

Postgraduate Certificate

Group Intervention Techniques with First Responders



Postgraduate Certificate Group Intervention Techniques with First Responders

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/group-intervention-techniques-first-responders

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01

Introduction

The development of Emotional Intelligence (EI) is crucial in the work of healthcare professionals. This will have a direct impact on their well-being and, consequently, on the quality of service they can provide. To master these emotions, professionals utilize self-care techniques after each emergency service. For this reason, TECH has developed a comprehensive and rigorous program that delves into emotional discharge techniques, such as Defusing, to help nursing professionals and other disciplines at the forefront of the emergency department manage and channel stress effectively. It is a 100% online program that allows flexible study and is supported by an experienced teaching team in the area.





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With this program you will delve into group intervention techniques, so that you yourself can apply them to your colleagues”

Professionals working in emergency services are exposed to extreme situations on a daily basis. In addition to providing psychologically based care that can reduce the emotional impact on disaster victims, they must also reduce their own stress. To this end, after the services, the teams usually carry out a debriefing. This is a group activity in which all responders who have attended a critical incident participate and which helps to reduce the effects of psychopathological symptoms.

In these group intervention techniques it is essential that professionals know the procedures and carry them out routinely to manage their emotions. The Defusing technique is one of the most effective tools for the management of severe emotional stress. This technique is used immediately after the traumatic event and with it professionals will be able to share all the emotions and actions that have been carried out in the intervention. Despite being common situations in their work, assisting victims of self-harm or murder can, these can cause irreversible damage to health and safety officers.

For this reason, TECH has developed a program that delves into the therapeutic field and offers the keys to apply group intervention techniques. The aim is for nurses to deal with the appearance of mental disorders such as depression or anxiety, caused by continuous exposure to traumatic contexts. In addition, TECH facilitates the study through a 100% online modality, which allows flexibility to adapt to their professional needs. At the same time, students will have at their disposal materials in different audiovisual formats that make study more dynamic and enrich the qualification.

This **Postgraduate Certificate in Group Intervention Techniques with First Responders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of practical cases presented by experts in psychology and emergency services
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



Master the physiological techniques of stress management, thanks to an innovative program that, in just 6 weeks, will refresh your knowledge in this area"



Don't have enough time to study in person? Enroll now and gain a deeper understanding of group and individual intervention techniques through a 100% online program"

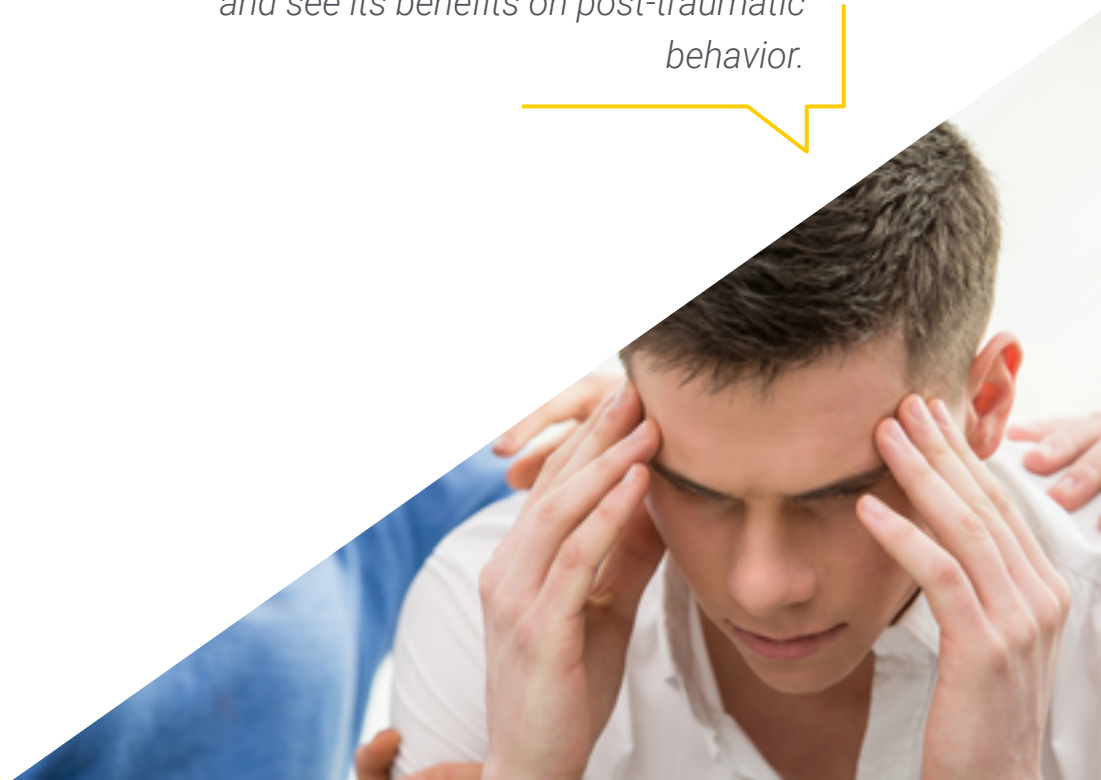
includes in its teaching staff a team of professionals from the field who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

