

# Hybrid Professional Master's Degree Clinical and Health Psychology



## Hybrid Professional Master's Degree Clinical and Health Psychology

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtute.com/in/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-clinical-health-psychology](http://www.techtute.com/in/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-clinical-health-psychology)

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# 01

# Introduction

The increased incidence of mental health problems in the population has meant that in recent years, the profession of Clinical and Health Psychology has developed considerably, gaining space in the health field. A need, which increasingly requires specialists who are aware of innovations in patient evaluation and the different treatment alternatives. Faced with this reality, this institution has designed this university program with a 100% online theoretical format, which offers the most updated and relevant information on pathologies such as anxiety, depressive disorders, personality disorders or the autistic spectrum. This program is completed with an internship in a clinical center, where the specialist will be able to broaden his skills together with other professionals in the field of psychology.



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*A Hybrid Professional Master's Degree that offers an eminently practical vision of Clinical and Health Psychology”*

Although the exact number of people who have an autistic disorder is unknown, associations estimate that around 70 million people worldwide may suffer from it. These high figures have led many psychology professionals to specialize in dealing with this type of patient. Likewise, other pathologies such as anxiety have also suffered a considerable increase given the current economic and social situation and the high competitiveness in the labor market.

Likewise, the greater concern of both public and private institutions for the mental wellbeing of people has considerably boosted the demand for Clinical and Health Psychology professionals. This is why TECH has created this university program, which offers professionals the opportunity to update their knowledge through a 100% online theoretical format and a practical phase with a stay with psychology professionals, who will bring you closer to the latest developments in diagnosis and treatment.

A Hybrid Professional Master's Degree that will lead you to deepen in Cognitive-Behavioral psychology, assessment techniques, as well as the bases that support the current treatments in patients with anxiety, depressive disorders, personality disorders, psychopathy or psychophysiological disorders. For this purpose, the professional has a syllabus with a theoretical-practical content, which is complemented with multimedia didactic resources to which they will have access 24 hours a day, from any electronic device with Internet connection.

A program that will also lead you to delve into the Autism Spectrum Disorder and the strategies currently used for the promotion of health. Also, thanks to the *Relearning* system, you will reduce the long hours of study so frequent in other methodologies.

Once the theoretical phase is finished, the professional will enter a practical stay in a reference center in the field of psychology, which will allow them to learn first-hand about the different procedures carried out with patients with different pathologies and disorders. This makes this Hybrid Professional Master's Degree an ideal academic option for those seeking to update their knowledge through advanced teaching and an eminently practical approach to Clinical and Health Psychology.

This **Hybrid Professional Master's Degree in Clinical and Health Psychology** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ More than 100 clinical cases presented by the professional experts in Clinical and Health Psychology
- ♦ 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
- ♦ The practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out an internship in one of the best medical centers specialized in psychology



*Update your knowledge through an intensive Hybrid Professional Master's Degree, which brings you directly to the advances in the treatment of autism spectrum disorder"*

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*This program will take you to an intensive 3-week stay in a prestigious center with professionals with extensive experience in Clinical and Health Psychology”*

In this proposal for a Professional Master's Degree, of a professionalizing nature and hybrid learning modality, the program is aimed at updating psychology professionals who develop their functions in clinical centers, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge in the practice of psychology, and the theoretical-practical elements will facilitate the updating of knowledge and allow decision making in patient management.

Thanks to its multimedia content elaborated with the latest educational technology, they will allow the psychology professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train 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 students will be assisted by an innovative interactive video system developed by renowned experts.

*This program gives you access to clinical cases provided by a specialized teaching team whose methodology you can integrate into your daily practice.*

*This is a 100% online academic program in its theoretical phase, without classes with fixed schedules and a library of multimedia resources available 24 hours a day.*



# 02

## Why Study this Hybrid Professional Master's Degree?

The field of psychology requires an extensive knowledge of pathologies and disorders, but at the same time it requires the translation of these concepts to real situations. This is especially relevant in the field of Clinical and Health Psychology, where progress has been made in assessment techniques and treatment alternatives. Given this reality, TECH has created this program, which perfectly combines a 100% online theoretical framework, which will lead you to delve into the latest developments in cognitive-behavioral therapy, the diagnosis of psychotic psychopathology and health promotion, a unique experience in a prestigious clinical environment. In this way, the psychologist will obtain a complete vision of the current panorama of this specialty, guided by real experts in the field.





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*TECH offers you the possibility of entering into real clinical environments of the highest level, where you will be able to update your knowledge in clinical and health psychology through an intensive experience”*

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.





## Why Study this Hybrid Professional | 11 tech Master's Degree?

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

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*You will have full practical immersion  
at the center of your choice”*

# 03

## Objectives

The syllabus of this university program will lead the professional to be up to date with the latest developments in clinical and health psychology. To this end, the specialized teaching team that integrates this program has developed pedagogical tools that approach with dynamism and in a more attractive way the most recent and advanced content in this field of mental well-being. This will favor the achievement of the goals set by the specialist and will also lead to be able to apply these concepts during the practical phase that completes this Hybrid Professional Master's Degree.



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*This program gives you the opportunity to update your knowledge in a real-life setting at a leading clinical center in the field of Clinical Psychology”*



## General Objective

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- The general objective of the Hybrid Professional Master's Degree's in Clinical and Health Psychology is to update the professional's conceptual and theoretical knowledge of psychological models, the performance of evaluations, the design of prevention protocols and the promotion of mental wellbeing. Additionally, this program will bring you up to date on the management, skills, techniques, resources and strategies currently used in clinical practice. Likewise, after completing this program, you will be able to enhance your professional praxis for the good practice of the psychological profession



*You will be able to boost your skills in the management of patients suffering from anxiety and related disorders”*





## Specific Objectives

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### **Module 1. Historical Evolution of Cognitive-Behavioral Psychology**

- ♦ Understand the beginnings of psychology and the historical evolution of cognitive psychology
- ♦ Learn about each of the most famous theories within Psychology
- ♦ Synthesize notions of the historical chronology of psychology
- ♦ Know the importance of viewing psychology as a scientific discipline

### **Module 2. Clinical Evaluation and Therapeutic Treatment**

- ♦ Know the basics of clinical pharmacology
- ♦ Identify the characteristics of the different therapeutic treatments
- ♦ Know the importance of correctly carrying out an assessment

### **Module 3. Anxiety Disorders**

- ♦ Understand the bases of anxiety and other disorders stemming from it
- ♦ Know and internalize the basis of their treatment
- ♦ Learn the fundamentals of evaluation of this type of disorders

