Postgraduate Certificate
Psychological First Aid

tech *technological university*

Postgraduate Certificate
Psychological First Aid

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

Website: **www.techtitute.com/pk/nursing/postgraduate-certificate/psychological-first-aid**

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01

Introduction

First aid combines various techniques that include providing emotional support to the victim and offering accompaniment. Regarding this matter, healthcare professionals are typically the first to arrive at the scene. This is where the theoretical and practical knowledge of the specialists, and most importantly, their continuous updates in the field, come into play. To equip nursing graduates with all the essential tools for their interventions, TECH has developed a rigorous program centered around psychological action protocols in catastrophes, triage during the impact phase, and resolution strategies, among many other relevant topics. All of this is delivered through a 100% online teaching format, enabling flexible adaptation to the professional and personal needs of nurses.

By taking this course, you will be able to enhance your knowledge in Psychological First Aid through comprehensive mastery of first aid protocols in just 6 weeks"

The neurological study aims to investigate cognitive-behavioral control in humans. When individuals experience traumatic situations, they undergo various phases until they reach a mental state within normalized parameters. In general, these situations can lead to stress or anxiety, and they can also manifest as short- and long-term psychosocial and cognitive impairments. Given the significance of immediate care, it is crucial for specialists to apply optimal first aid protocols to prioritize the improvement of the victim's mental state, as it can be a determining factor in their physical well-being and overall condition.

To ensure nursing graduates receive up-to-date knowledge in this phase of intervention, TECH has developed a comprehensive and exhaustive qualification program that encompasses the latest advancements in psychological first aid. Furthermore, the program relies on experts in both Psychology and Nursing, who have experience in emergency services and accident sites, to deliver rigorous and high-quality content. With the help of this program, nursing graduates will have the opportunity to delve into the factors that trigger mental deterioration and psychological triage, which serves as one of the essential tools for intervention in cases of multiple injuries and determining the priority of care.

To achieve this, TECH offers a 100% online modality, allowing specialists to flexibly integrate their academic studies with other aspects of their lives, making it convenient for them to combine the Diploma with their personal and professional commitments. This program spans 6 weeks of multidisciplinary instruction, during which participants are exposed to a wealth of theoretical content along with additional materials presented in various formats. These include detailed videos, research articles, complementary readings, self-knowledge exercises, dynamic summaries, images, and real clinical cases. Indeed, this program presents a unique opportunity for specialists in the health sector.

This **Postgraduate Certificate in 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

Join the professional team that directly influences the psychological well-being of those affected by traumatic situations, and contribute by applying the most effective techniques to provide support and aid during challenging times"

"

TECH provides a 100% online qualification to help you master the specific skills required for first aid intervention with individuals under the influence of alcohol and other drugs"

You can master the psychological triage and manage multiple victim cases by classifying the immediacy of care according to the individual characteristics of each patient.

Do you wish to investigate the triggers of the psychological crises? Enroll in this Postgraduate Certificate and achieve it.

The teaching staff at TECH comprises a dedicated team of professionals from the field, bringing their real-world experience to the program. The staff is composed by renowned specialists from prestigious reference societies and universities.

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. To support this approach, the program incorporates an innovative interactive video system developed by renowned experts.

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Objectives

Due to the continuous demand in the healthcare field for highly qualified professionals, TECH has designed a comprehensive and rigorous program on first aid, featuring a proficient teaching team with expertise in Psychology and Nursing. This certificate offers an extensive study of psychological triage, action protocols in critical situations, and the severity of psychological crises, among many other topics. All of this is done with the primary objective of broadening and updating the knowledge of nursing graduates in the field of immediate care. All of this will be made possible through the theoretical, practical, and supplementary content offered by TECH, as well as the convenience and advantages provided by its digital features.

Don't waste your time; meet your objectives in Psychological First Aid and master the symptoms of impact or shock in people during critical situations"

General Objectives

- Understand in detail the protocols of first aid in psychological intervention during crisis situations
- Delve into the novelties of Psychological First Aid and enable the graduate to achieve cutting-edge specialization in its approach

Specific Objectives

- Understand when a psychological crisis occurs and the consequences for the individual
- Study and distinguish first aid protocol stages in Emergency Psychology
- Understand the main action protocols in emergency situations

Get closer to health professional perfection by applying the keys to Psychological First Aid and the most effective action protocols"

03
Structure and Content

This Diploma in Psychological First Aid has been developed by a team of experts in emergency services, nursing, and psychology. This teaching group will also impart all the knowledge on emergency and intervention plans to the students, facilitating their advancement in professional development. In addition, TECH applies the innovative Relearning methodology, which relieves specialists from lengthy hours of memorization. Thanks to this pedagogical process, the assimilation of the contents will occur gradually and consistently. Students will also receive a downloadable reference guide that will assist them in implementing specific crisis intervention skills.