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 education programmed to learn 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

TECH offers you 180 hours of complete audiovisual materials and the simulation of real cases, so that you can apply the Peer Support systems in both children and adolescents.

Master cognitive behavioral therapy for stress management in professionals and see its benefits on post-traumatic behavior.



02

Objectives

Having seen the benefits of group and individual intervention techniques on emergency professionals, the healthcare market has increased the demand for nurses who can put them into practice. In order to provide the nurses of the present and the future with theoretical and practical knowledge, TECH has developed a unique program that integrates an online experience with professionals in the field. Thanks to the contribution of prestigious psychologists and health professionals, students will master Defusing and Debriefing techniques to perfection, among many other issues. In this way, the professional who is qualified with TECH will obtain all the keys to implement the most effective individual and group therapeutic treatments in their service.



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You will be able to implement in your practice the most effective therapeutic strategies to achieve effective relaxation in your patients”



General Objectives

- ♦ Develop a broad and specialized knowledge of group intervention techniques with emergency responders
- ♦ Know in detail the main individual and group strategies for stress management and prevention of illnesses affecting mental health



Meet your goals now, mastering PTSD prevention strategies and acting confidently in group intervention with other professionals”





Specific Objectives

- ◆ Know and study the main group techniques for intervention with first responders
- ◆ Know and study the main individual techniques for intervention with first responders
- ◆ Differentiate group techniques from individual techniques
- ◆ Know about Peer Support Systems
- ◆ Know the consequences of poor intervention

03

Structure and Content

The syllabus of this Postgraduate Certificate in Group Intervention Techniques with First Responders has been developed together with a professional team that develops psychological intervention work on the rest of professionals. In addition, TECH Global University applies innovative teaching tools, such as the Relearning methodology and a large amount of audiovisual materials, so that students can follow the study easily and flexibly. It is a dynamic, modern and multidisciplinary program, with which the professional will explore physiological stress management techniques, cognitive-behavioral techniques, group intervention, relaxation tools and demobilization, among many other issues. All this, just a click away using a device with an Internet connection, thanks to its 100% online modality.



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TECH Global University will allow you to work while developing academically as a professional in Defusing and Debriefing techniques”

Module 1. Group Techniques for Intervention with First Responders

- 1.1. The First Responders
 - 1.1.1. The First Responder
 - 1.1.2. Types of First Responders
 - 1.1.3. The Importance of Intervention
- 1.2. Group Techniques vs. Individual Techniques
 - 1.2.1. Introduction to the Concept of Group Techniques vs. Individual Techniques
 - 1.2.2. Main Group Techniques for Intervention with First Responders
 - 1.2.3. Main Individual Techniques for Intervention with First Responders
- 1.3. Physiological Stress Management Techniques
 - 1.3.1. Main Physiological Stress Management Techniques
 - 1.3.2. Efficacy of Physiological Stress Management Techniques
 - 1.3.3. New Physiological Stress Management Techniques
- 1.4. Cognitive-Behavioral Techniques for Stress Management
 - 1.4.1. Introduction to Cognitive-Behavioral Techniques
 - 1.4.2. Main Cognitive-Behavioral Techniques for Stress Management
- 1.5. When to Do Group Intervention with First Responders
 - 1.5.1. The Importance of Group Intervention
 - 1.5.2. Advantages of Group Intervention
 - 1.5.3. When is Group Intervention with First Responders Appropriate?
 - 1.5.4. Risks of Group Intervention
- 1.6. Peer Support Systems
 - 1.6.1. Introduction to the Concept of Peer Support Systems
 - 1.6.2. Types of Peer Support Systems
 - 1.6.3. Application in Children and Teenagers





