

# Postgraduate Certificate

Psychological Care of Higher  
Cognitive Abilities for Nurses



## Postgraduate Certificate

### Psychological Care of Higher Cognitive Abilities for Nurses

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/psychological-care-higher-cognitive-abilities-nurses](http://www.techtute.com/us/nursing/postgraduate-certificate/psychological-care-higher-cognitive-abilities-nurses)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

The inadequate management of emotions or the inability to maintain motivation are some of the main problems produced in hospitalized people that nurses face daily. Its proper management directly affects the mental well-being of the patient when overcoming a pathology or facing bad clinical news, so these professionals must have high psychological skills to ensure the proper development of these superior cognitive abilities. That is why TECH has created this program, which will enable the student to manage positive and negative emotions or to master strategies of thought optimization, in a 100% online way and without relying on hermetic schedules.



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*Master, with this Postgraduate Certificate, the most cutting-edge strategies to help patients manage their emotions both negative and positive”*

The inability to develop language, manage emotions or enjoy a strong short-term memory are some of the most common cognitive problems in hospital consultations. The approach by the Nursing professional, on numerous occasions, can be carried out through different mechanisms and psychological strategies adapted to the desired purpose. Because this task is crucial to improving the quality of life of affected patients, nurses have a duty to have high skills in this field to perform a first level health practice.

For this reason, TECH has chosen to design this program, through which the student will assimilate the most up-to-date and sophisticated techniques of psychological care that allow intervention in cases of people suffering from various pathologies related to their cognitive abilities. Throughout this academic period, they will master the most effective methods to face various negative circumstances with fortitude or design strategies aimed at solving problems in patients with thinking difficulties. In addition, it will manage the use of limited resource models to increase its care capacity.

Since this Postgraduate Certificate is taught through a 100% online methodology, the student will get an excellent learning without the need to make uncomfortable trips to study centers. Likewise, you will have teaching resources present in a wide number of textual and multimedia formats varied among themselves, which will provide an accessible teaching 24 hours and fully adapted to your personal and academic needs.

This **Postgraduate Certificate in Psychological Care of Higher Cognitive Ability for Nurses** contains the most complete and up-to-date scientific on the market.

- ♦ The development of practical case studies presented by experts in Mental Health for Nursing
- ♦ 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 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



*With this program from TECH, you will manage the limited resource models that allow you to combat the problems of care that a patient suffers"*

“

*Offer the best psychological help to those patients who suffer difficulties in their ability to think through the design of strategies aimed at favoring the successful resolution of problems”*

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive 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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Enjoy useful and applicable learning in your professional life, since the curriculum of this Postgraduate Certificate is designed by excellent experts in Mental Health for Nursing.*

*Since this program has a duration of 6 weeks and a methodology 100% online, you can study it and combine it with your professional tasks.*



02

# Objectives

This Postgraduate Certificate has been created in order to promote the expansion of the knowledge of the nursing professional regarding the psychological care of the cognitive abilities of different types of patients. In this way, it will adopt the most efficient techniques for managing emotions or language problems from a psychological perspective, learning endorsed through the achievement of general and specific objectives.





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*Apply in your daily practice the most cutting-edge approaches to treat problems of higher cognitive abilities through this qualification”*



## General Objectives

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- Explain the diagnosis, etiology, pathophysiology, and prevention of mental illness
- Identify risk factors for mental illness
- Identify signs and symptoms that indicate mental illness
- Develop techniques to explain and apply patient self-care to prevent mental health disorders



*Become a reference professional  
in the field of Mental Health for  
Nursing through this program"*





## Specific Objectives

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- ◆ Explain attention and filter models
- ◆ Describe resource-limited models
- ◆ Delve into automated and controlled care processes
- ◆ Explain the psychology of emotion
- ◆ Detect the importance of positive and negative emotions
- ◆ Identify the expression and regulation of emotions
- ◆ Manage strategies to identify and deal with stress
- ◆ Comprehend the relationship between language ability and learning
- ◆ Define memory structures
- ◆ Understand the concepts of propositional representations and mental imagery
- ◆ Assimilate new approaches to memory
- ◆ Explain the neurophysiological basis of motivation
- ◆ Describe the relationship between thinking ability and learning
- ◆ Analyze the different types of Reasoning
- ◆ Comprehend the relationship between Perception ability and learning

03

# Course Management

In order to offer a degree with the highest educational level, TECH has selected the best experts in Mental Health for Nursing to direct and teach this course, who have exercised their profession in different prestigious hospitals. In addition, the didactic resources available throughout this program are properly prepared by these specialists, so all the contents that will provide the student will enjoy full applicability in the workplace.





