

# Hybrid Professional Master's Degree

## Family Therapy and Stress



## Hybrid Professional Master's Degree Family Therapy and Stress

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 ECTS Credits

Website: [www.techtute.com/us/psicologia/master/hybrid-professional-master-degree-family-therapy-stress](http://www.techtute.com/us/psicologia/master/hybrid-professional-master-degree-family-therapy-stress)

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# 01

# Introduction

Nowadays, stress and family problems are a reality in many people's lives, generating negative consequences on their physical and emotional well-being. Family therapy and stress management are fundamental to help these people regain their balance and quality of life. Technological and scientific advances in this area now allow for a more complete and effective approach to therapy. TECH's Family and Stress Therapy program offers comprehensive education that covers both theoretical and practical aspects, enabling professionals to acquire necessary skills to provide quality care to their patients.



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*This Hybrid Professional Master's Degree in Family Therapy and Stress will enable you to improve your skills in stress management and family dynamics, making you a valuable resource for mental and emotional health of families"*

Family therapy and stress management are fundamental to help people regain their balance and quality of life. Technological and scientific advances in this area now allow for a more complete and effective approach to therapy.

In Family Therapy and Stress field, new techniques and methods have been developed that allow for a more precise and personalized approach to patients' problems. From artificial intelligence application in the anxiety and stress assessment, to the use of solution-focused brief therapy, effective tools have been developed to improve people's quality of life. These advances have led to creation of specific training programs, such as TECH's Hybrid Professional Master's Degree in Family Therapy and Stress.

This program is intended to provide comprehensive education in Family Therapy and Stress, covering both theoretical and practical aspects. The program has expert teachers and a 3-week practical program in reference hospital centers, which makes this a unique opportunity to grow professionally and make a difference in people's lives. During this internship, students will be able to see real patients and apply knowledge acquired in a state-of-the-art clinical setting.

In addition, TECH's Hybrid Professional Master's Degree in Family Therapy and Stress offers an innovative methodology that combines theoretical part online with face-to-face practical experience, which allows for greater flexibility and adaptability to participants' schedules. This way, students can acquire necessary knowledge and skills to provide quality care to their patients, without compromising their personal and professional lives.

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

- ♦ Development of more than 100 clinical cases presented by Psychology professionals, experts in Family Therapy and Stress and university professors with extensive experience
- ♦ 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
- ♦ Managing dynamics of therapeutic time to optimize session time and use it efficiently to achieve therapeutic objectives
- ♦ A personalized and effective approach for each particular case, considering specific characteristics of each family
- ♦ Presentation of practical workshops on diagnostic and therapeutic techniques in stressed patient
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout course
- ♦ Clinical practice guidelines on approach to different pathologies caused by stress
- ♦ With a special emphasis on evidence-based medicine and research methodologies in Family Therapy and stress management
- ♦ 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
- ♦ In addition, you will be able to perform a clinical internship in one of the best hospitals in the country



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*Take an intensive 3-week internship in a prestigious center and acquire all the knowledge to grow personally and professionally”*

In this Professional Master's Degree proposal of a professionalizing nature and blended learning modality, program is intended to update Psychology professionals who develop their functions in specialized centers, and who require a high level of qualification. Contents are based on latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge in psychological intervention, and theoretical-practical elements will facilitate knowledge updating and will allow decision making in patient management.

Thanks to their multimedia content developed with latest educational technology, they will allow the psychology professional to obtain situated and contextual learning, that is, a simulated environment that will provide immersive learning programmed to prepare for real situations. This program's design is focused on Problem-Based Learning, by means of which students must try to solve different professional practice situations that will arise throughout the program. For this purpose, it will be assisted by an innovative interactive video system created by renowned experts.

*This Hybrid Professional Master's Degree in Family Therapy and Stress provides you with the opportunity to expand your knowledge and enhance your clinical practice.*

*The 100% online theoretical part of the Hybrid Professional Master's Degree in Family Therapy and Stress will allow you to study from anywhere and at any time.*



# 02

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

Family Therapy and Stress is a discipline in constant evolution and growth, and demand for specialized professionals in this area is increasing. Therefore, it is necessary to update and acquire the most updated and effective knowledge and skills in Family Therapy and Stress field. Practical experience in a recognized clinical center and with guidance of expert tutors for 3 weeks will allow the student to put into practice everything learned in TECH's Hybrid Professional Master's Degree in Family and Stress Therapy and gain valuable clinical experience for their professional career.







