

# Postgraduate Diploma Psychogeriatrics of Health and Illness for Nursing





## Postgraduate Diploma Psychogeriatrics of Health and Illness for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 19 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-psychogeriatrics-health-illness-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-psychogeriatrics-health-illness-nursing)

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01

# Introduction

Society will become increasingly older, due to advances in medicine and better living conditions, which have favored an increase in life expectancy. Therefore, it is necessary to have professionals specialized in the specific circumstances of the elderly. In this case, this Postgraduate Diploma in Psychogeriatrics of Health and Illness for Nursing is presented, with which they will be able to specialize to give a boost to their profession.



A close-up profile photograph of an elderly woman with light brown hair, smiling warmly. The image is partially obscured by a large green diagonal graphic element that covers the top right and bottom right portions of the page.

“

*The elderly require specific care because of their age. Specialize to treat them with total guarantees and help to improve their health"*

Nursing is a health branch that influences all specialties, including those related to mental health. Therefore, having specific and complete knowledge in this field will allow to offer a more personalized care to patients, who, belonging to the elderly, require specific care.

This program is unique in its field, as it is designed to provide you with the necessary knowledge to intervene as a psychogeriatric nurse specialist. It is also unique because it incorporates for the first time the variable of psychotherapy for the elderly, changing the rhythms of intervention that we perform in adult psychotherapy.

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 it is a 100% online education, nurses can combine the study of this Postgraduate Diploma 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 Diploma in Psychogeriatrics of Health and Illness for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ 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 Psychogeriatrics of Health and Illness for Nursing
- ◆ 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 Diploma and give a boost to your profession"*

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*In this program you will be able to update your knowledge in psychogeriatrics, covering it from a psychological and health point of view”*

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.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare you for real situations.

The design of this program focuses on Problem-Based Learning, through which nurses will have to try to solve different professional practice situations that will be presented to them throughout the academic program. To do this, professionals will have the help of an innovative interactive video system developed by recognized experts in Psychogeriatrics of Health and Illness for Nursing, and with great experience.

*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 program in Psychogeriatrics of Health and Illness for Nursing is oriented to facilitate the performance of nurses, so that they can keep their knowledge up to date to exercise their professional practice with total confidence.





A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The skin is light-toned, and the fingernails are short and clean. The background is a soft, out-of-focus white. The image is partially obscured by a diagonal green graphic element that runs from the top right towards the bottom left.

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



## General Objectives

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- ◆ Refine the necessary skills in the design of multidisciplinary intervention protocols for the elderly
- ◆ Analyze their autonomy of movement
- ◆ Develop the subject's ability to travel or move places
- ◆ Assess their motor coordination
- ◆ Describe the level of fatigue or physical tiredness of the subject
- ◆ Master the assessment, differential diagnosis and intervention in old age



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





## Specific Objectives

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### Module 1. Old Age from an Anthropological Perspective

- ◆ Manage the specific characteristics of old age and their consequences on human behavior

### Module 2. Assessment of Health and Illness in Old Age

- ◆ Assess and diagnose, taking into account the social and affective surrounding in which the elderly person finds themselves
- ◆ Specialize in listening and managing silence with elderly patients

03

# Course Management

For our Postgraduate Certificate to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*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

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- 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

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*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 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 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 Illnesss 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's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Child and Adolescent Specialist

