



## Postgraduate Certificate

Study of Effective Psychotherapies in the Elderly for Nursing

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Global University

» Credits: 8 ECTS

» Schedule: at your own pace

» Exams: online

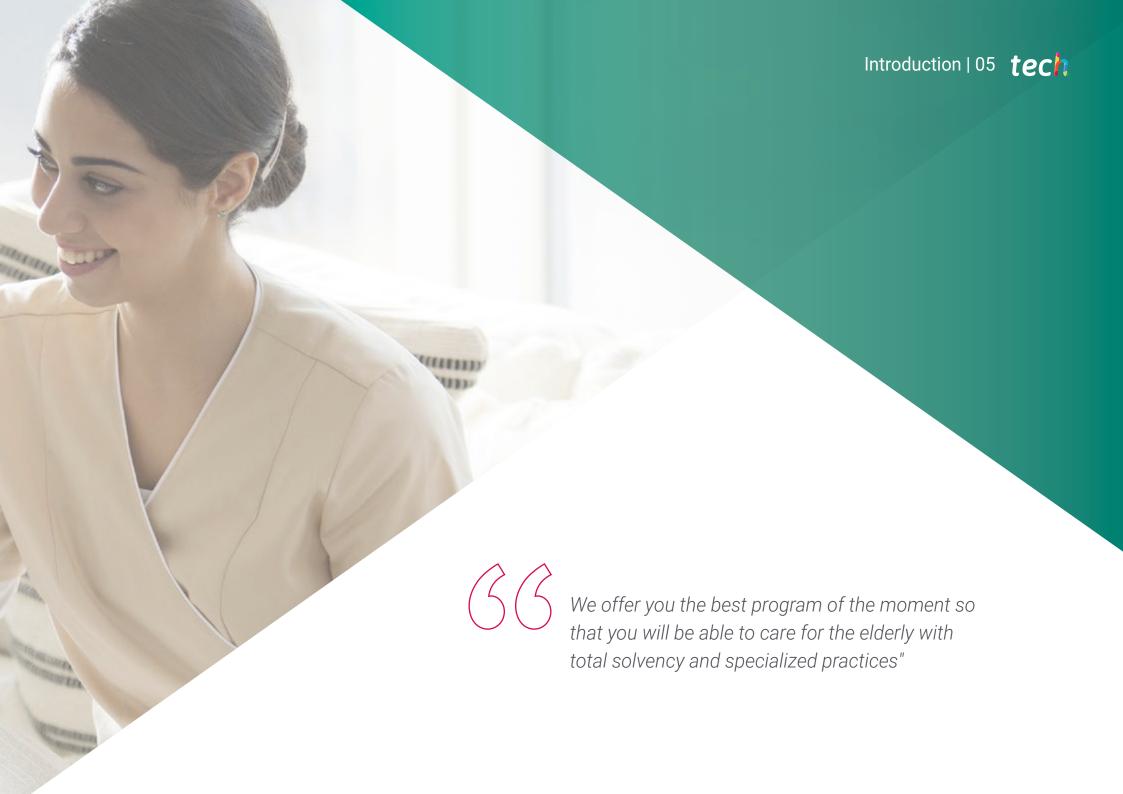
Website: www.techtitute.com/us/nursing/postgraduate-certificate/study-effective-psychotherapies-elderly-nursing

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## tech 06 | Introduction

The nursing profession is developed in different specialties and, therefore, it is important that nurses are constantly updating their knowledge, taking into account the area in which they carry out their daily work. In the case of psychogeriatrics, professionals must have in-depth knowledge of the different situations that can affect the elderly.

Psychogeriatrics in the 21st century cannot be a way of evaluating, labeling and, subsequently, performing occupational therapy so that the days go by in old age and the elderly person doesn't get in the way too much. The nurse's way of intervening should be to stimulate in a preventive way so that the cognitive deterioration diseases do not occur due to the passage of time. This Postgraduate Certificate is unique in that it provides professionals with extensive knowledge to intervene in the emotional root of the conflict and, in this way, to be able to get the patient out of the emotional isolation in which they find themselves.