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*This specific program in the study of Family Therapy and Stress gives you the opportunity to get qualified in psychological evaluation of family system in an advanced way"*

### **1. Updating from the latest technology available**

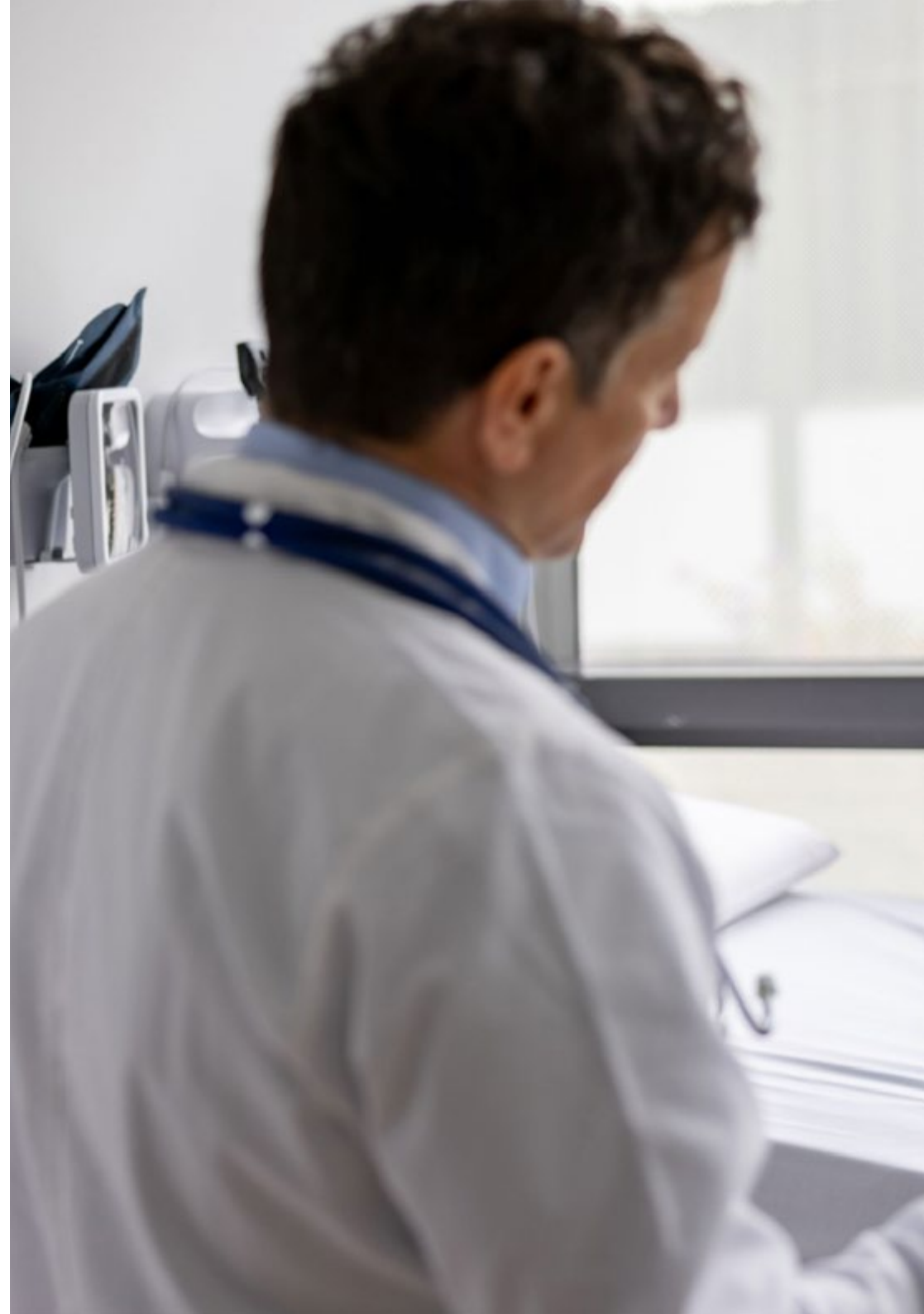
Family Therapy and Stress field has also experienced technological advances in recent years, such as the application of Artificial Intelligence in the assessment of stress and anxiety. For this reason, TECH offers this program so that professionals can approach this cutting-edge technology and improve their clinical practice. In this Hybrid Professional Master's Degree, you will have access to latest tools and techniques in Family Therapy and Stress.

### **2. Gaining In-Depth Knowledge from the Experience of Top Specialists**

At TECH, the professional team that will accompany the specialists in their practical period in Family Therapy and Stress is composed of field's best specialists. With help from a specific tutor, the professional will be able to see real patients in a state-of-the-art clinical environment, which will allow them to incorporate the most effective procedures and approaches in Family Therapy and Stress into their daily practice.

### **3. Entering First-Class Clinical Environments**

TECH carefully selects the centers where the Family Therapy and Stress Internship Program will take place, ensuring access to prestigious clinical environments. This will allow the specialist to check day to day of a demanding, rigorous and exhaustive work area, always applying latest thesis and scientific postulates in its methodology of work in Family Therapy and Stress.





#### **4. Combining the Best Theory with State-of-the-Art Practice**

At TECH, the learning model is 100% hands-on, allowing specialist to get to grips with state-of-the-art procedures in the field of Family Therapy and Stress and put them into professional practice in a short period of time. In addition, the program offers a perfect combination of theory and practice, which allows the professional to incorporate most updated knowledge in their daily practice in Family Therapy and Stress.

#### **5. Expanding the Boundaries of Knowledge**

TECH not only offers opportunity to perform practical part of the Hybrid Professional Master's Degree in Family Therapy and Stress in national, but also international centers. This will allow the specialist to expand his frontiers and get updated with the best professionals in family therapy and stress, who practice in first class hospitals in different parts of the world. A unique opportunity that only TECH, the world's largest digital university, can offer.