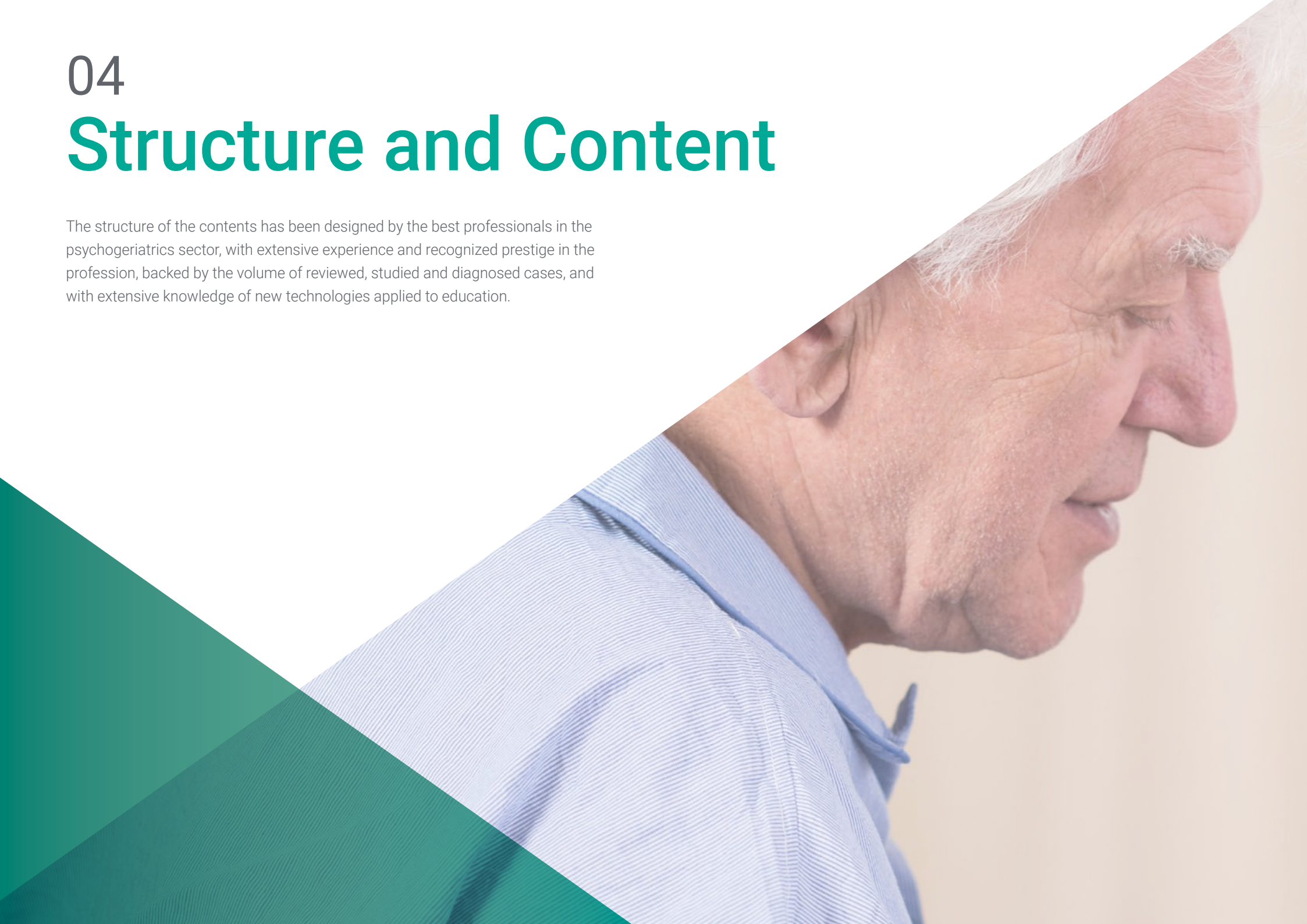
**Dr. Roldán, Lucía**

- ◆ 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.