### **Module 4. Depressive Disorders**

- ♦ Know the bases and characteristics of depressive disorders
- ♦ Identify the profile of the patient
- ♦ Know the basics and the treatments for patients with depressive disorders

### Module 5. Personality Disorders

- ♦ Know the characteristics of personality disorders
- ♦ Know how to carry out an intervention within personality disorders
- ♦ Learn the fundamentals of the evaluation of personality disorders

### Module 6. Pain as a Core Problem in Psychophysiological Disorders

- ♦ Know and internalize the basis of pain in physiological disorders
- ♦ Analyze the evaluation and treatment of physiological disorders
- ♦ Know how to apply techniques to decentralize the pain

### Module 7. Cognitive-Behavioral Model Applied in Health Psychology Intervention

- ♦ Know and contextualize the emergence of health psychology
- ♦ Understand the importance of the birth of other theories and explanatory models
- ♦ Analyze the application of this model in specific disorders and diseases

### Module 8. Psychotic Psychopathology

- ♦ Know and contextualize the first studies on psychotic psychopathology
- ♦ Describe the basis of the disease and the characteristics of the patient
- ♦ Classify the disorders on the spectrum







### **Module 9. Strategies and Psychological Intervention for Health Promotion**

- ◆ Know the basis of strategies and intervention to promote health
- ◆ Contextualize the birth of health psychology
- ◆ Identify the different factors that can change the promotion of health

### **Module 10. Autism Spectrum Disorder**

- ◆ Know the changes that have occurred in the diagnostic categorization of Disorders on the Autism Spectrum
- ◆ Study the myths and truths of autism that exist in the world and that can cause stereotyping
- ◆ Identify the possible theories on the origin of ASD
- ◆ Study the main intervention methods for children with ASD
- ◆ Learn the importance of early diagnosis in children with ASD

# 04 Skills

One of the goals TECH has set for this program is to enhance the abilities and skills of psychology professionals in their care of patients with the most common disorders. To this end, it provides case studies, which give a more direct vision on the management of these pathologies, as well as the fundamental elements to carry out a correct evaluation.





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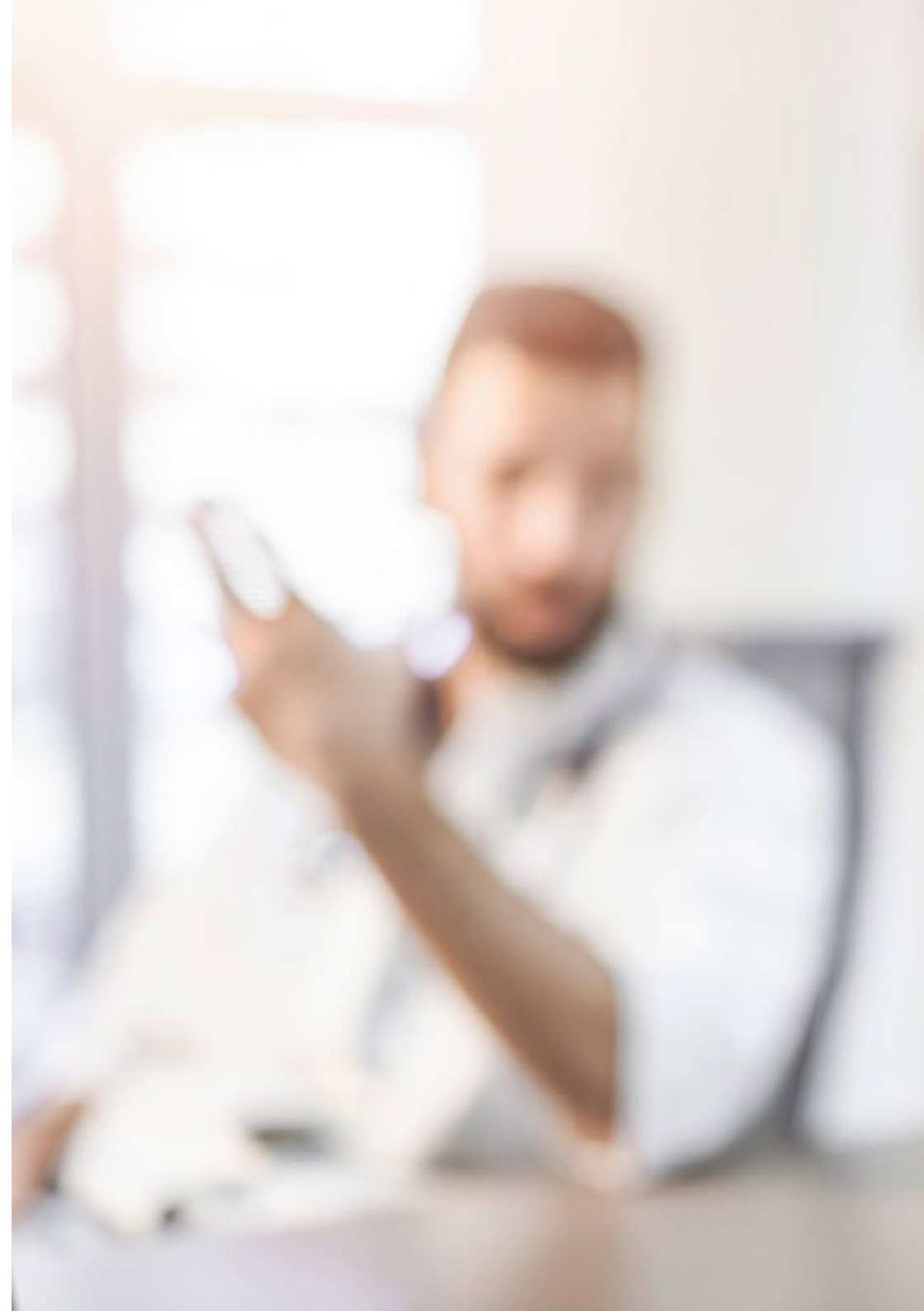
*Expand your skills in psychological analysis and assessment of patients suffering from pathological behaviors”*

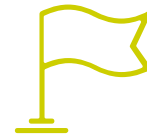


## General Skills

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- ♦ Acquire an in-depth knowledge of the features of Clinical and Health Psychology
- ♦ Understand pathological behavior
- ♦ Master eclectic models
- ♦ Manage the fundamental elements of psychological evaluation
- ♦ Understand the reasons why a person may seek psychological help
- ♦ Know the therapeutic relationship
- ♦ Explain the history of personality disorders
- ♦ Manage the difficulties of personality disorders
- ♦ Understand the development of personality disorders
- ♦ Develop within the profession in terms of working with other health professionals, acquiring skills to work as a team
- ♦ Recognize the need to maintain your professional skills and keep them up to date, with special emphasis on autonomous and continuous learning of new information
- ♦ Develop the capacity for critical analysis and research in the field of their profession