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.

In addition, as this is a 100% online program, 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.

This Postgraduate Certificate in Study of Effective Psychotherapies in the Elderly for Nursing contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- 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 Study of Effective Psychotherapies in the Elderly for Nurses
- 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



Become qualified with this highquality Postgraduate Certificate and give a boost to your profession"



This Postgraduate Certificate is the best investment you can make in the selection of an updating program for two reasons: in addition to updating your knowledge in the Study of Effective Psychotherapies in the Elderly for Nursing, you will obtain a qualification endorsed by TECH Global University"

The teaching staff includes professionals from the field of psychogeriatrics, who bring their 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 throughout the program. For this purpose, professionals will be assisted by an innovative interactive video system developed by renowned and experienced experts in Study of Effective Psychotherapies in the Elderly for Nursing.

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.







## tech 10 | Objectives



## **General Objectives**

- Provide the student with knowledge of the infinite complexity of old age
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Master evaluation, differential diagnosis and intervention in old age
- Provide the skills to support individuals in old age from the here and now
- Describe and teach the knowledge required to face illnesses related to ageing and their relationship with the life lived







## **Specific Objectives**

- Learn the appropriate dynamics for intervention in the elderly
- Understand the elderly brain
- Reposition the therapy towards a regressive and not so much progressive direction in the patient's mental timeline



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





## tech 14 | Course Management

## 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. Kaisser, 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

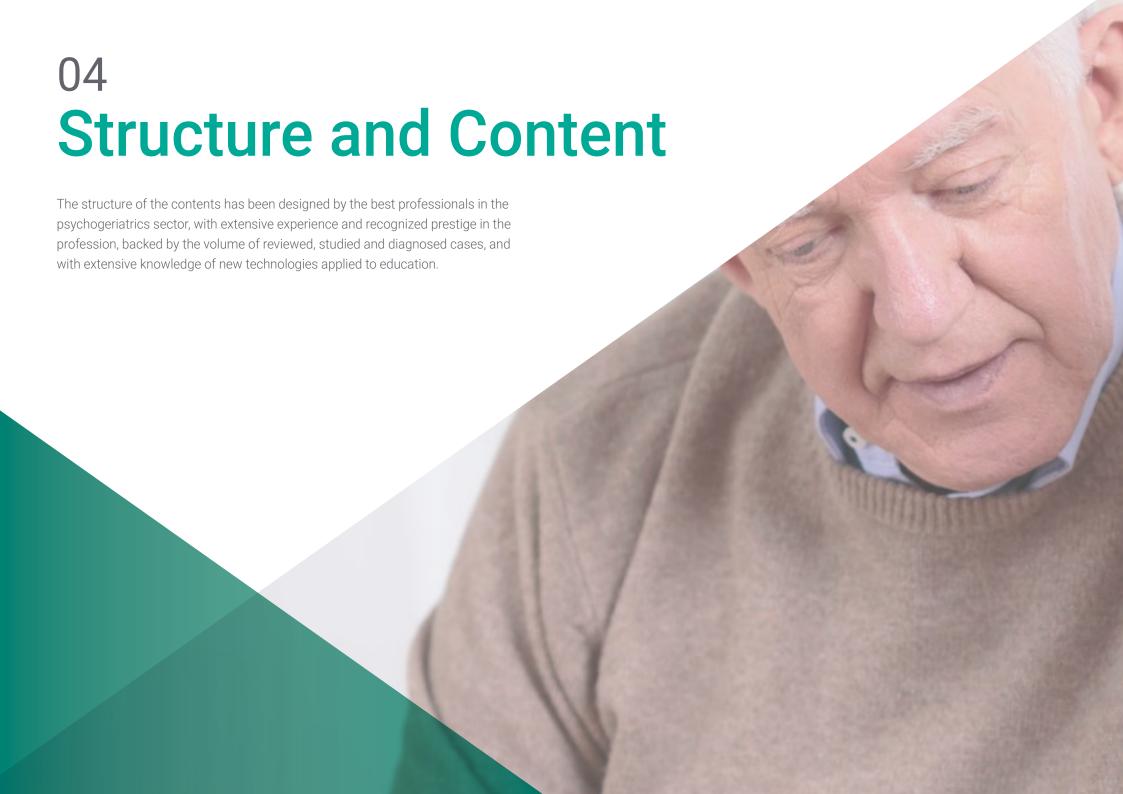
- Specialist in Nuclear Medicine
- \* Specialist in nuclear medicine area at the Rey Juan Carlos-Quirón University Hospital
- International Residency in Turku PET Centre
- Turku University Hospital. Finland
- Medical Education Manager
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- 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)