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



# 03

# Objectives

The Program design of this Hybrid Professional Master's Degree in Family Therapy and Stress will allow the student to acquire necessary skills to update in profession and deepen in key aspects of the subject. The knowledge acquired in the development of the points of the syllabus will drive the professional from a global perspective, with full capacity to achieve the proposed goals. You will be fully empowered in a versatile, global and essential field of therapy, guiding you to excellence in an ever-evolving industry. For this reason, TECH has established a series of general and specific objectives for the satisfaction of future graduates, as follows:





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*The objective of Hybrid Professional Master's Degree in Family Therapy and Stress is to prepare professionals capable of offering effective solutions in the treatment of stress and family dynamics"*



### General Objective

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- The general objective of the Hybrid Professional Master's Degree in Family Therapy and Stress is to update in a practical way the diagnostic and therapeutic procedures of specialty, through qualification in a prestigious clinical center with recognized professionals in the field. During the practical courses, the professional will approach main interventions of the specialist, thereby perfecting their skills and knowledge in attention to family problems that need intervention, systemic organization, psychodiagnosis and psychological evaluation of the family system, family interview, types of expert opinions and contexts surrounding the psychological expert opinion. All this, in order to improve the quality of care provided to patients and their families, addressing in a comprehensive manner the emotional and stress issues that may be affecting their well-being and family dynamics



*The qualification in modes of intervention in family problems of Hybrid Professional Master's Degree in Family Therapy and Stress will allow you to personalize therapeutic attention"*







## Specific Objectives

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### Module 1. Psychodiagnosis and Assessment of the Family System

- ♦ To manage family clinic, as well as to provide necessary skills to work in a systemic way
- ♦ To identify and make decisions about patients considering social and emotional fabric in which they find themselves
- ♦ To address the family, school and social environment
- ♦ To identify definitions from anthropological, sociological and psychological perspectives of the family
- ♦ To demonstrate influence of family and social dynamics on human development
- ♦ To distinguish family groups from a modern conception of family

### Module 2. The Family Interview

- ♦ To employ silence in family intervention
- ♦ To manage emotional crises within a session with children and adolescents and adults
- ♦ To frame interview axioms
- ♦ To define affective valence
- ♦ To recognize verbal and non-verbal communication
- ♦ To discern between psychopathology and normality

### Module 3. Family Stress

- ♦ To describe emotional patterns of family members
- ♦ To redefine stress, differentiating normal anxiety from pathological anxiety, identifying stress, phobia and panic, among others
- ♦ To describe the main sources of stressors in natural environment
- ♦ To deepen in protective or health-promoting traits
- ♦ To understand occupational stress by grouping, classifying and forming categories and concepts
- ♦ To establish different types of intervention according to the victim

### Module 4. Family Bonds and Systemic Organization

- ♦ To manage and stabilize emotional and affective deficiencies of the patient within intervention
- ♦ To understand the need to set boundaries and to know how to contain
- ♦ To define the evolution and transitions between normal and pathological
- ♦ To identify how to become a basic reference person for the child and adolescent

### Module 5. Family Models and Parenting Roles

- ♦ To identify and master clinical and prognostic features of different disorders of childhood and adolescence
- ♦ To act in formal cases of nullity of marriage
- ♦ To make a personal description of each parties, attending to each processes in couple
- ♦ To define permanent disability and severe disability degrees
- ♦ To understand psychological, physical and social consequences of violence against women and to identify the expert profile in this area





### **Module 6. Modes of Intervention in Family Therapy**

- ♦ To use the intervention to determine when it is necessary for other professionals to join analysis process
- ♦ To redirect attitude for effective team cooperation
- ♦ To define and understand focus and thought control
- ♦ To distinguish between empathy and sympathy
- ♦ To expand knowledge about mirror neurons and how they work

### **Module 7. Family Problems Which Need Interventions**

- ♦ To manage and master current systemic psychopathology.
- ♦ To deepen modification techniques through praise, broken record technique or praise for appropriate behavior
- ♦ To learn how to train social and coping skills and contingency management
- ♦ To deepen in cognitive-behavioral group therapy

### **Module 8. Types of Expertise and Contexts that Surround Psychological Expertise**

- ♦ To develop follow-up models that express changes of stress pathologies
- ♦ To respect and comply with the right and duty to inform customer
- ♦ To describe instruments used and facilitate data comprehension
- ♦ To include the evaluation process, hypotheses formulated and to justify conclusions
- ♦ To clarify the importance of maintaining confidentiality and professional secrecy
- ♦ To define types of expertise and contexts surrounding psychological expertise in its different contexts and phases



# 04 Skills

Students of the Hybrid Professional Master's Degree in Family Therapy and Stress will acquire specific competencies in diagnosis and treatment of stress in the family environment, as well as in management of family ties and dynamics. In addition, you will learn to apply the most innovative and effective techniques and tools in family therapy and to perform psychological assessments in different contexts. You will also be educated in psychological evaluation of family system and in development of personalized therapeutic interventions. With these competencies, students will be able to improve their clinical practice and offer effective and sustainable solutions in the treatment of stress and family dynamics.