## Specific Skills

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- ♦ Know what stress and anxiety are
- ♦ Differentiate between types of anxiety
- ♦ Understand everything related with panic disorder
- ♦ Master the characteristics of obsessive-compulsive disorder
- ♦ Understand the psychological elements of social anxiety
- ♦ Integrate knowledge about generalized anxiety
- ♦ Know how to relate to post-traumatic stress disorder
- ♦ Find out the conditioning factors of specific phobias
- ♦ Explain affective disorders
- ♦ Know what affective or mood disorders are
- ♦ Understand unipolar depression disorder
- ♦ Identify bipolar disorder
- ♦ Recognize signs that may suggest suicide
- ♦ Teach the student all about personality disorders
- ♦ Know everything related to Paranoid Personality Disorder
- ♦ Achieve the right bond with Schizoid Disorder
- ♦ Identify the signs of schizotypal disorders
- ♦ Master the relationship with histrionic disorder
- ♦ Identify how to handle narcissistic disorder
- ♦ Manage violence in Antisocial Disorder

# 05

## Educational Plan

The syllabus of this university program has been planned to offer over 12 months, the most advanced and comprehensive knowledge in the field of Clinical and Health Psychology. Given the increase in the number of people suffering from mental disorders or problems, the content of this Hybrid Professional Master's Degree has been focused on the most frequent pathologies treated in specialized centers. Therefore, through video summaries of each topic, videos in detail, diagrams or essential readings, the professional will delve into Cognitive-Behavioral psychology, diagnosis and psychological and pharmacological treatments.





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*The Relearning system will favor the updating of knowledge, reducing the long hours of study”*

## Module 1. Historical Evolution of Cognitive-Behavioral Psychology

- 1.1. Psychology as a Scientific Discipline
  - 1.1.1. Psychology Origins and Beginnings
  - 1.1.2. Philosophy as a Base
  - 1.1.3. A New Discipline
  - 1.1.4. Psychology Intervention
- 1.2. Classical and Operant Conditioning
  - 1.2.1. The Beginnings of Conditioning
  - 1.2.2. Classical Conditioning
  - 1.2.3. Operant Conditioning
- 1.3. Behavioral Therapy
  - 1.3.1. Beginnings of Behavioral Therapy
  - 1.3.2. Most Relevant Authors and Theories
- 1.4. Development and Characteristics the Cognitive-Behavioral Model
  - 1.4.1. Basis of the Cognitive-Behavioral Model
  - 1.4.2. Characteristics and Advantages of the Model
- 1.5. Main Authors and Models within the Cognitive-Behavioral Paradigm
  - 1.5.1. Driving Authors of the Movement
  - 1.5.2. Main Theories and Models
- 1.6. The Therapist's Role
  - 1.6.1. Importance of the Therapist
  - 1.6.2. Their Position Within Cognitive-Behavioral Therapy
- 1.7. What Is *Rapport*?
  - 1.7.1. Introduction to the Concept of *Rapport*
  - 1.7.2. Relevance in Psychology
  - 1.7.3. Main Authors who Support the Concept
- 1.8. Formation of Emotional Schemes and Limiting Beliefs
  - 1.8.1. What are the Emotional Patterns?
  - 1.8.2. Types of Patterns
  - 1.8.3. Definition of Beliefs
  - 1.8.4. Limiting Beliefs

- 1.9. Cognitive Psychology Today
  - 1.9.1. Current Cognitive Psychology
  - 1.9.2. Most Relevant Authors and Theories
  - 1.9.3. Tendencies and Evolution
- 1.10. Normality and Pathology
  - 1.10.1. The Concept of Normality
  - 1.10.2. Normality vs. Pathology

## Module 2. Clinical Evaluation and Therapeutic Treatment

- 2.1. The Basic Elements of Clinical Evaluation
  - 2.1.1. Basis and Fundamentals of Clinical Evaluation
  - 2.1.2. Phases and Instruments
  - 2.1.3. The Interview
- 2.2. Psychosocial Examination
  - 2.2.1. Basis and Fundamentals of Evaluation
  - 2.2.2. Phases and Instruments
  - 2.2.3. Differences in Comparison to Clinical Evaluation
- 2.3. The Therapeutic Relationship
  - 2.3.1. Introduction to the Therapeutic Relationship
  - 2.3.2. *Rapport*
  - 2.3.3. Factors to Consider
- 2.4. The Biopsychosocial Model
  - 2.4.1. The Need for an Explanatory Model
  - 2.4.2. Theoretical Foundation of the Model
- 2.5. Cognitive- Behavioral Therapy
  - 2.5.1. Theoretical Basis in Cognitive- Behavioral Therapy
  - 2.5.2. Current Application
- 2.6. Third Generation Therapies
  - 2.6.1. What Are Third Generation Therapies?
  - 2.6.2. Emergence
- 2.7. *Mindfulness*
  - 2.7.1. The Beginnings of *Mindfulness*
  - 2.7.2. Use in Clinical Psychology
- 2.8. Drug Therapy
  - 2.8.1. Fundamentals and Importance of Drug Therapies
  - 2.8.2. Combining Therapies



**Module 3. Anxiety Disorders**

- 3.1. What is Anxiety? What is Stress?
  - 3.1.1. Introduction and Definition of the Concepts of Anxiety and Stress
  - 3.1.2. Theories on Stress
- 3.2. Neuroanatomy of Anxiety Disorders
  - 3.2.1. Biological Principles of Anxiety
  - 3.2.2. Neuroanatomy of Anxiety
- 3.3. Factors that Predispose a Person to Stress
  - 3.3.1. Risk Factors
  - 3.3.2. Genetic Factors
  - 3.3.3. Stressful Situations
- 3.4. Coping Styles
  - 3.4.1. Different Coping Styles
  - 3.4.2. Assessment Tools
- 3.5. Endogenous and Exogenous Anxiety
  - 3.5.1. Basis of Endogenous and Exogenous Anxiety
  - 3.5.2. Evaluation and Treatment of Anxiety
- 3.6. Cognitive-Behavioral Intervention
  - 3.6.1. Basis of Cognitive-Behavioral Intervention
  - 3.6.2. Cognitive-Behavioral Techniques for Anxiety Treatment
- 3.7. Pharmacological Intervention
  - 3.7.1. Psycho-pharmacology Therapy for Anxiety Treatment
  - 3.7.2. Types of Drugs