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*Hand in hand with the best experts in Mental Health in Nursing, you will get the most up-to-date knowledge in Psychological Care of Superior Cognitive Abilities"*

## Management



### Ms. Peña Granger, Mercedes

- ♦ Head of Adult Psychiatry Nursing Unit at General University Gregorio Marañón Hospital, Madrid
- ♦ EIR Mental Health Tutor in Multidisciplinary Teaching Unit at Gregorio Marañón General University Hospital, Madrid
- ♦ Associate Professor at the University of Comillas and the University of Rey Juan Carlos
- ♦ Graduate in Nursing from the Complutense University of Madrid
- ♦ Diploma in Nursing Psychosomatics from the Complutense University of Madrid
- ♦ Degree in Social and Cultural Anthropology from the Complutense University of Madrid
- ♦ Degree in Nursing from Rey Juan Carlos University
- ♦ Mental Health Specialist. Ministry of Health
- ♦ Master's Degree in the Humanization of Health Institutions from the European University of Madrid



### **Mr. Alonso, Raúl**

- ◆ Head of Nursing of the Drug Addiction Disorders Unit at Hestia Esquerdo Hospital
- ◆ President of the Madrid Association of Mental Health Nurses
- ◆ Professor at the University School of Nursing of the Red Cross from the Autonomous University of Madrid
- ◆ Personalized Trainer in MIR exams at CEMIR-Team POE
- ◆ Faculty member of Nus Agency
- ◆ Nursing Services in Quirónsalud
- ◆ Community Care Nurse in the Madrid Health Service (SERMAS)
- ◆ University Professor at Rey Juan Carlos University
- ◆ Assistant University Professor at the Autonomous University of Madrid
- ◆ Diploma in Nursing
- ◆ Specialist Nurse in Mental Health via EIR entrance exams
- ◆ Master's Degree in Nursing Sciences
- ◆ Master's Degree in Health Services Management and Telemedicine

## Professors

### Ms. Cunillera Llorente, Alicia Hatshepsut

- ◆ Specialist Nurse in Mental Health
- ◆ Nurse of the Short Psychiatric Hospitalization Unit at the Gregorio Marañón General University Hospital, Madrid
- ◆ Nurse of the Food Disorders Unit at the Gregorio Marañón General University Hospital, Madrid
- ◆ Nurse from the Personality Disorders Unit at the PhD Rodríguez Lafora Hospital
- ◆ Speaker at congresses and conferences specialized in Mental Health
- ◆ Degree in Nursing from the Pontificia de Comillas University

### Ms. Borrego Espárrago, María Victoria

- ◆ Nursing Supervisor of in Hospitalization at the Ruber Juan Bravo Hospital Complex
- ◆ Nurse Mental Health Specialist at Sisters Hospitals of the Sacred Heart of Jesus
- ◆ Nursing Supervisor of the Psychosocial Rehabilitation Area at the San Miguel Clinic
- ◆ Author of numerous Specialized publications
- ◆ Diploma in Nursing from the Autonomous University of Madrid
- ◆ Diploma in Nursing by EUE Red Cross
- ◆ Postgraduate Diploma Degree in Health Services Management through the University CEU Cardenal Herrera
- ◆ Member of: Board of Directors of the Spanish Association of Nursing of Mental Health and Advisory Commission of Care of the Regional Office of the Community of Madrid





**Ms. González Palomar, María Esther**

- ◆ Specialist Nurse in Mental Health
- ◆ Head of the Nursing Unit of Adolescent Psychiatry at the Gregorio Marañón University General Hospital
- ◆ Postgraduate Certificate in Nursing from the Complutense University
- ◆ Postgraduate Certificate in Social Work at Complutense University
- ◆ Specialist in Mental Health Nursing
- ◆ University Diploma in Surgical Nursing
- ◆ University Diploma in Coronary Unit Nursing
- ◆ University Diploma in Psychiatric Nursing



*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

The curriculum of this program is composed of 1 module with which the nurse will significantly increase their skills in psychological care of the cognitive abilities of patients. All the teaching materials that you will access during the duration of this Postgraduate Certificate are available in media such as complementary readings, explanatory video or self-evaluation tests. Thanks to this, combined with a 100% online methodology, the student will get an efficient learning that can be done 24 hours a day.