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*Through this program you will learn how to perform psychological assessments in different contexts during the Hybrid Professional Master's Degree in Family Therapy and Stress"*



## General Skills

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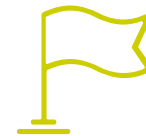
- ♦ Performing and adapting intervention protocols within an interdisciplinary framework
- ♦ Implement silence into family intervention
- ♦ Identify and use information from social and family agents
- ♦ Develop an intervention according to the mental logic of the different age groups
- ♦ Master how to create a relationship to become a reference for the whole family , without entering into competition with adults
- ♦ Performing and adapting intervention protocols within an interdisciplinary framework



*Studying the Hybrid Professional Master's Degree in Family Therapy and Stress will give you necessary tools to manage stress in family environment"*







## Specific Skills

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- ♦ Master interaction within a family therapy framework
- ♦ Manage the dynamics of therapeutic time
- ♦ Mastering assessment and intervention tools using all senses
- ♦ Master the management of differential characteristics with which family psychological pathologies can present
- ♦ Developing and understanding mutations and new forms of disease
- ♦ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence

05

# Course Management

The teaching staff of the Hybrid Professional Master's Degree in Family Therapy and Stress is composed of highly qualified professionals specialized in Clinical Psychology and Family Therapy fields. All of them have extensive experience and trajectory in clinical practice, as well as in research and teaching in this discipline. In addition, the teaching staff is constantly updated and educated in latest advances and technologies applied to family therapy and stress management, thereby ensuring an updated and quality education for students.



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*TECH's hand-picked expert professors will guide you through the entire learning process of Hybrid Professional Master's Degree in Family Therapy and Stress"*

## Management



### Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media.
- ♦ Course and postgraduate studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Focusing Specialist

## Professors

### Dr. Roldán, Lucía

- ♦ Health Psychologist.
- ♦ Specialist in Cognitive Behavioral Intervention
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Expert in Energy Therapy Intervention

### Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirónsalud Marbella and Avatar Psicólogos
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Psychology Degree from the Universidad Nacional de Educación a Distancia (UNED)

**Dr. De Dios González, Antonio**

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirónsalud Hospital in Marbella.
- ♦ Director of the Clinical and Health Area in Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Emotional Freedom Technique by the World Center for EFT
- ♦ Transpersonal Therapist at the Spanish School of Transpersonal Development.
- ♦ Degree in Psychology from the Complutense University of Madrid.
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Time-Limited Psychotherapies
- ♦ Professional Master's Degree in Neurolinguistic Programming at Richard Bandler's SNLP-The Society of NLP

**Gandarias White, Gorka**

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University

- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

**Dr. Martínez Lorca, Manuela**

- ♦ Health Psychologist.
- ♦ Lecturer at the Department of Psychology of the University of Castilla-La Mancha.
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology of the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



*Improve your interventions in Family Therapy and Stress Management with skills and practical knowledge acquired from the most knowledgeable teachers that only TECH can offer you"*

# 06

## Educational Plan

The curriculum of Hybrid Professional Master's Degree in Family Therapy and Stress has been designed taking into account specific needs and demands of the sector, according to indications of the teaching team of this program. These modules of the syllabus address a complete perspective of Family Therapy and Stress at a global level, with the purpose of applying knowledge acquired at an international level and in all areas of work, both public and private. Throughout 8 modules, a solid base is offered that allows students to expand their background, improving their professional profile and always with support of a team of experts.





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*Don't miss the opportunity to specialize in Family Therapy and Stress with this comprehensive TECH syllabus and make a difference in the lives of your patients"*

