

# Hybrid Professional Master's Degree

## Psychogeriatrics



## Hybrid Professional Master's Degree

### Psychogeriatrics

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Accreditation: 60 + 4 ECTS

Website: [www.techtute.com/us/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-psychogeriatrics](http://www.techtute.com/us/psychology/hybrid-professional-master-degree/hybrid-professional-master-degree-psychogeriatrics)

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# 01

# Introduction

As the world's population continues to age, Psychogeriatrics has become an increasingly important aspect of the field of Psychology. In this regard, mental disorders in older adults (such as Geriatric Depression or Anxiety) represent unique challenges for health specialists. Therefore, these professionals need to update their knowledge regularly in order to incorporate the most effective and innovative therapeutic interventions in their practice. Only in this way will they be able to design optimal treatment plans to improve the quality of life of the elderly. In view of this, TECH presents an avant-garde university program focused on the most advanced Psychotherapies to optimize the well-being of these patients.





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*Thanks to this revolutionary Hybrid Professional Master's Degree, you will develop advanced skills to perform comprehensive geriatric assessments and design personalized and successful intervention plans"*

A recent study by the World Health Organization predicts that the number of people over the age of 60 will triple over the next few years, reaching 2.1 million globally. This significant demographic change has relevant implications for the mental health of the geriatric population, since the entity expects an increase in the prevalence of mental pathologies ranging from Sleep Disorders to Dementia. Faced with this scenario, it is crucial that professionals are optimally equipped to address these emerging needs and provide effective support to elderly patients.

To help them with this task, TECH is launching a pioneering and innovative Hybrid Professional Master's Degree in Psychogeriatrics. Its main objective is for specialists to keep abreast of the latest advances in therapeutic and pharmacological interventions, as well as to increase their clinical skills to address patients' needs from a holistic approach. To this end, the curriculum will delve into sophisticated methods such as Problem-Centered Brief Therapy or Constructivist Therapy. Likewise, the syllabus will provide graduates with a variety of strategies to generate an appropriate climate of trust, where patients can express themselves comfortably. Along these lines, the program will analyze various influence procedures to help individuals overcome resistance and facilitate change in behavioral patterns.

After passing the online theoretical stage, the program includes a practical internship in a reference clinical center. In this way, graduates will be able to enter a real work scenario with state-of-the-art resources, where they will be part of a multidisciplinary work team to develop interventions that meet the psychological needs of elderly patients.

In addition, these professionals will help students to implement the most modern techniques based on scientific evidence in order to achieve effective results. Undoubtedly, an immersive university program that will allow graduates to optimize their daily practice and experience a significant leap in quality in their professional careers.

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

- ♦ Development of more than 100 Internship cases presented by professionals in Clinical Psychology in Psychogeriatrics
- ♦ Its graphic, schematic and practical contents provide essential information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on highly innovative and effective intervention methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ 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 companies



*Reach your full potential in the field of Psychogeriatrics with the most complete pedagogical and practical materials on the educational market. Enroll now!"*

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*You will carry out a 3-week intensive stay in a reputed clinical center, where you will optimize your work efficiency to become the most outstanding Psychogeriatrician in your environment"*

In this Hybrid Professional Master's Degree proposal, of professionalizing character and blended learning modality, the program is aimed at updating professionals of Psychogeriatrics who develop their functions in intensive care units, 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 into psychological praxis, 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 Psychogeriatrics 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, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will broaden your your knowledge through real cases and the resolution of complex situations in simulated learning environments.*

*Are you looking for a university program that is compatible with your daily responsibilities? Then this is the right program: TECH adapts to your personal circumstances.*



# 02

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

Given the aging population, there is a growing demand for professionals trained in Psychogeriatrics to comprehensively address the mental health needs of older adults. For this reason, TECH has created this pioneering degree, which combines the most recent update in areas such as Health Assessment or Psychotherapies and Intervention from Clinical Psychology with a practical stay in a prestigious clinical center. In this way, students will achieve a complete vision of the most current panorama in Psychogeriatrics, being guided throughout the process by real experts in this field.







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*TECH gives you the opportunity to immerse yourself in real clinical environments and maximum demand to delve, hand in hand with the best specialists, into the latest advances in Psychogeriatrics”*

### 1. Updating from the latest technology available

New technologies driven by Industry 4.0 have had a significant impact on the field of psychogeriatrics. For example, these have developed new tools and approaches for the assessment, diagnosis, treatment and monitoring of emotional disorders in older adults. Aware of this reality, TECH presents this university degree that will allow graduates to enter a clinical environment equipped with the latest generation instruments in this health branch.

### 2. Gaining in-depth knowledge from the experience of top specialists

Throughout the entire curriculum, graduates will have the support of a group of highly qualified experts in the field of Psychogeriatrics. This is a guarantee for the students, since these professionals will keep them at the forefront of the latest advances in this field, helping them to develop new skills to improve their clinical practice.