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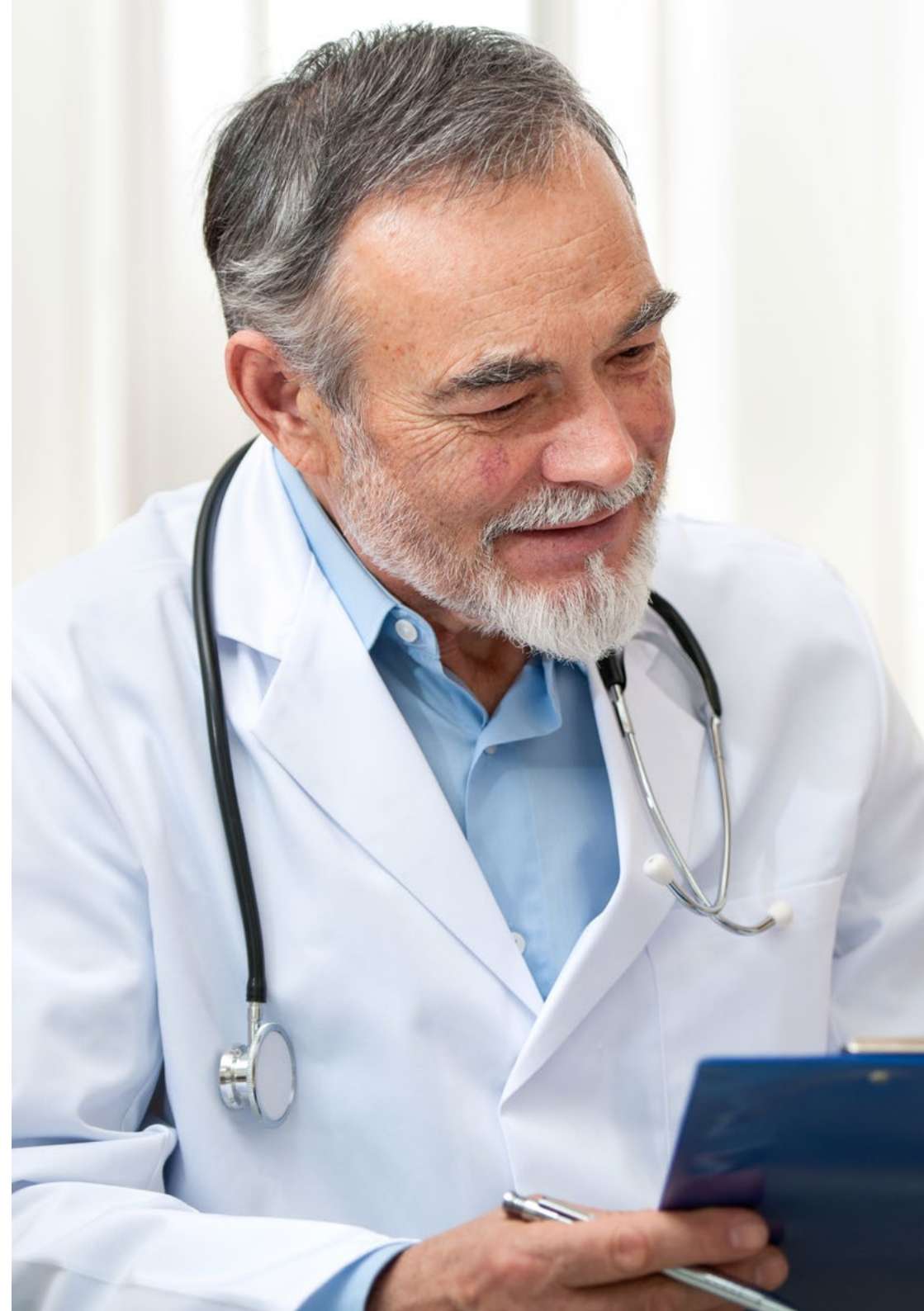
*We have the most complete program on the market. We strive for excellence and for you to achieve it too"*

### Module 1. Old Age from an Anthropological Perspective

- 1.1. From Cicero to Marañón
- 1.2. Aging as a Complex Infinite Process
- 1.3. "Aging is the Only Way to Live a Long Time" Auber
- 1.4. Cultural Anthropology and "Respect" as a Word that Describes the Elderly
- 1.5. History of the Concept of Old Age
- 1.6. Study of Old Age from the Perspective of Psychogeriatrics and Psychogerontology