**Module 4. Depressive Disorders**

- 4.1. What are Depressive Disorders?
  - 4.1.1. Introduction to Depressive Disorders
  - 4.1.2. Main Features
- 4.2. Causal Factors of Depressive Disorders
  - 4.2.1. Risk Factors
  - 4.2.2. Origin of Disorders
- 4.3. Depressive Disorders I
  - 4.3.1. Contextualization of Disorders
  - 4.3.2. Assessment and Diagnosis

- 4.4. Depressive Disorders II
  - 4.4.1. Contextualization of Disorders
  - 4.4.2. Assessment and Diagnosis
- 4.5. Psychological Treatment
  - 4.5.1. Treatment of Depressive Disorders
  - 4.5.2. Weaknesses of Treatment
- 4.6. Medical Treatment
  - 4.6.1. Most-Used Drugs
  - 4.6.2. Combining Psychotherapy and Psycho-Pharmacology
- 4.7. Suicide and Risk of Self-Harm
  - 4.7.1. Suicide as a Real Risk
  - 4.7.2. Self-Harm
  - 4.7.3. Prevention and Action

**Module 5. Personality Disorders**

- 5.1. History of the Study of Personality and its Disorders
  - 5.1.1. The First Studies on Personality
  - 5.1.2. First Authors
- 5.2. Definition and Delimitation of Personality Disorders
  - 5.2.1. Features and Delimitation of Personality Disorders
- 5.3. Diagnoses and Comorbidity
  - 5.3.1. Basis of Personality Disorders Diagnosis
  - 5.3.2. Evaluation of Personality Disorders
- 5.4. Classification of Personality Disorders
  - 5.4.1. Classification Models
  - 5.4.2. Types and Classification According to the DSM
- 5.5. Development of Personality Disorders
  - 5.5.1. Origin and Development of Personality Disorders
  - 5.5.2. Personality in the Different Stages of Development
- 5.6. Treatment of Personality Disorders
  - 5.6.1. Treatment and Intervention
  - 5.6.2. Psychotherapeutic Techniques

- 5.7. Borderline Personality Disorder
  - 5.7.1. Difficulties and Approach to Patients with a Borderline Personality Disorder
  - 5.7.2. Treatment Programs
- 5.8. Future Studies and Third Generation Therapies in Personality Disorders
  - 5.8.1. Analysis of Current Treatments
  - 5.8.2. Third Generation Techniques
  - 5.8.3. Future Lines of Research

### Module 6. Pain as a Core Problem in Psychophysiological Disorders

- 6.1. Chronic Pain
  - 6.1.1. Basis and Fundamentals of Chronic Pain
  - 6.1.2. How Does Chronic Pain Affect a Person?
- 6.2. Evaluating Patients Suffering from Pain. Medical History
  - 6.2.1. Evaluation Phase
  - 6.2.2. Medical History
- 6.3. The Role of Psychological Variables in Pain Perception
  - 6.3.1. Basis of Pain Perception
  - 6.3.2. Modulating Variables
- 6.4. Fibromyalgia
  - 6.4.1. Introduction and History of Fibromyalgia
  - 6.4.2. Characteristics and Conceptualization of the Disease
- 6.5. Headaches
  - 6.5.1. Characteristics and Conceptualization of the Disease
  - 6.5.2. Evaluation and Treatment
- 6.6. Pharmacological Treatment for Chronic Pain
  - 6.6.1. Basis of Radiotherapy Treatment
  - 6.6.2. Treatment Results
  - 6.6.3. Risks of Long-Term Treatment
- 6.7. Psychological Treatment for Chronic Pain
  - 6.7.1. Psychological Techniques in Chronic Pain Treatment
  - 6.7.2. Third Generation Therapies and New Treatments

### Module 7. Cognitive-Behavioral Model Applied in Health Psychology Intervention

- 7.1. Psychological Intervention in Cardiovascular Diseases
  - 7.1.1. Introduction to Cardiovascular Diseases
  - 7.1.2. Risk Factors
  - 7.1.3. Health Promotion in Cardiovascular Diseases
- 7.2. Types of Personality
  - 7.2.1. Types of Personality and their Relation to Health
  - 7.2.2. How to Modify Them
  - 7.2.3. Studies of Interest
- 7.3. Psychological Intervention in Cancer Patients
  - 7.3.1. Cancer and its Types
  - 7.3.2. Coping With the Disease
  - 7.3.3. Psychological Intervention for Patients and Their Family
- 7.4. Chronic Diseases
  - 7.4.1. Features of Chronic Diseases
  - 7.4.2. Most Common Diseases
  - 7.4.3. Profile and Treatment
- 7.5. Trauma: Factors to Consider
  - 7.5.1. Emergence of the Concept of Trauma
  - 7.5.2. Influence of Trauma
- 7.6. Confronting Death
  - 7.6.1. Vision of Death
  - 7.6.2. Coping Strategies
  - 7.6.3. Closure and Saying Goodbye
- 7.7. Grief
  - 7.7.1. Grief and Its Phases
  - 7.7.2. Family Accompaniment
- 7.8. Psychological Intervention in Bronchial Asthma
  - 7.8.1. Characteristics of the Disorder
  - 7.8.2. Psychological Factors in Asthma (Cognitive, Emotional and Behavioral)
  - 7.8.3. Treatment of the Psychological Factors That Contribute to Asthma

- 7.9. Diabetes and Psychological Evaluation
  - 7.9.1. Characteristics of the Disorder and Types
  - 7.9.2. Associated Psychosocial Factors
  - 7.9.3. Psychological Intervention in Diabetes
- 7.10. The Placebo Effect
  - 7.10.1. Conceptualization and History
  - 7.10.2. Modulating Variables
  - 7.10.3. Psychology and the Placebo Effect (Explicative Mechanisms)

## Module 8. Psychotic Psychopathology

- 8.1. Introduction to Psychotic Disorders
  - 8.1.1. Origin and First Studies on Psychotic Disorders
  - 8.1.2. First Treatments of Psychotic Disorders
- 8.2. Etiology of Schizophrenia
  - 8.2.1. Risk Factors
  - 8.2.2. Models (Biological Models and Stress-Vulnerability Models)
- 8.3. Schizophrenia as an Illness
  - 8.3.1. Characteristics of Schizophrenia
  - 8.3.2. Patient Profile
- 8.4. Assessment and Diagnosis
  - 8.4.1. Basis of Evaluation
  - 8.4.2. Most-Used Instruments
  - 8.4.3. Differential Diagnosis
  - 8.4.4. Comorbidity
- 8.5. Psychological Treatment
  - 8.5.1. Psychological Techniques for Treatment
  - 8.5.2. Treatment Results
- 8.6. Medical Treatment
  - 8.6.1. Basis of Radiotherapy Treatment
  - 8.6.2. Risks and Difficulties
  - 8.6.3. Working Together