### 3. Entering first-class professional environments

In its philosophy of providing the most complete and renewed academic itineraries in the market, TECH carefully chooses each of the centers where the Internship Programs will be carried out. Therefore, it ensures that graduates have access to clinical environments of high prestige in the field of Psychogeriatrics. In this way, they will be able to appreciate first-hand the rigorous and demanding work environment of this area, always applying the most recent scientific advances in their daily practice.





#### 4. Combining the best theory with state-of-the-art practice

In the academic field, there are many university programs that demand long hours of study from students and make it difficult for them to reconcile their studies with their daily responsibilities. In response to this, TECH presents a revolutionary learning approach: a theoretical-practical degree that offers graduates the opportunity to handle the most advanced techniques in Pharmacological Intervention in the elderly population and apply them in professional practice in a short period of only 3 weeks.

#### 5. Expanding the boundaries of knowledge

TECH has made a great effort so that this Hybrid Professional Master's Degree can be carried out in major centers both nationally and internationally. This gives graduates the opportunity to broaden their horizons and renew their knowledge with the best professionals in the sector, who work in clinical institutions of real reference.



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

# 03

## Objectives

Thanks to this university degree, professionals in Psychogeriatrics will have a deep understanding of the mental and cognitive disorders common in old age, as well as the most effective therapeutic approaches to address the difficulties of this population group. In this regard, graduates will develop advanced skills in the assessment, diagnosis and treatment of a wide range of psychiatric and even neurological conditions.





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*You will develop advanced clinical skills in the evaluation, diagnosis and treatment of mental disorders in the elderly”*



## General Objective

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- ♦ Through this Hybrid Professional Master's Degree in Psychogeriatrics, specialists will have the knowledge and skills required to conduct comprehensive mental health evaluations of older adults (including the diagnosis of neuropsychiatric disorders such as Anxiety). Similarly, graduates will develop clinical skills to implement optimal therapeutic interventions to address the difficulties of these patients and help them develop coping skills. In this way, the elderly population will optimize their psychological well-being and, therefore, their quality of life



*You will have at your disposal a variety of multimedia resources that will keep you up to date with advances in scientific research and best practices in Psychogeriatrics, ensuring high quality care"*





## Specific Objectives

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

- ♦ Manage the specific characteristics of old age and their consequences on human behavior
- ♦ Update concepts about the aging brain

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

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

### Module 3. Aging from the Perspective of Personality Traits

- ♦ Perform and adapt intervention protocols within an interdisciplinary framework
- ♦ Develop psychosocial intervention protocols, taking into account the role of the patient in their family

### Module 4. Health in Old Age

- ♦ Gain knowledge of the mutations and new types of illness at this age
- ♦ Elaborate life histories as the objective of treatment in old age and not as tool as is done in other age groups

### Module 5. The Individual and the Family

- ♦ Understand and master the therapeutic situation in order to become a referent for an elderly person
- ♦ Provide skills to understand and relate to the loss of patients, and from there to accompany them in the transition

### Module 6. Physiological and Neuropsychological Changes in the Elderly

- ♦ Understand and identify the differential aspects of mental disorders at this age
- ♦ Know the clinical and prognostic features of the various disorders of old age
- ♦ Master and manage the interferences of aging in the mental disorders to be treated
- ♦ Learn intervention tools that use the patient's senses as a setting

### Module 7. Psychotherapies and Intervention in the Elderly from a Clinical Psychology Perspective

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

### Module 8. Pharmacological Intervention in the Elderly

- ♦ Describe and design protocols with patients who take multiple drugs for different chronic disorders
- ♦ Have the ability to include occupational therapy and psychomotor skills in all intervention protocols

### Module 9. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

- ♦ Gain mediation and negotiation skills on benign aspects that are overvalued in the elderly
- ♦ Recognize the emotional withdrawal of elderly patients and allow their expression in a supportive environment

# 04 Skills

After completing this Hybrid Professional Master's Degree, professionals in Psychogeriatrics will perform the most holistic assessments of mental and cognitive health in older adults. In this way, specialists will accurately detect a wide range of disorders, ranging from Dementia to Depression. They will also develop skills to plan and implement effective therapeutic interventions to effectively address their patients' emotional problems.







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*You will distinguish between the symptoms of common mental disorders and the normal changes associated with aging to provide an approach tailored to the individual needs of patients"*

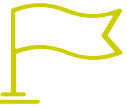


## General Skills

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- ♦ Know how to place old age within human globality
- ♦ Be able to evaluate the changes produced by old age at the physical, psychological and social levels
- ♦ Have the ability to develop theories and models that explain the relationship between old age and personality changes
- ♦ Provide the student with all the research and technology that will allow to keep the majority of senior citizens in good health in all its dimensions
- ♦ Have adequate models and knowledge to understand the role of the elderly in the 21st-century family
- ♦ Master the physiological and neurological changes that occur in old age
- ♦ Have an arsenal of psychosocial interventions to alleviate the elderly clinic symptoms
- ♦ Understand, master and interact from a psychological perspective with the pharmacological treatments in old age
- ♦ 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