### Module 2. Assessment of Health and Illness in Old Age

- 2.1. Physical and Mental Health Aging
- 2.2. Physical Evaluation
  - 2.2.1. Medical History
  - 2.2.2. General Physical Examination
  - 2.2.3. Analysis
  - 2.2.4. Neurological Examination
  - 2.2.5. Other Explorations
- 2.3. Psychic Assessment
  - 2.3.1. Medical History
  - 2.3.2. Life History
  - 2.3.3. Cognitive Assessment
  - 2.3.4. Assessment of Memory and Attention
  - 2.3.5. Behavioral Assessment
  - 2.3.6. Evaluation of the Most Common Psychological Disorders in Old Age
- 2.4. Social Assessment
  - 2.4.1. Social Network Shared
  - 2.4.2. Belonging to a Group
  - 2.4.3. How Many Friends Do They Have at This Moment?
  - 2.4.4. How Many Friends Did They Previously Have?
  - 2.4.5. Economic Capacity
  - 2.4.6. Recent and Previous Relationships
  - 2.4.7. Social Implication





- 2.5. Physical Aging
- 2.6. Physical Activity
  - 2.6.1. Autonomy of Movement
  - 2.6.2. Capacity to Travel or Move Around
  - 2.6.3. Motor Coordination
  - 2.6.4. Level of Tiredness and Fatigue
  - 2.6.5. Daily Life Activities
- 2.7. Mental Activity
  - 2.7.1. Ability to Read
  - 2.7.2. Ability to Have a Discussion
  - 2.7.3. Flexibility/Rigidity in Reasoning
  - 2.7.4. Creativity in Old Age
- 2.8. Problem Solving Activities
  - 2.8.1. Ability to Maintain a Conversation
  - 2.8.2. Break Out of the Monologue
  - 2.8.3. Empathize
  - 2.8.4. Conflict Resolution
  - 2.8.5. Allow Win-Win Relationships



*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.





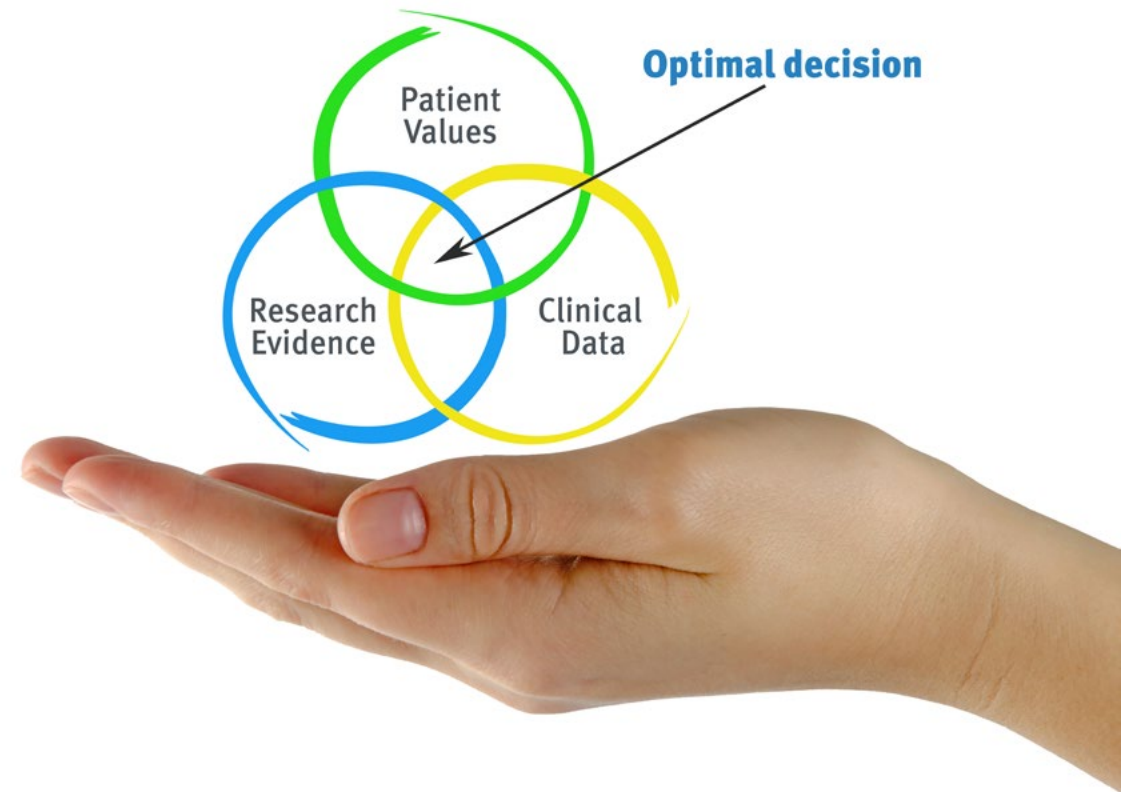
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