- 8.7. Spectrum Disorders
  - 8.7.1. Other Spectrum Disorders
  - 8.7.2. Definition and Classification
  - 8.7.3. Evaluation and Differential Diagnosis
- 8.8. Myths and Stigmas
  - 8.8.1. Myths Within the Disorders
  - 8.8.2. Patient Stigmas
- 8.9. Where Are We Heading?
  - 8.9.1. Most Recent Treatments
  - 8.9.2. Future Lines of Research

## Module 9. Strategies and Psychological Intervention for Health Promotion

- 9.1. Emergence of Health Psychology
  - 9.1.1. Contextualization of the Birth of Health Psychology
  - 9.1.2. First Works and Most Relevant Authors
- 9.2. Protective Factors
  - 9.2.1. Introduction to Protective Factors
  - 9.2.2. Classification and Definition
- 9.3. Risk Factors
  - 9.3.1. Introduction to Risk Factors
  - 9.3.2. Classification and Definition
- 9.4. Stress as a Differential Factor
  - 9.4.1. Definition of Stress
  - 9.4.2. Lazarus' Research
- 9.5. Eustress
  - 9.5.1. Definition and Concept of Stress
  - 9.5.2. Biological Bases
  - 9.5.3. Relevant Works and Authors
- 9.6. Threshold Theory
  - 9.6.1. Theoretical Foundation of the Threshold Theory
  - 9.6.2. Most Relevant Authors

- 9.7. Psycho-Immunology
  - 9.7.1. Theoretical Foundation of Psychoimmunology
  - 9.7.2. Most Relevant Authors
  - 9.7.3. Current Importance
- 9.8. Explanatory Models
  - 9.8.1. Most Relevant Models Within Health Psychology
  - 9.8.2. Current and Future Studies
- 9.9. Theoretical Foundation and Application of Physical Health Promotion
  - 9.9.1. Conceptualization
  - 9.9.2. Focus (Individual, Interpersonal and Community)
- 9.10. Theoretical Foundation and Application of Psychological Well-Being Promotion
  - 9.10.1. Conceptualization of Well-Being
  - 9.10.2. Well-Being-Health Relationship
  - 9.10.3. Well-Being Promotion (Foundations and Strategies)

## Module 10. Autism Spectrum Disorder

- 10.1. Myths About the Autism Spectrum Disorder
  - 10.1.1. Introduction to the Autism Spectrum
  - 10.1.2. Myths and Stereotypes on ASD
  - 10.1.3. The Truth About ASD
- 10.2. Autism Spectrum Disorders as a General Diagnostic Category
  - 10.2.1. ASD in the DSM-5-TR
  - 10.2.2. Categorization of ASD According to the DSM-5
  - 10.2.3. Positions on DSM-V Categorization
- 10.3. Clinical Etiology of Autism Spectrum Disorders
  - 10.3.1. Introduction to Etiology of ASD
  - 10.3.2. Main Theories on the Origin of ASD
- 10.4. Family Atmosphere in the Psychopathology of the Autism Spectrum: Consequences, Family Adaptation
  - 10.4.1. Introduction to the Role of the Family in the Development of Children with ASD
  - 10.4.2. Protective and Risk Factors in the Family
  - 10.4.3. Consequences in the Family When a Member Has ASD



- 10.5. Evaluation Instruments for Diagnosis in Autism Spectrum Disorders
  - 10.5.1. Introduction to Assessment and Diagnosis of ASD
  - 10.5.2. Main Evaluation Instruments for the Diagnosis of ASD
  - 10.5.3. New Lines of Research
- 10.6. Comorbidity and Differential Diagnosis
  - 10.6.1. Introduction
  - 10.6.2. ASD Comorbidity
  - 10.6.3. ASD Differential Diagnosis
- 10.7. Intervention Method in Clinical Cases in Children and Adolescents With ASD
  - 10.7.1. Introduction to Intervention in ASD
  - 10.7.2. Main Intervention Methodologies
- 10.8. The Role of Early Care as a Tool of Clinical Psychology
  - 10.8.1. What is Early Care?
  - 10.8.2. Early Care in ASD
  - 10.8.3. The Current Importance of Early Care
- 10.9. Intellectual Deficit and Autism Spectrum Disorders
  - 10.9.1. Introduction to the Concept of Intellectual Deficit
  - 10.9.2. Relationship Between ASD and Intellectual Deficit
  - 10.9.3. Clinical Psychology in the Treatment of Intellectual Deficit and ASD

“

*This program will show you the different methodologies to intervene with children with ASD”*

06

# Clinical Internship

Once the theoretical phase of this Hybrid Professional Master's program is completed, the professional will attend an on-site internship, where they will be able to carry out certain activities related to his specialty in a leading clinical center. This will allow them to approach a real scenario with patients suffering from the disorders addressed in the theoretical framework of this program.





“

*You will carry out an internship with an excellent team of psychology professionals with experience in dealing with the main disorders”*

The Internship Training period of this program consists of a Clinical Internship Program in a center specialized in psychology. Lasting 3 weeks, from Monday to Friday with 8 consecutive hours, the graduate of this program will be with a team of professionals with extensive experience in this health area.

Thanks to this face-to-face phase, the graduate will be able to see real patients accompanied and tutored by the team that integrates this entity, where the most innovative and effective diagnostic, evaluation and therapeutic planning procedures are applied. In this way, the activities that will be developed throughout the stay are focused on obtaining a complete update of knowledge and also being able to witness in situ the concepts addressed in the theoretical phase.

In this way, TECH provides the opportunity to enhance their skills and abilities in a real professional environment, where specialists have to deal with patients who come to their offices with disorders such as anxiety, personality, pressure or violent behavior disorders. Additionally, in a scenario that will also take you to witness what techniques are used with patients' families, as well as health promotion to enhance the improvement and care of the mental wellbeing of people.

During this process, the professional is not alone, as he will not only have a tutor from the clinical center, but also a teacher from the team of this academic institution will supervise the fulfillment of the actions to be performed in the same, as well as the achievement of these objectives.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of skill (learning to learn and learning to do), with the and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal skills for the praxis of Psychology (learning to be and learning to relate).



