

# Postgraduate Certificate

## Daily Life Stress in the Elderly for Nursing





## Postgraduate Certificate Daily Life Stress in the Elderly for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/daily-life-stress-elderly-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/daily-life-stress-elderly-nursing)

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01

# Introduction

Aging is not a simple process. The arrival of retirement entails a change in lifestyle, routines and habits, and although this process translates into more free time, many people do not know how to manage it, causing stressful situations. Nurses have to be up to date with all these changes that occur in patients in order to know how to advise and guide them in their daily lives.





A close-up, profile view of an elderly woman with short, light-colored hair, smiling warmly. The image is partially obscured by a large, diagonal teal graphic element that covers the top right and bottom right portions of the page.

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*Take the step to study with us and become qualified to care for elderly patients with total safety and rigor”*

This Postgraduate Certificate has been designed by leading experts in the field to qualify nurses in the care of elderly patients who suffer from stressful situations in their daily lives. This pathology, in this type of people, usually appears due to the changes that occur in their daily life when they reach this stage of life in which they have more free time.

In this context, it is important for nurses to specialize in this field, since they are often the first health care professionals to attend to patients and are able to achieve a higher level of trust than other professionals due to their constant treatment. This is why their knowledge is essential, since they can alert to any possible symptom of stress, helping to diagnose and treat it early.

This high-quality program has been created by the main professionals in the field and with the most up-to-date contents, so that professionals only have to be willing to study.

Moreover, as it is a 100% online specialization, nurses will be able to combine the study of this Postgraduate Certificate with the rest of their daily obligations, choosing at all times where and when to study. A high-level program that will take nursing professionals to the highest level in their field of action.

This **Postgraduate Certificate in Daily Life Stress in the Elderly for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Practical cases presented by experts in Psychogeriatrics
- ◆ 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 in the management of Daily Life Stress in the Elderly for Nursing
- ◆ 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



*Specialize with this high-quality Postgraduate Certificate and give a boost to your profession"*

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*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Daily Life Stress in the Elderly for Nursing, you will obtain a degree from TECH Global University”*

Forming part of the teaching staff is a group of professionals in the world of Psychology, who bring to this course their work experience, as well as a group of renowned specialists, recognized by esteemed scientific communities.

Thanks to their multimedia content developed with the latest educational technology, they will allow professionals to learn in a situated and contextual way, i.e., a simulated environment that will provide immersive learning programmed to prepare them for real situations.

The design of this program is based on Problem-Based Learning, through which psychologists must try to solve the different professional practice situations that are presented to them throughout the Postgraduate Certificate. For this reason, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

*Continue your education with us and increase your decision-making confidence.*

*Don't miss the opportunity to improve your professional skills. We offer you the best teaching methodology and the latest educational technology.*



02

# Objectives

The Postgraduate Certificate in Daily Life Stress in the Elderly for Nursing is oriented to facilitate nurses performance, so that they can keep their knowledge updated to exercise their professional practice with total security.





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*This Postgraduate Certificate will allow you to update your knowledge, with the use of the latest educational technology, to contribute with quality and security to the decision making process”*



## General Objectives

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- ♦ Provide students with the knowledge of the stress of daily life
- ♦ Provide skills to deal with the psychological state of the elderly
- ♦ Learn how to design multidisciplinary intervention protocols for old age
- ♦ Identify mental flexibility in the face of life's adversity
- ♦ Evaluate antidotes to stressors in the aging process





## Specific Objectives

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- ♦ Gain knowledge of the mutations and new types of illness at this age
- ♦ Elaborate life histories as the objective of treatment in old age and not as a tool as is done in other age groups

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*Our goal is to achieve  
academic excellence and we  
will help you achieve it too”*



03

# Course Management

For our Postgraduate Certificate to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*Our teachers will put their experience and teaching skills at your disposal to offer you a stimulating and creative program”*



## 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

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

## Management



### Dr. Aguado Romo, Roberto

- Psychologist specializing in Clinical Psychology
- Psychologist European specialist in Psychotherapy
- Managing Director of the 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. Fernandez, Angel

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

### Dr. Zabala-Baños, María Carmen

- ♦ PhD in Psychology from University of Castilla – La Mancha
- ♦ Health Psychologist Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree 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

