

Postgraduate Certificate

Study of Effective Psychotherapies in the Elderly for Nursing



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.techtute.com/us/nursing/postgraduate-certificate/study-effective-psychotherapies-elderly-nursing

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

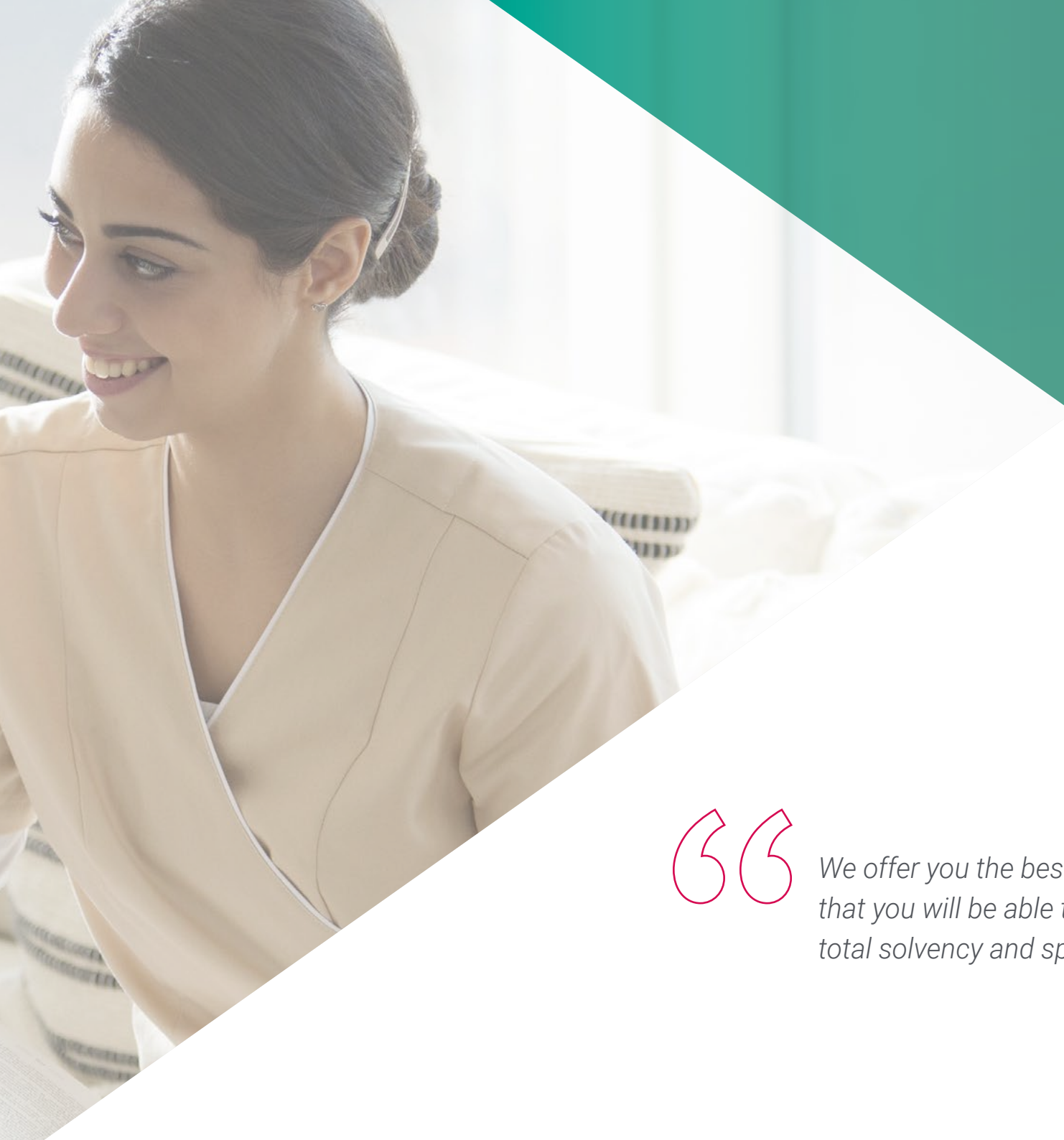
p. 30-

01

Introduction

The population over the age of 65 is growing. In fact, improvements in lifestyles, healthcare and even nutrition have led to an increase in life expectancy. In this context, professionals specialized in this sector, able to treat the elderly according to their particularities, must emerge. TECH has set out to support nurses by offering them quality training, specialized in effective psychotherapies for the elderly.





“

We offer you the best program of the moment so that you will be able to care for the elderly with total solvency and specialized practices"

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 high-quality 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.



02 Objectives

The Postgraduate Certificate in Study of Effective Psychotherapies in the Elderly for Nursing is aimed at facilitating the performance of nurses, so that they can keep their knowledge up to date to exercise their professional practice with total confidence.