## Module 1. Psychodiagnosis and Assessment of the Family System

- 1.1. Anthropological, Historical, Sociological and Psychological Perspective of the Family
- 1.2. Diagnosis as a Catalyst for the Therapeutic Bond
- 1.3. Assessor Skills
  - 1.3.1. Be Useful in the Process
  - 1.3.2. Understand What is Happening
  - 1.3.3. Be Open and Understanding
  - 1.3.4. Become a Figure of Authority
- 1.4. Psychodiagnosis and Assessment of the Family System
  - 1.4.1. Language
  - 1.4.2. Pathological and Healthy Bonds
  - 1.4.3. Use of Others
  - 1.4.4. Rejection and Abandonment
  - 1.4.5. Stress, *Distress* and *Eustress*
  - 1.4.6. Conflicts and Tensions
  - 1.4.7. Family Psychopathology
- 1.5. Place in the Fraternity and Social Desirability
  - 1.5.1. Family Composition
  - 1.5.2. The Right to Have Siblings
  - 1.5.3. Twins
  - 1.5.4. The Sick Sibling
  - 1.5.5. Grandparents, Uncles and Aunties
  - 1.5.6. Other Components
- 1.6. Psychodiagnosics Objectives
  - 1.6.1. Evaluator and Evaluatee Link
  - 1.6.2. Discover What Truly Exists
  - 1.6.3. Clarify the Facts
  - 1.6.4. Explain the Scientific Facts of the State of the Subject
  - 1.6.5. Understand the Relationship Between the Individual in the Study and the Situation They Have Experienced
- 1.7. Millon's Clinical Multiaxial Inventory (MCMII-III)
  - 1.7.1. Modifying Scales: Desirability and Index of Alteration
  - 1.7.2. Basic Personality Scales: Schizoid, Avoidant, Depressive, Dependent, Histrionic, Narcissistic, Antisocial, Aggressive-Sadistic, Compulsive, Passive-Aggressive, Self-Destructive
  - 1.7.3. Severe Personality Scales: Schizotypal, Borderline and Paranoid
  - 1.7.4. Moderate Clinical Syndromes: Anxiety, *Hysteriform*, Hypomania, Depressive Neurosis, Alcohol Abuse, Drug Abuse, Stress, P-Trauma,
  - 1.7.5. Severe Clinical Syndromes: Psychotic Thinking, Major Depression and Psychotic Delirium
- 1.8. 16 Catell PF-5
  - 1.8.1. Agreeableness, Reasonableness, Stability, Dominance, Encouragement, Attention to Standards, Boldness, Sensitivity, Vigilance, Abstraction, Privacy, Apprehension, Openness to Change, Self-sufficiency, Perfectionism and Tension. Incorporate a Social Desirability (SD), an "Infrequency" (IN) and an Acquiescence (AQ) Scale to Control Response Bias
- 1.9. Child and Adolescent Assessment System BASC
  - 1.9.1. Internalized problems: Depression, Anxiety, Social Anxiety, Somatic Complaints, Obsessive-Compulsion and Post-Traumatic Symptomatology
  - 1.9.2. Externalized Problems: Hyperactivity and Impulsivity, Attention Problems, Aggressiveness, Defiant Behavior, Anger Control Problems, Antisocial Behavior
  - 1.9.3. Specific Problems: Antisocial Behavior, Eating Behavior Problems, Schizotypy, Substance Abuse
- 1.10. Questionnaire for the Evaluation of Adopters, Caregivers, Guardians and CUIDA
- 1.11. Personality Assessment Inventory PAI
  - 1.11.1. Validity Scales (Inconsistency, Infrequency, Negative Impression, Positive Impression)
  - 1.11.2. Clinical Scales (Somatic Complaints, Anxiety, Anxiety-Related Disorders, Depression, Mania, Paranoia, Schizophrenia, Borderline Traits, Antisocial Traits, Alcohol Problems, Drug Problems)
  - 1.11.3. Scales of Consideration for Treatment (Aggression, Suicidal Thoughts, Stress, Lack of Social Support, and Refusal of Treatment)
  - 1.11.4. Two Scales of Interpersonal Relationships (Dominance and Agreeableness)
  - 1.11.5. Thirty Subscales Providing More Detailed Information

- 1.12. Study of the Story's Credibility
  - 1.12.1. CBCA System (Criteria-Based Content Analysis)
  - 1.12.2. The *Statement Validity (SVA) Udo Undeutsch*
  - 1.12.3. SVA = Interview + CBCA + Validity Checklist

## Module 2. The Family Interview

- 2.1. The interview in a Clinical and Expertise Setting
  - 2.1.1. Information Theory
  - 2.1.2. Communication Channels
  - 2.1.3. Communication System
- 2.2. Axioms of the Interview
  - 2.2.1. It is Impossible Not To Communicate
  - 2.2.2. Content and Relationship
  - 2.2.3. Affective Value
  - 2.2.4. Digital and Analog Communication
  - 2.2.5. Symmetry and Asymmetry
- 2.3. Exploring Communication
  - 2.3.1. Verbal Communication
  - 2.3.2. Non-Verbal Communication
  - 2.3.3. Double Bond
  - 2.3.4. Psychopathology of Communication
  - 2.3.5. A Gesture is Worth a Thousand Words
- 2.4. Medical History
  - 2.4.1. Personal
  - 2.4.2. Family
  - 2.4.3. Generational
- 2.5. Medical History
  - 2.5.1. Psychopathological Biography
  - 2.5.2. Biography of Medical Diseases
  - 2.5.3. Biography Social Problems

- 2.6. General Structure of the Mental Examination
  - 2.6.1. Non-Verbal Communication and Emotions
  - 2.6.2. Communication Around the Table
- 2.7. Semiology, Signs and Symptoms
  - 2.7.1. Signs
  - 2.7.2. Symptoms
- 2.8. Epistemology of Diagnosis
  - 2.8.1. Descriptive Syndromic Diagnosis Versus Disease
  - 2.8.2. Nosology Categorical Vs. Dimensional Diagnosis
- 2.9. Multiple Diagnoses and Comorbidity
- 2.10. Clinical vs. Research Criteria
- 2.11. Expert Interview

## Module 3. Family Stress

- 3.1. New Ways to Define Stress
- 3.2. Common Stressors in the Family
  - 3.2.1. Relationship
  - 3.2.2. Living Conditions / Environment
  - 3.2.3. Economic
  - 3.2.4. Emotional
  - 3.2.5. Pathologies of Family Members
  - 3.2.6. Abuse and Violence
  - 3.2.7. Separation and/ or Abandonment
- 3.3. Interpersonal Stress
- 3.4. Toxicity and Family
  - 3.4.1. With Substances
  - 3.4.2. Without Substances
  - 3.4.3. Dependency
- 3.5. The Information Retrieval Process: The Transfer of Learning
- 3.6. Occupational Stress
- 3.7. Learning and Family Events
- 3.8. Family Crises