**Dr. Anasagasti, Aritz**

- ♦ European specialist psychologist in Psychotherapy from the EFPA at the CEP health center in Bilbao
- ♦ President of Emotional Network
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychogeriatrics Specialist
- ♦ Creator of the home-based intervention
- ♦ Member of the Basque Association of Gestalt Therapy
- ♦ Reciprocal Interaction Psychotherapist
- ♦ Specialist in neurodegenerative diseases from the University of the Basque Country
- ♦ Responsible for the computer development of Emotional Management and Treatment in the Elderly

**Dr. Kaiser, Carlos**

- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Otolaryngology medical specialist
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology. Expert in Psychosomatic Medicine

**Dr. Martínez-Lorca, Manuela**

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

**Dr. Martínez Lorca, Alberto**

- ♦ Specialist in Nuclear Medicine
- ♦ Specialist in nuclear medicine area at the Rey Juan Carlos-Quirón University Hospital
- ♦ International Residency in Turku PET Centre
- ♦ Turku University Hospital Finland
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching V.E.C.
- ♦ Director of Neurological Studies at CEP in Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population (Teddy Bear Hospital)

**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's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

**Dr. Roldán, Lucía**

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

04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specializing in daily psychological praxis, aware of the relevance of the current relevance of qualification to be able to act with the patient with mental pathology and committed to quality teaching through new educational technologies.







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*We have the most complete program on the market. We strive for excellence and for you to achieve it too"*

## Module 1. Health in Old Age

- 1.1. Review of the Dimensions of Health
- 1.2. Mental and Emotional Health
  - 1.2.1. Conserving Time and Space Relationship
  - 1.2.2. Maintaining Short-Term Memory
- 1.3. Habits and Cognitive Style
- 1.4. Emotional Schemes
- 1.5. Basic Needs Met
- 1.6. Resilience
- 1.7. Preservation of the Biography
- 1.8. Mental Flexibility and Sense of Humor
- 1.9. Physical Health
  - 1.9.1. Addiction
  - 1.9.2. Chronic Diseases
  - 1.9.3. History of Disease/Illness
- 1.10. Past Assisted Care
- 1.11. Stress Level
- 1.12. Social Health







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*A unique, crucial and decisive learning experience to boost your professional development"*

05

# Study Methodology

TECH is the world's first university to combine the case study methodology with Relearning, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.





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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*



## The student: the priority of all TECH programs

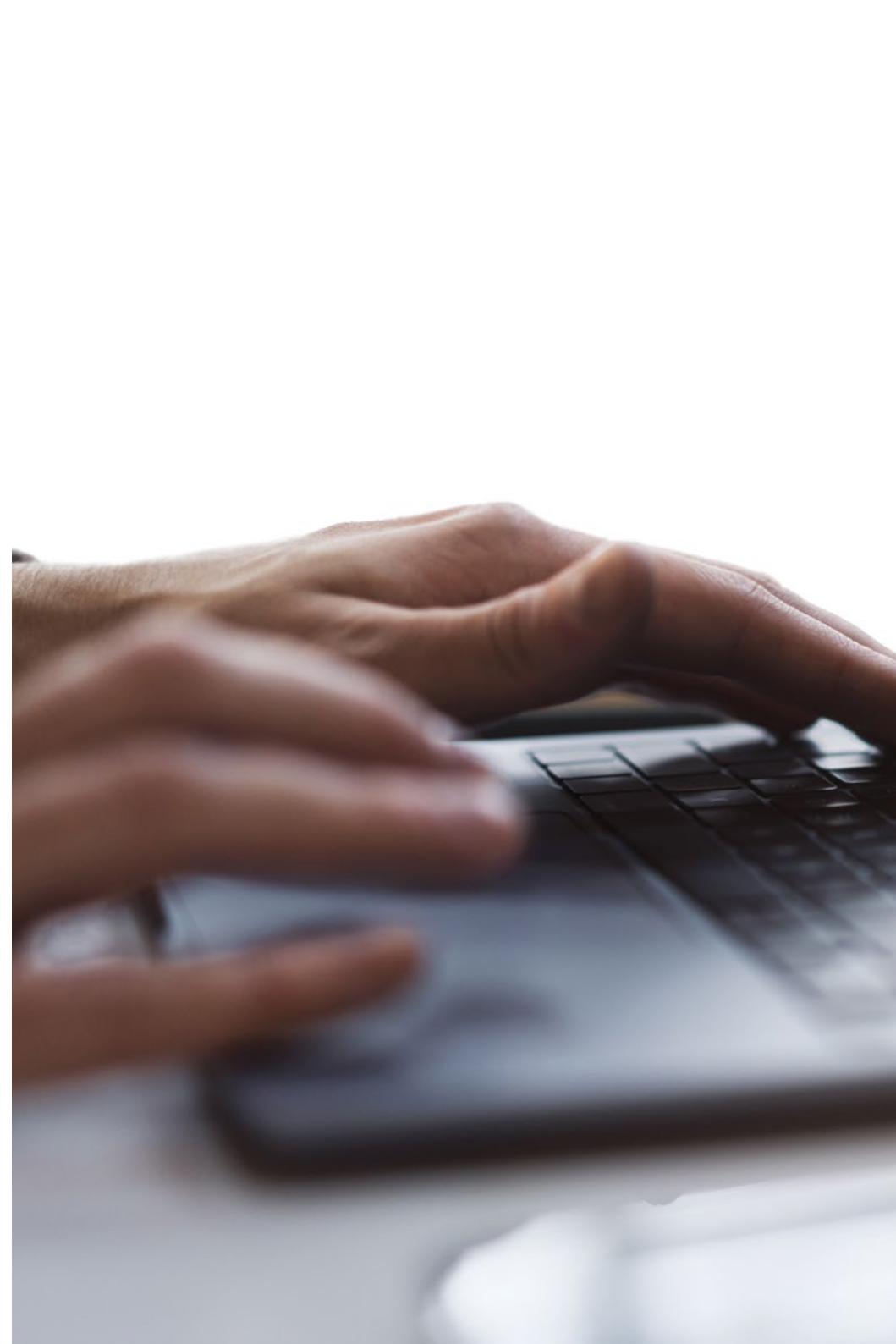
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”*