“

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



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”

03

Course Management

Within the concept of total quality of this program, TECH is proud to provide professional nurses with a teaching staff of the highest level, chosen for their proven experience in the educational field. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



“

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

- 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

“

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

Dr. Roldán, Lucía

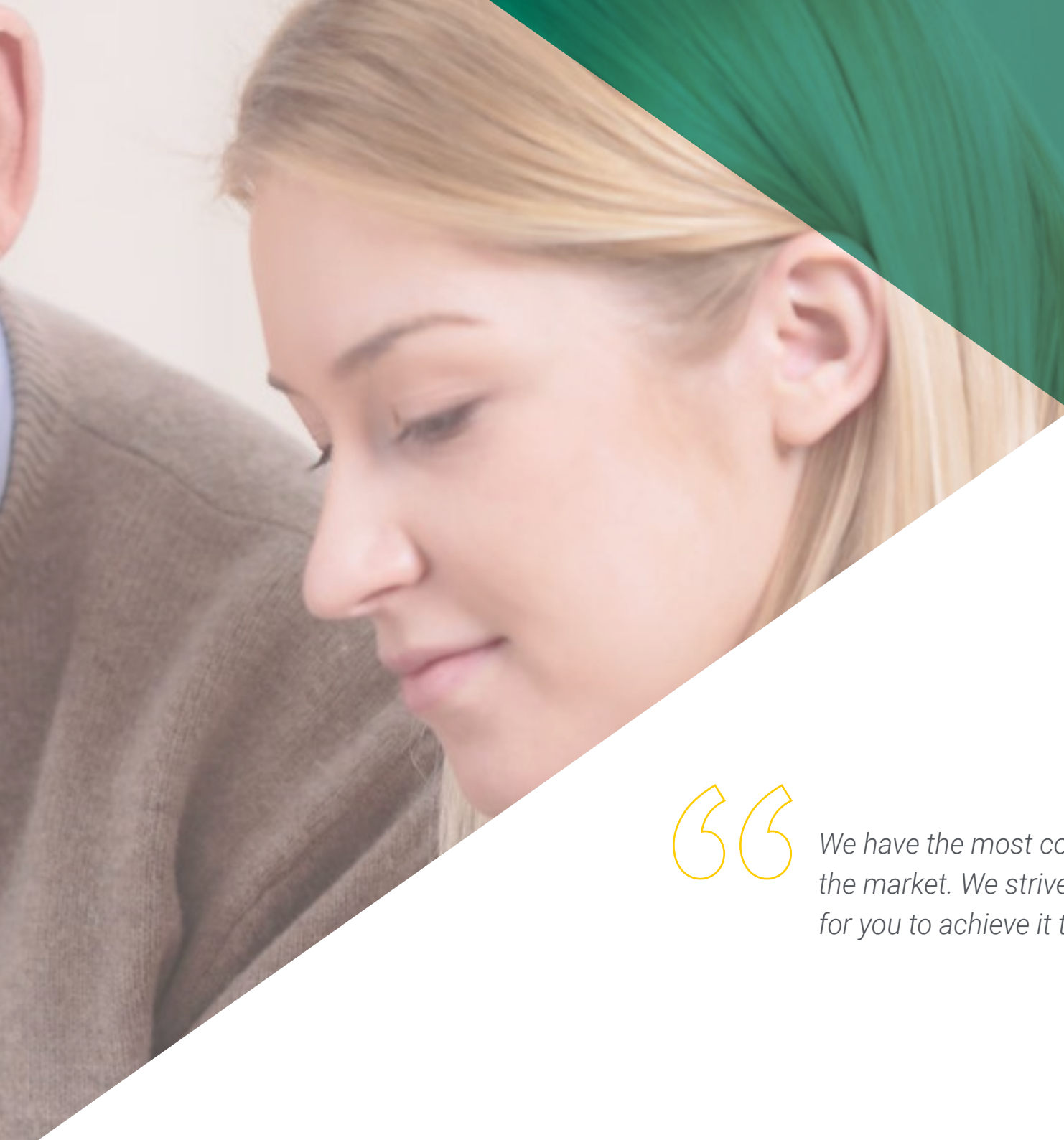
- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

04

Structure and Content

The structure of the contents has been designed by the best professionals in the psychogeriatrics sector, with extensive experience and recognized prestige in the profession, backed by the volume of reviewed, studied and diagnosed cases, and with extensive knowledge of new technologies applied to education.





“

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

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”

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.



“

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

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.



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 Study of Effective Psychotherapies in the Elderly for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





“

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 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** 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 Study of Effective Psychotherapies in the Elderly for Nurses**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 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.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commi
personalized service innovation
knowledge present
online training
development languages
virtual classroom

tech global
university

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

Postgraduate Certificate

Study of Effective Psychotherapies in the Elderly for Nursing

