatic events”*

The teaching staff includes a team of professionals from the sector who contribute their work experience to this training, along with renowned specialists.

The program utilizes multimedia content developed with the latest educational technology to provide professionals with a situated and contextual learning experience. By leveraging a simulated environment, participants can engage in immersive education that closely replicates real-life situations.

The program is designed with a strong emphasis on Problem-Based Learning (PBL), where professionals are challenged to solve various real-life professional practice situations that arise throughout the academic course. This will be accomplished with the assistance of an innovative system of interactive videos created by renowned experts.

*Would you know how to deal with children's cases of stress? You can acquire knowledge in the latest techniques to develop your healthcare work.*

*Discover the benefits of implementing psychological support and refining essential nursing skills with the help of TECH.*





# 02 Objectives

The aim of this certificate is to acquaint nurses with the latest advancements in psychological first aid research. In this manner, TECH will provide nursing professionals with the most comprehensive, thorough, innovative, and up-to-date knowledge regarding the therapeutic skills that qualified health professionals need to develop. TECH offers all the necessary information in this field, allowing the specialist to expand their competencies and apply them effectively in their respective performance scenarios.





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*The program delves into psychological first aid, thanks to the utilization of communication techniques and crisis prevention methods”*



## General Objectives

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- You will work on enhancing the professional's foundational skills for psychological first aid
- You will gain a comprehensive understanding of the most innovative and effective techniques for communication and intervention in crisis situations



*A program that will familiarize you with the essential skills needed for healthcare therapists to provide psychological support to their patients”*







## Specific Objectives

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- ◆ Understand the therapist's skills necessary for providing the required psychological support
- ◆ Recognize the significance of emotional support in situations of loss and bereavement
- ◆ Acquire an understanding of the distinctions between normal grief and pathological grief
- ◆ Explore the role of first aid in managing crises and emergencies

# 03

## Structure and Content

This certificate was meticulously crafted by the teaching team, which not only developed the syllabus but also dedicated time to create additional materials available on the Virtual Campus for the graduates. TECH has been equipped with the latest academic tools, including the *Relearning* methodology, enabling students to progressively grasp the subject matter without the need for extensive memorization. In this manner, the nursing graduate will have the opportunity to explore various topics, including emotional management, communication with children in emergency situations, the significance of following first aid protocols, and many other relevant subjects. Additionally, the program offers a 100% online mode with downloadable audiovisual content, which can be accessed and consulted offline at any time on the students' devices.







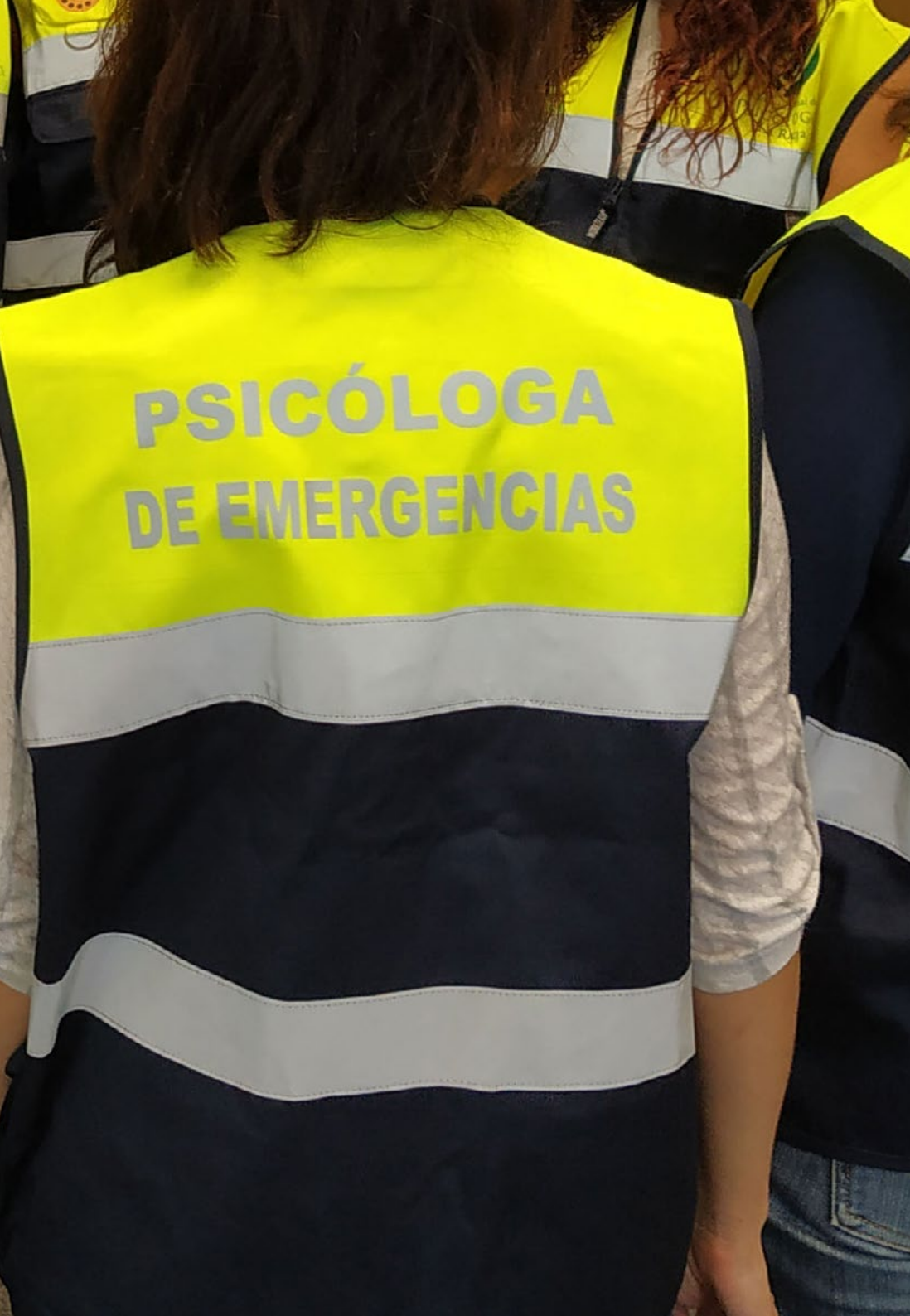
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*The program is designed using the Relearning methodology, eliminating the need for long hours of memorization, and allowing you to balance your studies with other aspects of your life”*