## 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

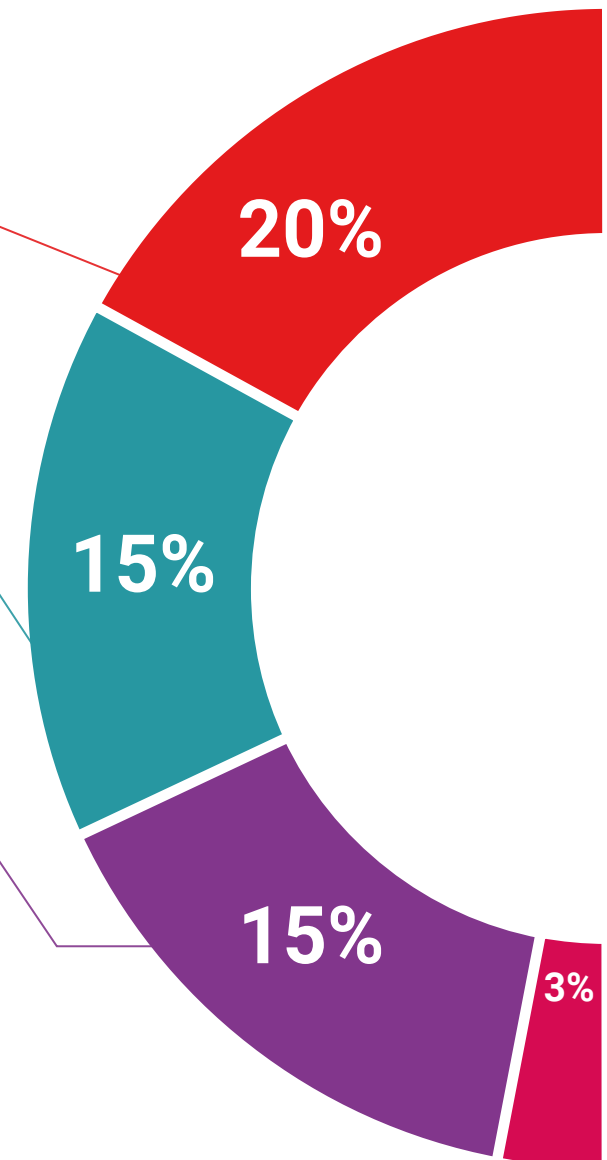
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