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*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.*





## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### 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 assess 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.



## The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

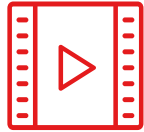
The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



### 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

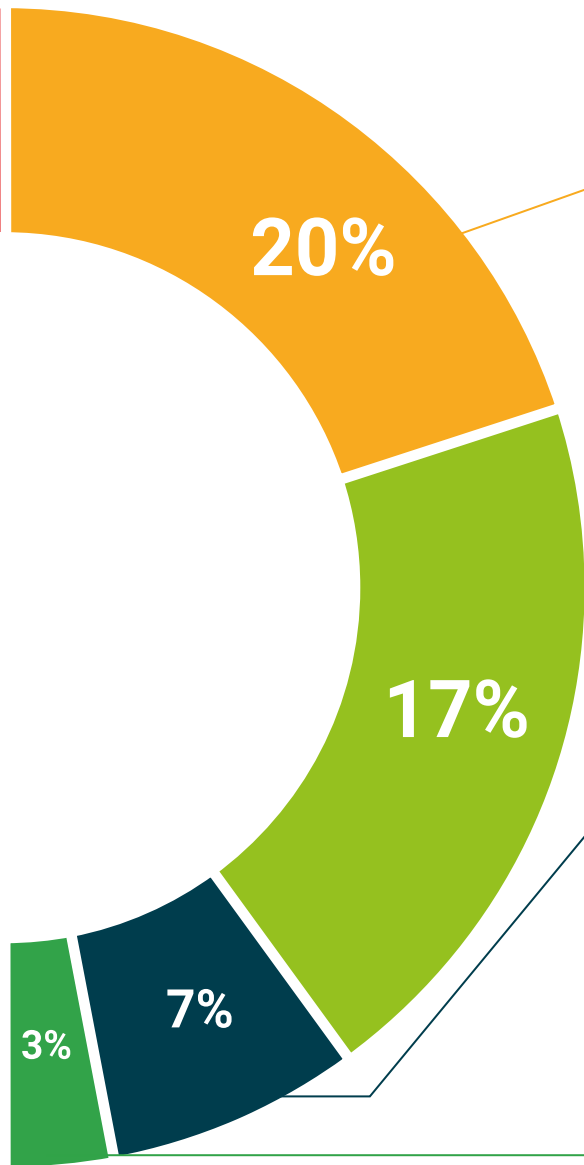
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for 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 Certificate in Daily Life Stress in the Elderly for Nursing guarantees, in addition to the most rigorous and updated knowledge, access to a Postgraduate Certificate issued by TECH Global University



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*



This private qualification will allow you to obtain a **Postgraduate Certificate in Daily Life Stress in the Elderly for Nursing Processes** 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** private qualification 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: **Postgraduate Certificate in Daily Life Stress in the Elderly for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**



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



## Postgraduate Certificate Daily Life Stress in the Elderly for Nursing

- » Modality: online
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# Postgraduate Certificate

## Daily Life Stress in the Elderly for Nursing