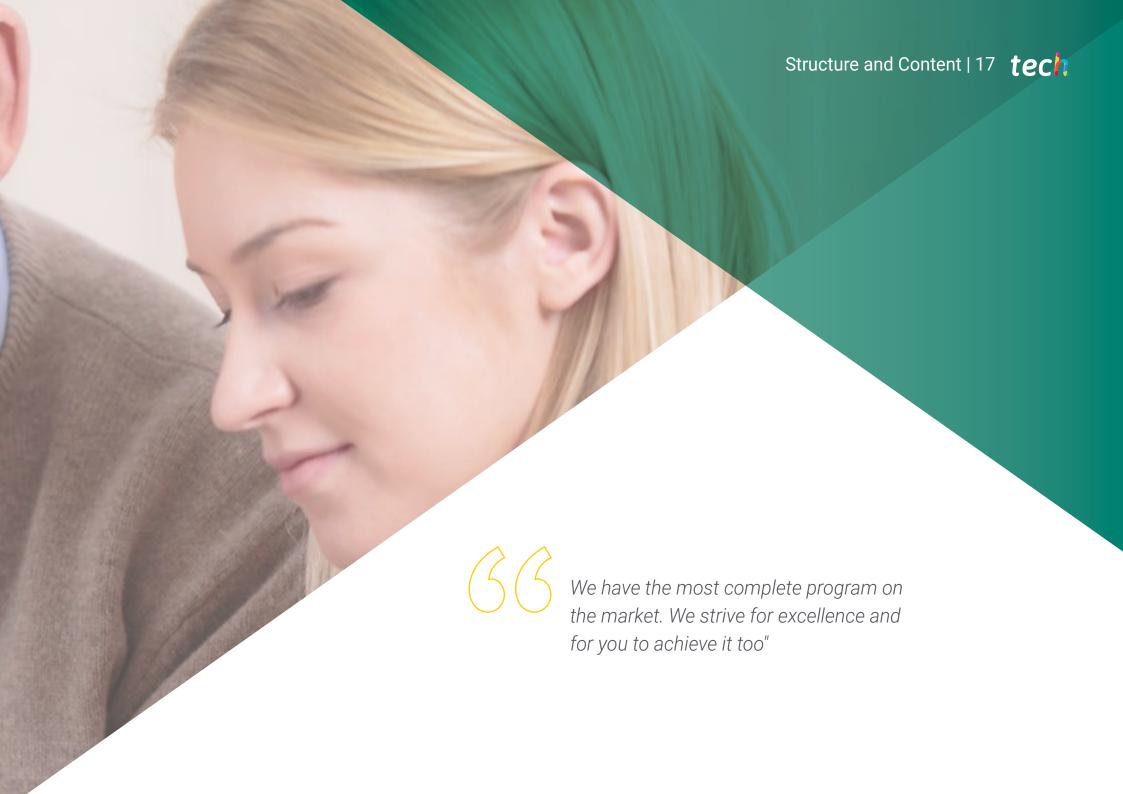
#### Dr. Otero, Verónica

- 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 in Time-Limited Psychotherapy and Health Psychology
- Child and Adolescent Specialist