## Module 1. Basic Skills and Psychological First Aid

- 1.1. Self-Management, The Management of One's Own Emotions
  - 1.1.1. What is Self-Management?
  - 1.1.2. The Self-Management of Emotions
  - 1.1.3. Managing Emotions
- 1.2. Being proactive
  - 1.2.1. Concept of Proactivity
  - 1.2.2. Hypothesis of Proactivity
  - 1.2.3. Adaptation
- 1.3. Concept of Listening
  - 1.3.1. Introduction to the Concept of Listening
  - 1.3.2. Types of Listening
  - 1.3.3. Active Listening in Psychological Therapy
- 1.4. Applied Communication Skills
  - 1.4.1. Introduction to Communicative Skills
  - 1.4.2. Main Communication Skills
  - 1.4.3. Components
- 1.5. Communication Techniques
  - 1.5.1. Technique for Communication in Emergency Situations
  - 1.5.2. Communication Strategies
  - 1.5.3. Assertive Communication
- 1.6. Communication to Children in Emergency Situations
  - 1.6.1. First Contact
  - 1.6.2. Direct Attention
  - 1.6.3. The Intervention
  - 1.6.4. Subsequent Recall
- 1.7. Communication with other Groups
  - 1.7.1. Special Groups
  - 1.7.2. Communication with the Elderly
  - 1.7.3. Communication with Disabled People
  - 1.7.4. Communication with Foreign People





- 1.8. Importance and Objectives of First Aid
  - 1.8.1. Introduction to the Concept of First Aid
  - 1.8.2. Main Objectives of First Aid
  - 1.8.3. Why is First Aid Important?
- 1.9. Introduction to Basic Concepts
  - 1.9.1. Commonly used Terms in Emergency Situations
  - 1.9.2. Common Emergency Situations
- 1.10. Most Common Pathologies in Psychosocial Emergency Situations
  - 1.10.1. Pathologies in Emergency Situations
  - 1.10.2. Pathological Development after the Crisis

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*A program tailored for healthcare professionals like you, who seek to update their knowledge of protocols for emergency situations”*



04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





05

# Certificate

The Postgraduate Certificate in Basic Skills and Psychological First Aid guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Upon successfully completing this program, students will receive their university qualification without the need to travel or go through cumbersome paperwork”*

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

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

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

Title: **Postgraduate Certificate in Basic Skills and Psychological First Aid**

Official N° of Hours: **150 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 presentation  
development languages  
virtual classroom



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Post:

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