*Train in a clinical center that can offer you a much closer and more realistic view of therapeutic planning in patients with depression”*





The procedures described below will be the basis of the practical part of the training, and their realization is subject to both the suitability of the patients and the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Clinical Evaluation and Therapeutic Treatment</b>	Make diagnoses of various patients who are possible candidates to be treated with different therapeutic treatments
	Evaluate, diagnose and treat patients with personality disorders
	Offer support in taking a clinical history of a patient with psychotic disorders
	Apply the Mindfulness method in clinical psychology
<b>Cognitive-Behavioral Model applied in the intervention of Health Psychology</b>	Make evaluations and diagnoses of a patient with anxiety from the Cognitive-Behavioral model
	Collaborate in the evaluation and diagnosis of a patient with depression
	Apply techniques for the decentralization of pain
	Employ the most effective procedures of the Cognitive-Behavioral model
<b>Health promotion</b>	Develop an action plan to promote the physical and mental health of patients
	Observe different clinical cases and detect through their individual characteristics the type of problem to be treated
	Outline effective strategies for the well-being of patients with depressive disorders
	Evaluate current health programs
<b>Psychological care for people with Autism Spectrum Disorder</b>	Making an accurate diagnosis in ASD patients
	Determine a treatment for a patient with ASD
	Perform clinical follow-up of a patient profiled for discharge
	Manage the various therapeutic treatments in patients with ASD

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** during the Hybrid Professional Master's Degree, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** in case of no-show on the day of the beginning of the Hybrid Professional Master's Degree, the student will lose the right to the same without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** the student who passes the Hybrid Professional Master's Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master's Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** the Hybrid Professional Master's Degree will not include any element not described in these conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. He will provide the student with all the necessary information to facilitate the procedures in any case.

# 07

## Where Can I Do the Clinical Internship?

This Hybrid Professional Master's program includes in its itinerary an internship in a clinical center, where during 3 weeks, the professional will be able to check in situ the performance of experienced psychologists with extensive knowledge of Clinical and Health Psychology. A space to bring the specialist closer to the latest developments that revolve around the treatments used in patients with disorders.





“

*Through this Hybrid Professional Master's Degree you will achieve the update you are looking for in the field of Clinical and Health Psychology”*



The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



Psychology

### Hospital HM Modelo

Country	City
Spain	La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital Maternidad HM Belén

Country	City
Spain	La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Psychology

### Hospital HM Rosaleda

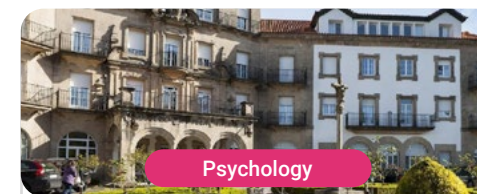
Country	City
Spain	La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

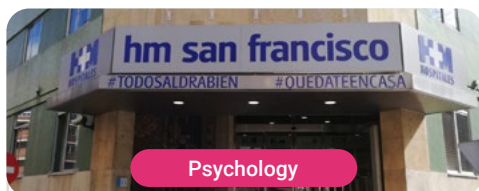
Country	City
Spain	La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Psychology

### Hospital HM San Francisco

Country	City
Spain	León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Psychology

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepíncipe

Country	City
Spain	Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Psychology

### Hospital HM Torrelodones

Country	City
Spain	Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Sanchinarro

Country: Spain City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Policlínico HM Gabinete Velázquez

Country: Spain City: Madrid

Address: C. de Jorge Juan, 19, 1° 28001, 28001, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

### Policlínico HM La Paloma

Country: Spain City: Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

### Policlínico HM Moraleja

Country: Spain City: Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

### Policlínico HM Sanchinarro

Country: Spain City: Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive System Service



Psychology

### Policlínico HM Virgen del Val

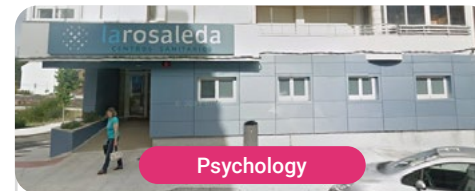
Country: Spain City: Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

### Policlínico HM Rosaleda Lalín

Country: Spain City: Pontevedra

Address: Av. Buenos Aires, 102, 36500, Lalín, Pontevedra

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

### Policlínico HM Imi Toledo

Country: Spain City: Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and private specialized centers distributed throughout Spain