#### Module 4. Family Bonds and Systemic Organization

- 4.1. Family Functions
- 4.2. Family Institution
  - 4.2.1. Life Cycle of the Family
  - 4.2.2. Family Law
  - 4.2.3. Legal Nature
  - 4.2.4. Family Characteristics
- 4.3. Types of Family
  - 4.3.1. Conjugal Family
  - 4.3.2. Matriarchal Family
  - 4.3.3. Patriarchal Family
  - 4.3.4. Gang Family
  - 4.3.5. Inverted Family
  - 4.3.6. Extended Family
- 4.4. Family Characteristics to Promote or Hinder Learning
- 4.5. Family Structure Variables
- 4.6. Dysfunctional Family
- 4.7. Family Reactions to Illness
- 4.8. Pathological Management of Children from the Family
- 4.9. Consequences of Family Composition
- 4.10. Morphology of Family and the Implication on Psychopathy
- 4.11. Family and Process of Socialization
- 4.12. Intervention in a Dysfunctional Family
- 4.13. Conflict Inheritance
- 4.14. Concept of Accompaniment, Containment and Escort

#### Module 5. Family Models and Parenting Roles

- 5.1. Separation, Divorce and Nulled Marriage
- 5.2. Disability from the Expert's Point of View
  - 5.2.1. Deficiency, Disability and Handicap
  - 5.2.2. Civil Incapacity and Labor Incapacity
  - 5.2.3. Degrees of Permanent Disability
  - 5.2.4. Major Disability

- 5.3. Gender Violence
  - 5.3.1. Psychological Violence
  - 5.3.2. Psychological Consequences of Violence
- 5.4. Abuse
  - 5.4.1. Confirmation
  - 5.4.2. Psychological Consequences
  - 5.4.3. Causal Nexus
- 5.5. Secondary Victimization
  - 5.5.1. Credibility of Testimony
  - 5.5.2. Difficulty of the Psychological Opinion
- 5.6. Psychological Support for Family Members
- 5.7. Juvenile Expertise
- 5.8. Toxicomania Psychopedagogical Expertise
- 5.9. Elderly Expert
- 5.10. Profile of the Basic Emotion "Guilt" in Current Research

#### Module 6. Modes of Intervention in Family Therapy

- 6.1. Notion of Conflict
  - 6.1.1. Changing the Attitude Towards Team Cooperation
  - 6.1.2. Improve Attitude
  - 6.1.3. Emphasizing Performance
- 6.2. Types of Conflict
  - 6.2.1. Attraction-Attraction
  - 6.2.2. Evasion-Evasion
  - 6.2.3. Attraction-Evasion
- 6.3. Family Mediation
  - 6.3.1. Mediator is Present, Does Not Have an Influence
  - 6.3.2. Arbitration Makes Decisions by Listening to the Parties
  - 6.3.3. Neutral Evaluation Draw Consequences From the Data Obtained
- 6.4. Family *Coaching*
  - 6.4.1. Equalities
  - 6.4.2. Differences
  - 6.4.3. Contradictions
  - 6.4.4. Impersonation

- 6.5. Learning in *Coaching*
  - 6.5.1. Declaring Bankruptcy
  - 6.5.2. Stripping Off the Masks
  - 6.5.3. Re-Engineering Ourselves
  - 6.5.4. Focusing on the Task
- 6.6. Habits to Improve in *Coaching*
- 6.7. Focused on the Activity
  - 6.7.1. Focusing Techniques
  - 6.7.2. Thought Control techniques
- 6.8. Clear Goals
  - 6.8.1. Definition of Where We Are
  - 6.8.2. Definition of Where we Want to Go
- 6.9. Taking the Reins in Your Life Being proactive.
- 6.10. Positive Psychology
- 6.11. Conflict Management with the Conscious Emotional Bonding (CEB) Model
  - 6.11.1. Identifying Emotions
  - 6.11.2. Identifying Suitable Emotions
  - 6.11.3. Changing Emotions for Others
- 6.12. Training to Deal with Conflicts in the Family

### Module 7. Family Problems Which Need Interventions

- 7.1. Behavior Modification Techniques
- 7.2. Cognitive-Behavioral Therapy
- 7.3. Treatment Oriented Towards the Family
- 7.4. Other Focus of Systemic Family Treatment
- 7.5. Strategic Therapy and Constructivism

### Module 8. Types of Expertise and Contexts that Surround Psychological Expertise

- 8.1. Definitions Regarding Appraisal
- 8.2. Adoptions
- 8.3. Guardianship and Custody
- 8.4. Simulation

- 8.5. Expert Evidence
- 8.6. Object of the Expert Evidence
- 8.7. Guarantees of the Expert Evidence
- 8.8. The Basis of Rights of the Assessee and the Assessor
- 8.9. Law 41/2002 Regulating Patient Autonomy BORRAR
- 8.10. Personal Data Protection Regulation BORRAR
- 8.11. The expert's Role in the 21st Century
- 8.12. Procedure of a Judicial Hearing
- 8.13. Relationship with Other Groups
- 8.14. Family Diagnosis: The Family as a System
- 8.15. Assessment of Guilt in Psychopathology
- 8.16. Diagnostic Process Framing in the Expert Appraisal
- 8.17. Psychological Expert Opinion