- 1.7. Defusing
 - 1.7.1. What is Defusing?
 - 1.7.2. Technique Objectives
 - 1.7.3. Advantages and Disadvantages of Defusing
- 1.8. Debriefing
 - 1.8.1. What is Debriefing?
 - 1.8.2. Technique Objectives
 - 1.8.3. Technique Stages
 - 1.8.4. Advantages and Disadvantages of Debriefing
- 1.9. Relaxation
 - 1.9.1. What is Relaxation?
 - 1.9.2. Technique Objectives
 - 1.9.3. Advantages and Disadvantages
- 1.10. Demobilization
 - 1.10.1. What is Demobilization?
 - 1.10.2. Technique Objectives
 - 1.10.3. Advantages and Disadvantages



Don't wait any longer, opt for a program that adapts to you, so that you can increase your skills in the healthcare field"

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

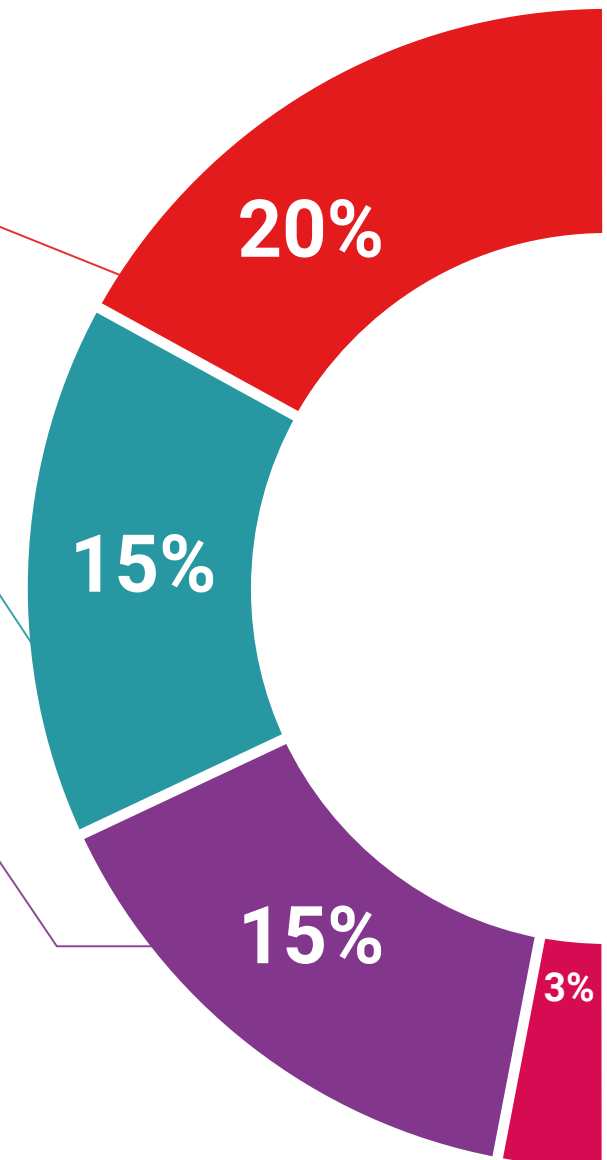
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Group Intervention Techniques with First Responders guarantees students, in addition to the most rigorous and up-to-date education, 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 Postgraduate Certificate Group Intervention Techniques with First Responders** 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.

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Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.



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