Thanks to this course, you will master the phases of the process towards assimilating traumatic events in just 6 weeks"

Module 1. First Aid Protocol: Psychological First Aid

1.1.   Concept of Psychological Crisis
  1.1.1.   Introduction to the Concept of Crisis Psychological
  1.1.2.   Severity of Psychological Crisis
  1.1.3.   Factors Affecting the Emergence of Psychological Crises
1.2.   Triggering Factors
  1.2.1.   Introduction to the Triggering Factor Concept
  1.2.2.   Types of Triggering Factors
1.3.   Psychological First Aid
  1.3.1.   Concept of Psychological First Aid
  1.3.2.   Components
  1.3.3.   First aid with People under the Influence of Alcohol and other Drugs
  1.3.4.   Monitoring
1.4.   Psychological Triage
  1.4.1.   What is Triage?
  1.4.2.   Psychological Triage
  1.4.3.   Triage Classification
1.5.   Impact or Shock Phase
  1.5.1.   Introduction to the Concept of Impact or Shock
  1.5.2.   Principles and Assessment of the Impact Phase
  1.5.3.   Performance in the Impact Phase
1.6.   Reaction Phase
  1.6.1.   Introduction to the Concept of Reaction
  1.6.2.   Principles of the Reaction Phase
  1.6.3.   Types of Reaction
  1.6.4.   Performance in the Reaction Phase

Enroll now in this Diploma and integrate the most advanced design of emergency psychological plans into your professional competencies for future patients"
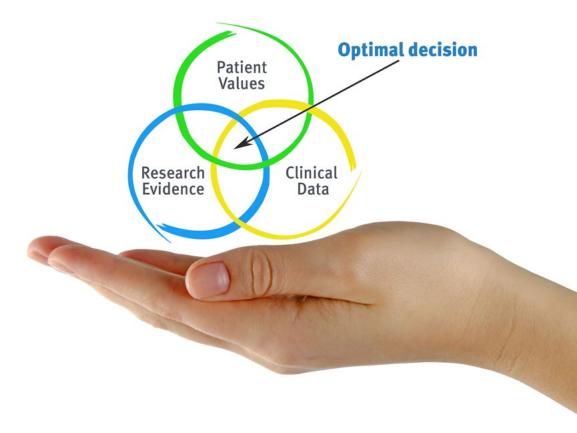
04
Methodology

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.

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.

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

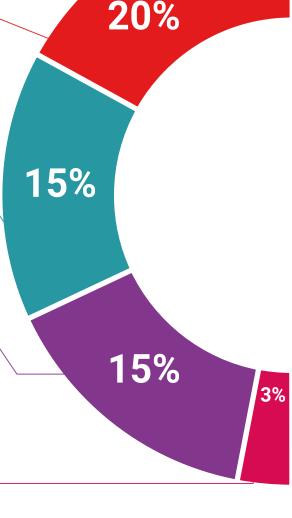### Nursing Techniques and Procedures on Video

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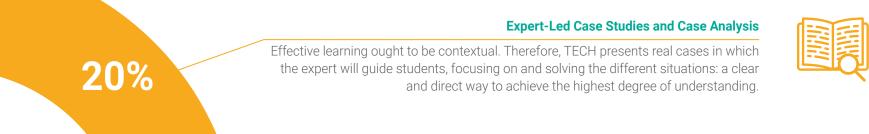
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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.

20%

15%

15%

3%

20%

17%

7%

3%

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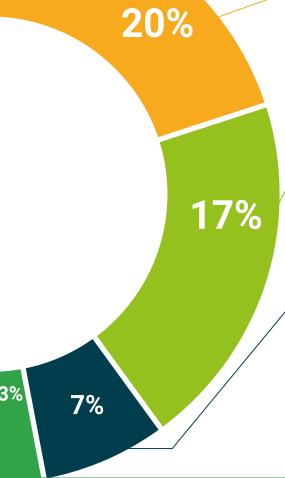
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

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 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.

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 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 Psychological First Aid**

Official Nº of Hours: **150 h.**

tech technological university

Awards the following

CERTIFICATE

to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Psychological First Aid

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*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.

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