## Dr. Roldán, Lucía

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





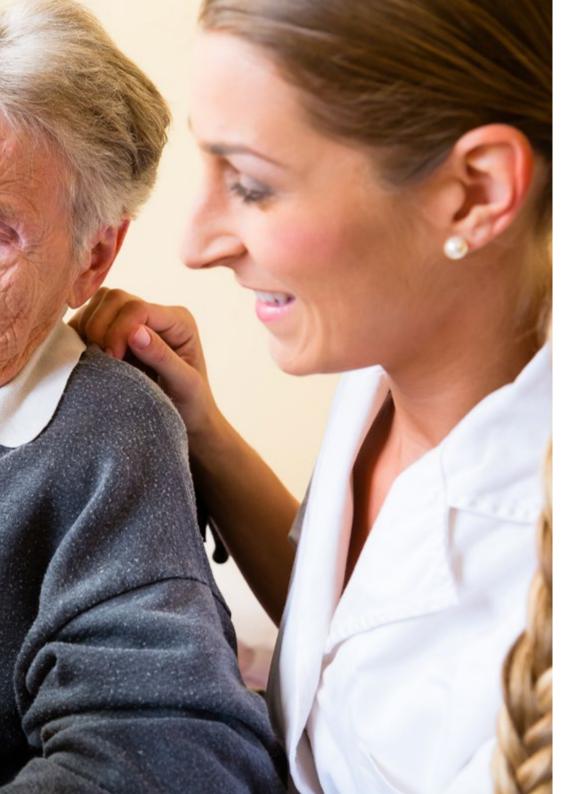
## tech 18 | Structure and Content

## **Module 1.** Psychotherapies and Intervention in the Elderly from a Clinical Psychology Perspective

- 1.1. Common and Differential Elements in Psychotherapy of Elderly People
- 1.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 1.3. Competent Scenarios and Motivational Interviewing
- 1.4. Behavior Modification and Time-Limited Psychology in Old Age
- 1.5. Functional Analysis
- 1.6. Systemic Therapy
- 1.7. MRI: Brief Problem-Focused Therapy
- 1.8. SFBT: Solution-Focused Brief Therapy
- 1.9. Family Sculpting
- 1.10. Narrating Metaphoric Stories
- 1.11. Prescriptions: Healing Processes
- 1.12. Original Prescriptions
- 1.13. Strategic Therapy and Constructivism
  - 1.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy









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



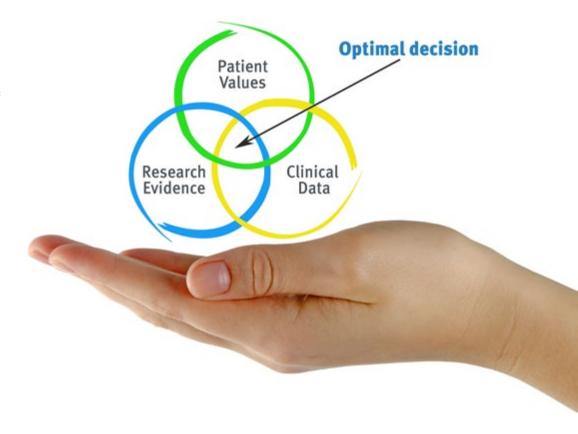


## tech 22 | Methodology

## 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:

- 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

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.



## Methodology | 25 tech

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.



## **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.





20%

17%





## tech 30 | Certificate

This program will allow you to obtain your Postgraduate Certificate in Study of Effective Psychotherapies in the Elderly 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 Study of Effective Psychotherapies in the Elderly for Nurses Modality: online

Duration: 6 weeks

Accreditation: 8 ECTS



\_, with identification document has successfully passed and obtained the title of:

#### **Postgraduate Certificate in Study of Effective Psychotherapies in the Elderly for Nurses**

This is a program of 240 hours of duration equivalent to 8 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA)

In Andorra la Vella, on the 28th of February of 2024



<sup>\*</sup>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.

health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning



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- » Exams: online