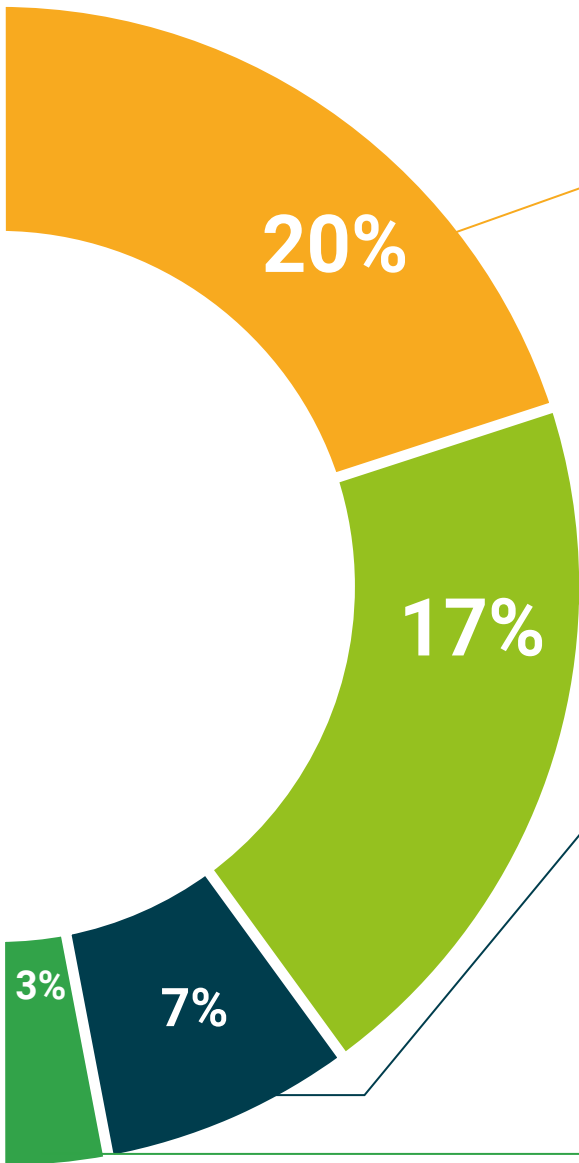
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



06

# Certificate

The Postgraduate Diploma in Psychogeriatrics of Health and Illness for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Psychogeriatrics of Health and Illness for Nursing** 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.

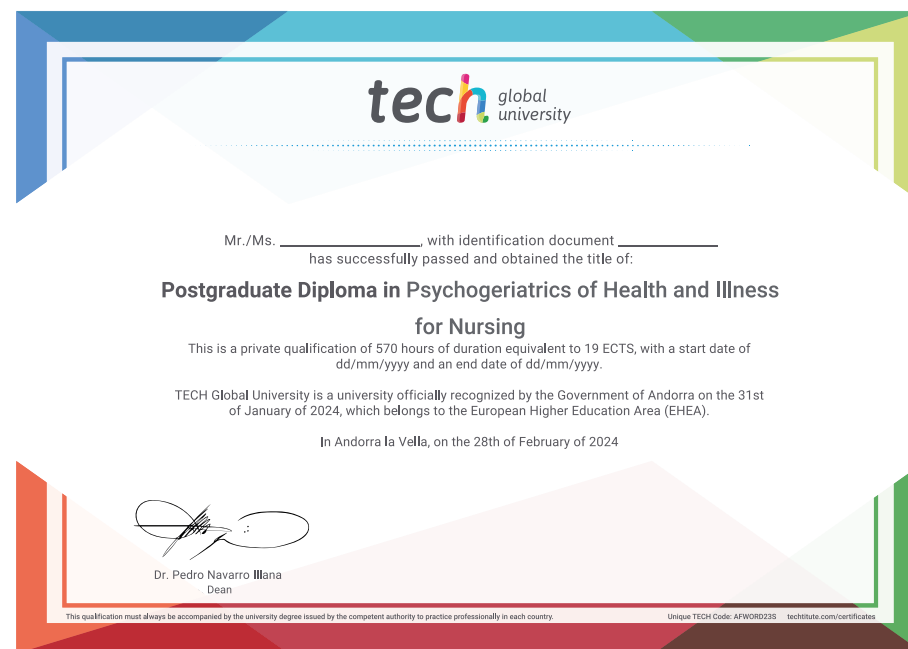
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Psychogeriatrics of Health and Illness for Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **19 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 commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Diploma**  
Psychogeriatrics of Health  
and Illness for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 19 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Psychogeriatrics of Health and Illness for Nursing