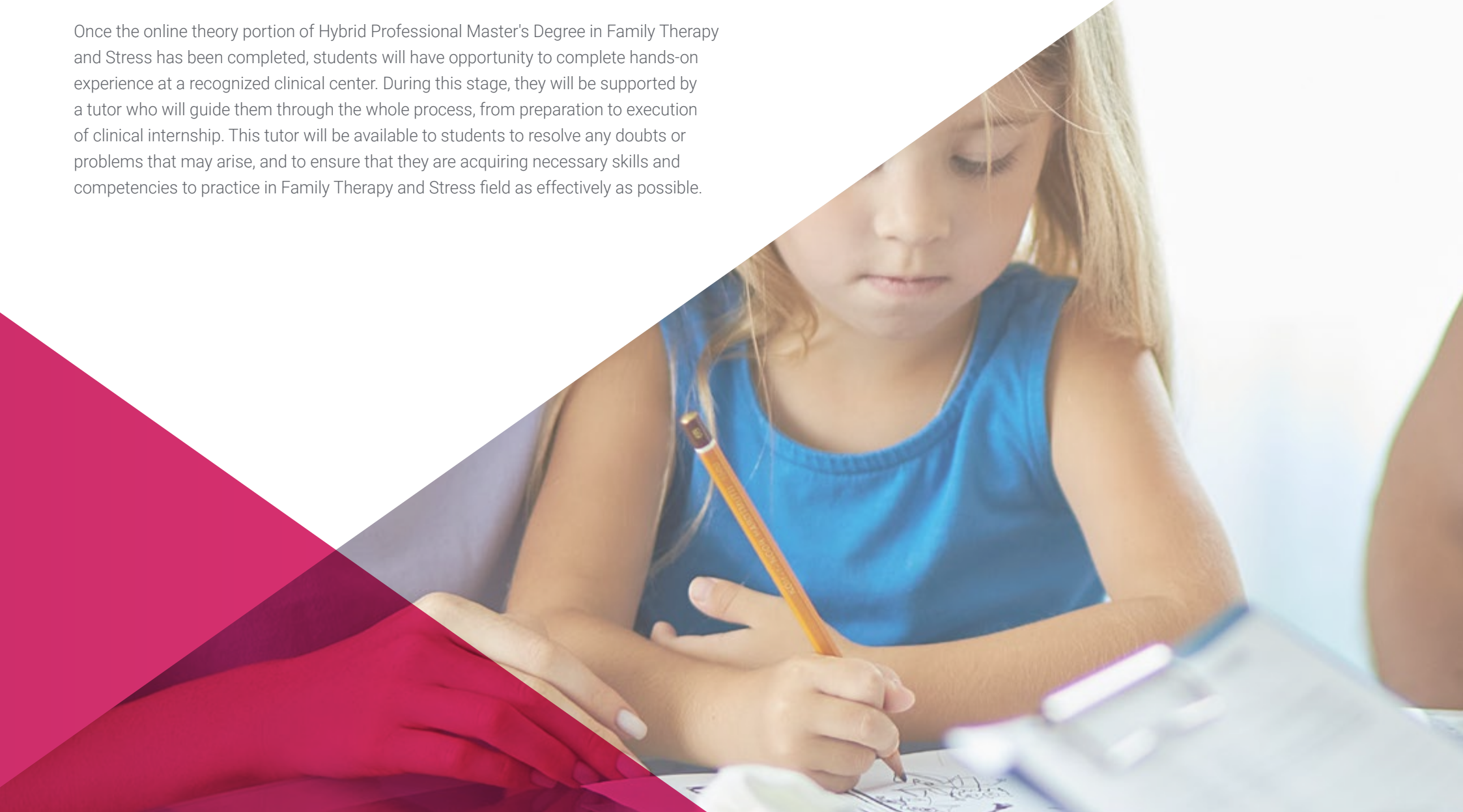


*The 3-week Internship Program in a hospital center will allow you to immediately apply knowledge acquired in Hybrid Professional Master's Degree in Family Therapy and Stress"*

07

# Clinical Internship

Once the online theory portion of Hybrid Professional Master's Degree in Family Therapy and Stress has been completed, students will have opportunity to complete hands-on experience at a recognized clinical center. During this stage, they will be supported by a tutor who will guide them through the whole process, from preparation to execution of clinical internship. This tutor will be available to students to resolve any doubts or problems that may arise, and to ensure that they are acquiring necessary skills and competencies to practice in Family Therapy and Stress field as effectively as possible.





“

*Boost your career with this program that includes a 100% online theoretical curriculum and a TECH Family Therapy and Stress Internship Program"*

This Internship Program in Family Therapy and Stress includes a stay in a clinical center of international reference, where the student will have opportunity to work with an adjunct specialist for 3 weeks. This practical stay will allow participants to work with real patients and to apply the most innovative diagnostic procedures and plan latest generation of therapy for each pathology.

The Internship Program is designed to develop and perfect necessary competencies for provision of psychological care in areas and conditions that require a high level of qualification and is oriented to specific training for practice of activity in a safe environment for patients and high professional performance.