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Psychology

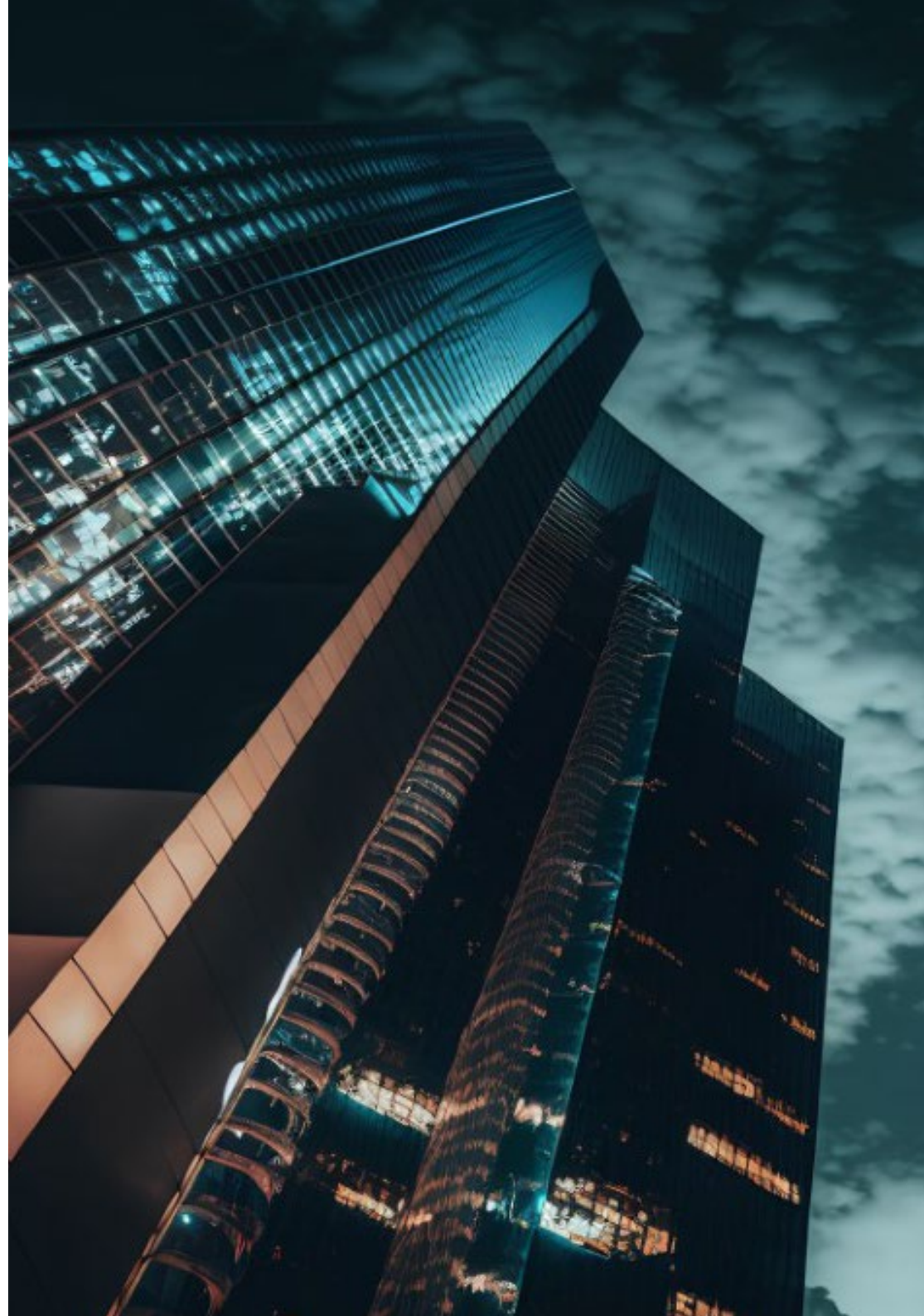
### Centro de Psicología Altea

Country	City
Spain	Cadiz

Address: Avda. Gesto por la paz – Edif. El Carmen, P-2 -1ºJ 11207 Algeciras (Cádiz)

Psychologists in Algeciras

- Related internship programs:**
- Clinical and Health Psychology
  - General Health Psychology







### Hospital Ángeles Santa Mónica

Country	City
Mexico	Mexico City

Address: Temístocles 210, Polanco, Polanco IV Secc, Miguel Hidalgo, 11560 Ciudad de México, CDMX, México

Full-service hospital with a multitude of medical of medical specialties

**Related internship programs:**  
- Clinical and Health Psychology



*You will combine theory and professional practice through a demanding and rewarding educational approach”*

08

# 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.



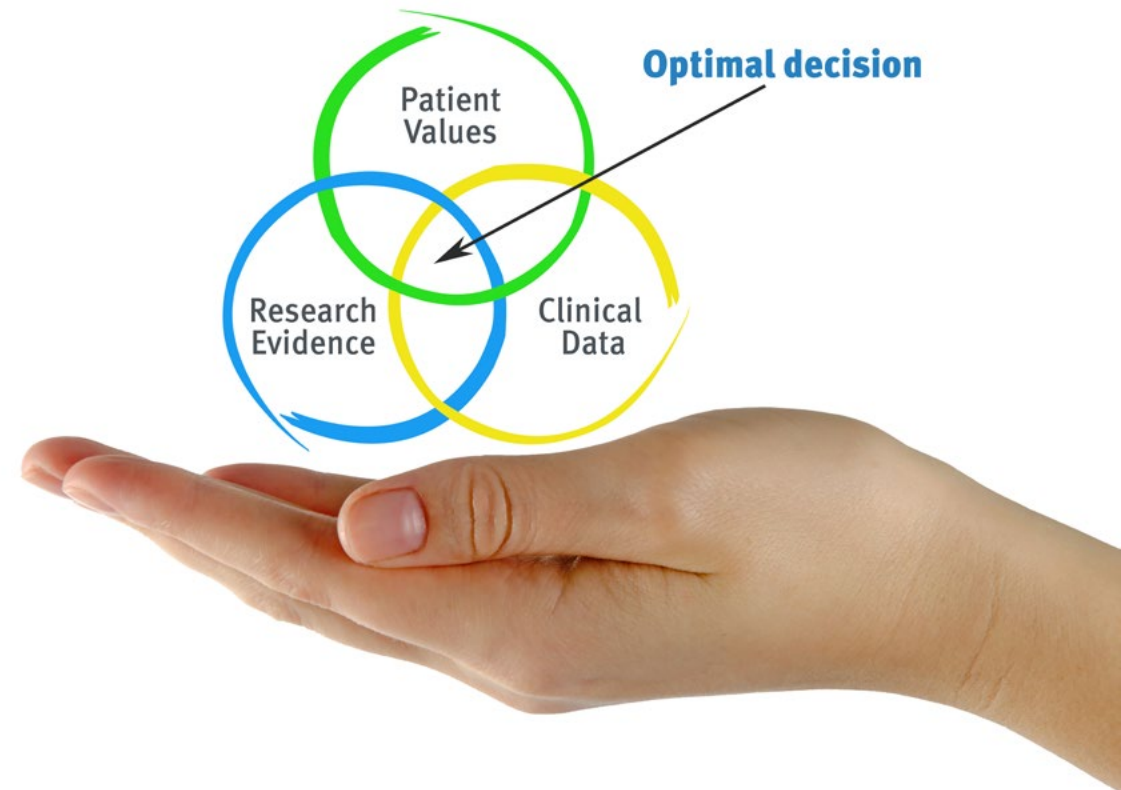
“

*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 we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning 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, trying to recreate the real conditions in the psychologist's professional 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. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
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.

Our university is the first in the world to combine the study of clinical cases 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 psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 highly 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.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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 the videos as many times as you like.