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*The 100% online methodology characteristic of this program will allow you to get an optimized learning without moving from your own home"*

## Module 1. Psychological Treatment for Higher Cognitive Abilities

- 1.1. Psychological Treatment for Attention Span
  - 1.1.1 Introduction to Attention Study, Filter Models
  - 1.1.2 Limited Resource Models
  - 1.1.3 Automatic and Controlled Processes
- 1.2. Psychological Treatment for Emotional Capacity
  - 1.2.1 Introduction to the Psychology of Emotion
  - 1.2.2 Positive and Negative Emotions
  - 1.2.3 Expression and Regulation of Emotions
  - 1.2.4 Stress and Coping
- 1.3. Psychological Attention to Language Capacity
  - 1.3.1 Historical Evolution of Language Intervention from a Psychological Perspective
  - 1.3.2 Introduction to the Psychology of Language
  - 1.3.3 Understanding Language
- 1.4. Psychological Attention to Memory Capacity
  - 1.4.1 Memory Structures
  - 1.4.2 Short-Term Memory as Working Memory
  - 1.4.3 Memory Processes
  - 1.4.4 Propositional Representations and Mental Imagery
  - 1.4.5 Basic Concepts and Categories
  - 1.4.6 New Approaches to Memory
- 1.5. Psychological Treatment for Motivation Capacity
  - 1.5.1 Introduction to the Fundamental Concepts of Motivation
  - 1.5.2 Neurophysiological Basis of Motivation
  - 1.5.3 Cognitive Activity
  - 1.5.4 Primary and Secondary Motives
- 1.6. Psychological Treatment for Thought Capacity
  - 1.6.1 Comprehension: Diagrams
  - 1.6.2 Deductive reasoning
  - 1.6.3 Inductive Reasoning
  - 1.6.4 Problem-Solving and Decision Making





- 1.7. Psychological Treatment for Perception Capacity
  - 1.7.1 Psychophysics
  - 1.7.2 The Visual System
  - 1.7.3 Shapes, Colors, and Movement
  - 1.7.4 Hearing
  - 1.7.5 Olfactory and Taste System
  - 1.7.6 Touch, Temperature, and Pain

“*Improve your psychological care oriented to the capacity of motivation in the field of Nursing through this TECH course*”

05

# Methodology

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

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





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

## At TECH 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. Gervas, 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.



“

*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.



06

# Certificate

The Postgraduate Certificate in Psychological Care of Higher Cognitive Abilities for Nurses 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 program will allow you to obtain your **Postgraduate Certificate in Psychological Care of Higher Cognitive Abilities for Nurses** 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.

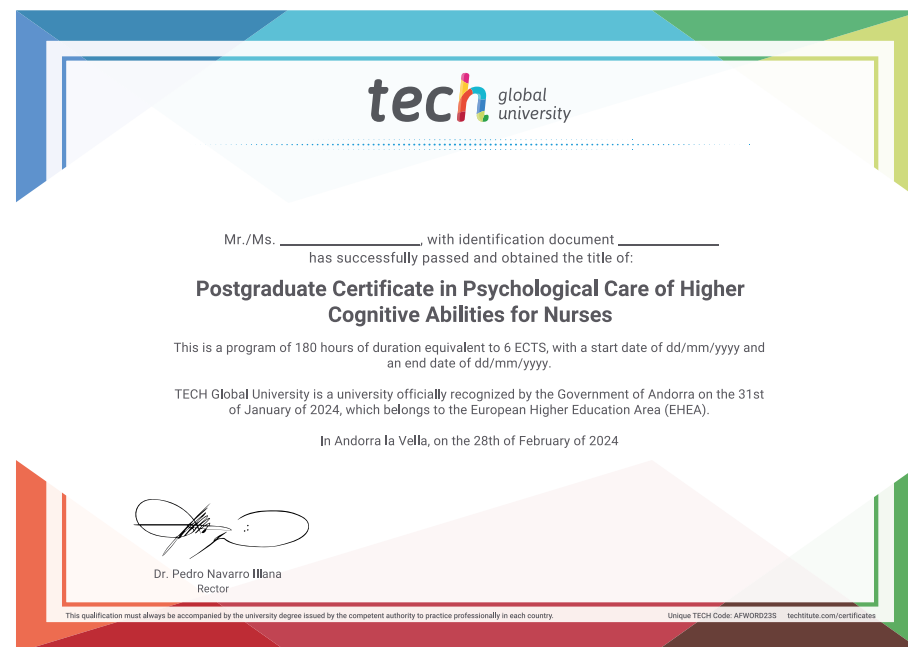
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Psychological Care of Higher Cognitive Abilities for Nurses**

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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