The space where program will take place is a leader in innovation, as it is focused on the latest scientific evidence and constant evaluation of its processes to provide quality care to its patients, making it the ideal teaching scenario for this innovative experience in improvement of professional 21st century medical competencies. It is undoubtedly a unique opportunity for students to learn by working.

The practical part will be performed with student's active participation performing

activities and procedures of each area of competence (learning to learn and learning to do), with accompaniment and guidance of professors and other fellow students that facilitate teamwork and multidisciplinary integration as transversal competences for the praxis of Psychology (learning to be and learning to relate to others).

The procedures described below will form basis of practical part of the program, and their implementation is subject both to patient suitability and to center's availability and workload, with proposed activities being the following:



*Gain an in-depth understanding of advances in Family Therapy and Stress with a three-week program at a recognized clinical center"*



Module	Practical Activity
Psychodiagnosis and psychological evaluation of family system	Observe family members' behavior during a dinner or meeting.
	Conduct individual interviews with each family member
	Elaborate a genogram to identify family patterns
	Conduct Psychological Tests with each family member
Stress Management in Families	Teach relaxation techniques to family members
	Encourage effective communication among family members.
	Help the family identify and manage sources of stress.
	Building resilience in the family
Types of expertise and contexts surrounding psychological expertise	Conduct a psychological evaluation in the context of a custody trial.
	Making a psychological assessment in the context of a gender-based violence trial
	Conduct a mental capacity assessment in the context of a guardianship trial.
	Making a psychological assessment in the context of a juvenile criminal responsibility trial
Application of different techniques in the patient with stress	To show importance of applying diaphragmatic breathing techniques.
	Encourage practice of mindfulness meditation techniques.
	Encourage regular physical activity
	Teach cognitive restructuring techniques
Modes of Intervention in family problems	Observe and record family behavior during the sessions.
	Help design specific intervention plans for the family
	Participate in therapy sessions and support the lead therapist.
	Perform specific tasks for the family, such as helping to design an effective communication plan.

## 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.

For this purpose, this educational entity is committed to acquire a liability insurance that covers any eventuality that may arise during the stay.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. This way, the professional will not have to worry in case they have to deal with an unexpected situation and will be covered until the end of the practical program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

**1. TUTORING:** 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.

**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. NOT INCLUDED:** 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.

# 08

## Where Can I Do the Clinical Internship?

The Hybrid Professional Master's Degree includes a practical qualification in a recognized clinical center, where the student will apply knowledge acquired in the approach of family groups with conflict situations. In order to guarantee accessibility to this Certificate, TECH offers the possibility of internships in different organizations in different parts of the country. This way, the institution reinforces its commitment to quality education within the reach of all those interested in specializing in this field.



“

*Complete your theoretical education with the best practical stay in the market. Only in this way will you achieve success in your daily practice"*





The student will be able to take the practical part of this Hybrid Professional Master's Degree in 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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Rosaleda

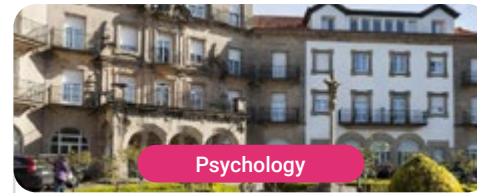
Country	City
Spain	La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

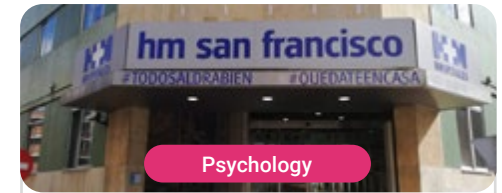
Country	City
Spain	La Coruña

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

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

**Related internship programs:**

- Anesthesiology and Resuscitation Update
- Nursing in Traumatology Service



Psychology

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepríncipe

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



### Policlínico HM La Paloma

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



### Policlínico HM Sanchinarro

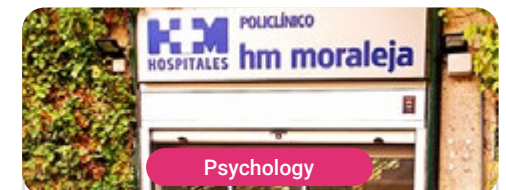
Country	City
Spain	Madrid

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

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

**Related internship programs:**

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



### Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management





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 specialized centers distributed throughout Spain.

**Related internship programs:**

- Physiotherapy Diagnosis
- Physiotherapy in Early Child Care



Psychology

### Policlínico HM Rosaleda Lalín

Country: Spain  
City: Pontevedra

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation





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*It deepens in the most relevant theory in this field, subsequently applying it in a real work environment”*



09

# 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.





# 10

# Certificate

The Hybrid Professional Master's Degree in Family Therapy and Stress guarantees, in addition to the most rigorous and updated education, access to a Hybrid Professional Master's Degree issued by TECH Global University.



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

This program will allow you to obtain your **Hybrid Professional Master's Degree diploma in Family Therapy and Stress** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

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

Title: **Hybrid Professional Master's Degree in Family Therapy and Stress**

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

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**



\*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 quality  
development languages  
classroom



## Hybrid Professional Master's Degree

### Family Therapy and Stress

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 ECTS Credits



# Hybrid Professional Master's Degree Family Therapy and Stress