#### Interactive Summaries

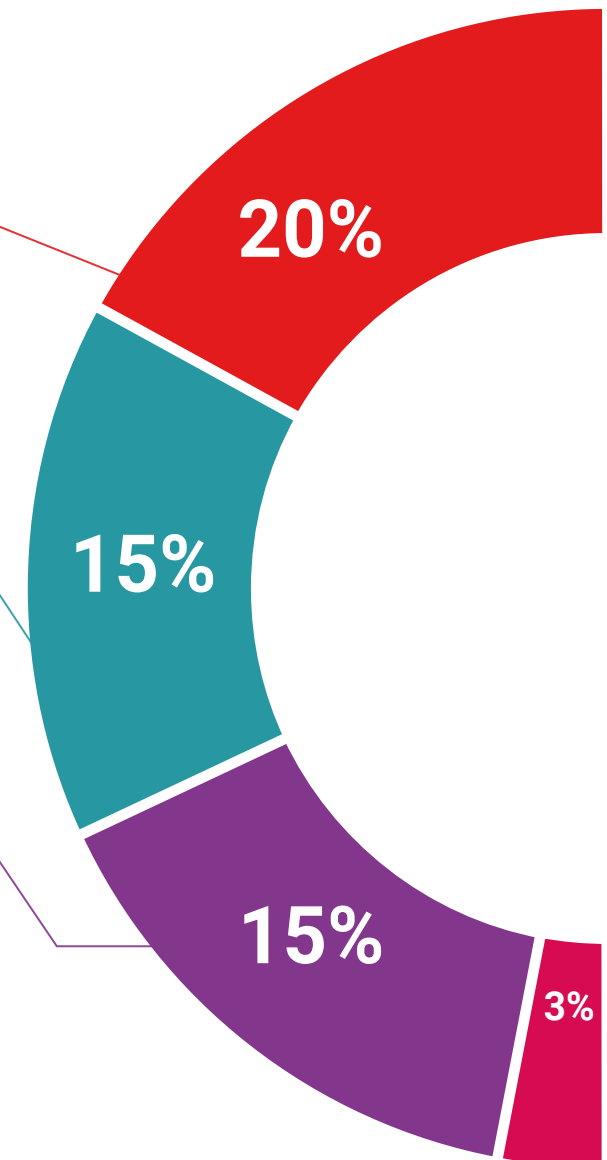
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

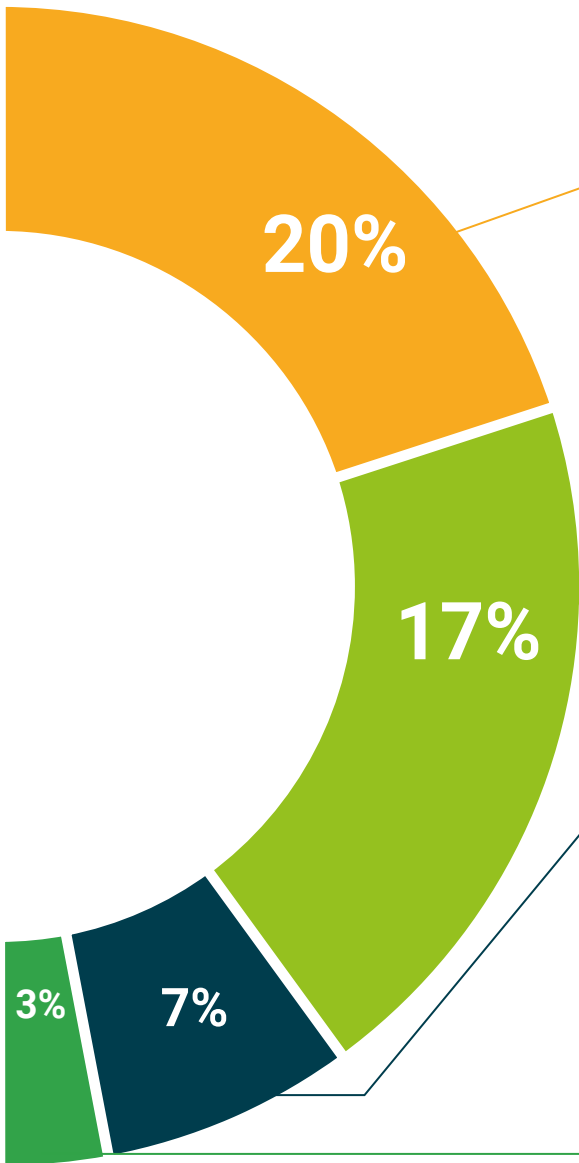


#### Additional Reading

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.



09

# Certificate

The Hybrid Professional Master's Degree in Clinical and Health Psychology guarantees, in addition to the most rigorous and updated training, the access to a Hybrid Professional Master's Degree issued by TECH Technological University.



The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, and another is slightly behind it to the right. The background is partially obscured by a large, diagonal graphic element that splits the page into a white lower-left section and a magenta upper-right section.

“

*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This **Hybrid Professional Master's Degree in Clinical and Health Psychology** contains the most complete and up-to-date program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery\*.

In addition to the certificate, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

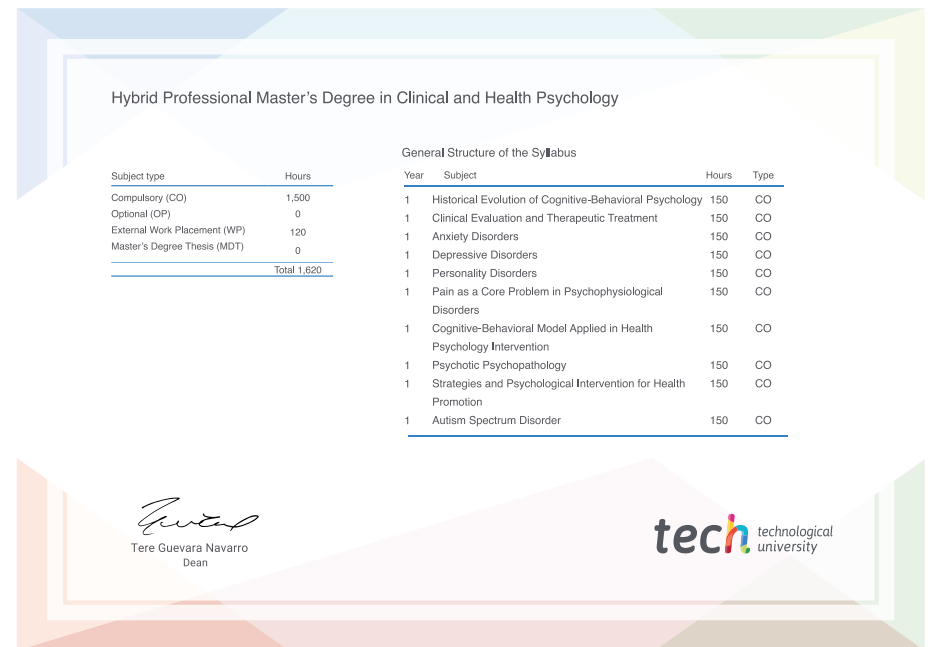
Title: **Hybrid Professional Master's Degree in Clinical and Health Psychology**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**



\*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.

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



## Hybrid Professional Master's Degree

Clinical and Health Psychology

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

# Hybrid Professional Master's Degree

## Clinical and Health Psychology