## Specific Skills

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- ♦ Possess global knowledge of old age in the evolution of the human being
- ♦ Understand that the fact of aging is the result of an infinite complex process
- ♦ Consider respect as an antidote to the secondary problems of aging
- ♦ Know that values associated with aging
- ♦ Identify and promote the importance of experience on society
- ♦ Identify and differentiate between the health and illness aspects of old age
- ♦ Know how to effectively evaluate the physical state in old age
- ♦ Adequately take a medical history of an elderly person
- ♦ Know the fundamental elements of routine physical examination
- ♦ Know about the essential analyses that must be done and the values of normality and abnormality
- ♦ Manage essential neurological examination maneuvers and techniques
- ♦ Gain knowledge of cognitive assessment in old age
- ♦ Ascertain and evaluate the subject's belonging to a group
- ♦ Determine what the friendship relationship has been like and how many friends the subject has had in their life
- ♦ Identify and describe the economic basis of the subject
- ♦ Evaluate and detect the recent and previous relationships in the biography of the subject
- ♦ Determine the social involvement of the subject in this moment
- ♦ Evaluate and the subject's level of physical aging
- ♦ Obtain information on the physical activity throughout the life of the subject
- ♦ Evaluate the patient's motor coordination
- ♦ Identify the ability to maintain a conversation
- ♦ Ascertain if they have win-win relationships
- ♦ Gain and master knowledge of personality studies and how aging affects these
- ♦ Study the role that elderly people currently play in society
- ♦ Know, describe and master the current lines of research in psychogeriatrics
- ♦ Master the negative personality changes that happen in old age
- ♦ Master the positive personality changes that happen in old age
- ♦ Know how personality disorders affect the life of the elderly
- ♦ Comprehend the incidence and consequences of schizoid personality disorders in the elderly
- ♦ Be aware of how personality disorders worsen or improve with aging

# 05

# Course Management

For the design and delivery of this Hybrid Professional Master's Degree, TECH brings together a first-class teaching staff. This team is made up of true professionals in the field of Psychogeriatrics, who have a vast work experience where they have optimized the mental well-being of numerous elderly people. In addition, in their commitment to offer excellent services, these specialists are up to date with the latest scientific and technological advances in this field. Undoubtedly, this is an endorsement for the students, who will have access to an intensive experience that will significantly enhance their daily practice.



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*The most outstanding professionals in the field of Psychogeriatrics will provide you with the most relevant technological and scientific advances in this field"*

## Management



### Dr. Anasagasti, Aritz

- ♦ Director of Emotional Network and expert in Neurodegenerative Diseases and Emotional Intelligence
- ♦ European Specialist Psychologist in Psychotherapy at the Bilbao-Casco Viejo Health Center
- ♦ Graduate in Psychology from the University of the Basque Country/Euskal Herriko Unibertsitatea
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychogeriatrics Specialist
- ♦ Specialist in Neurodegenerative Diseases at the University of the Basque Country/Euskal Herriko Unibertsitatea
- ♦ Psychologist Specialist in Psychotherapy
- ♦ Certified Psychotherapist by the Spanish Federation of Psychotherapist Associations (FEAP)
- ♦ EuroPsy Certificate as a Specialist Psychologist and as a Specialist Psychotherapist
- ♦ Member of: Basque Association of Gestalt Therapy Zimentarri, IEPTL European Institute of Time-Limited Psychotherapies

## Professors

### Dr. Fernández, Ángel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez Lorca, Manuela

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

### Dr. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-Behavioral Intervention Specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

### Dr. Otero, Verónica

- ♦ Psychologist Specialist in Psychotherapy. Bilbao-Casco Viejo Health Center
- ♦ Head of Child and Adolescent Area of intervention with PTL. Bilbao-Casco Viejo Health Center
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Psychologist
- ♦ Specialist in Reciprocal Interaction Therapy
- ♦ Certified Psychotherapist. Spanish Federation of Associations of Psychotherapists
- ♦ EuroPsy Certificate as Specialist Psychologist
- ♦ EuroPsy Certificate as Specialist Psychotherapist

### Dr. Zabala Baños, María Carmen

- ♦ Health Psychologist expert in Psychosocial Rehabilitation and Occupational Therapy
- ♦ Researcher at the Department of Nursing, Physiotherapy and Occupational Therapy. Castilla La Mancha University
- ♦ Doctor of Psychology. Castilla La Mancha University
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

# 06

## Educational Plan

The teaching materials that make up this Hybrid Professional Master's Degree have been developed by a teaching staff composed of references in the field of Psychogeriatrics, bearing in mind the demands of the current labor market and the importance of helping the elderly to overcome their mental disorders in order to optimize their overall well-being. The syllabus will delve into the most sophisticated health assessment methods, as well as the most innovative intervention techniques to treat pathologies such as Depression, Anxiety or Dementia. In this way, graduates will help their patients manage their symptoms and reduce their psychological discomfort.







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*An experienced teaching team will provide you with the most advanced Influencing Techniques to overcome resistance and facilitate behavioral change in older individuals"*

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

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

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

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





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

### Module 3. Aging from the Perspective of Personality Traits

- 3.1. Personality Studies and Theories on the Process of Aging
- 3.2. Social Dynamics and Role of Elderly Person
- 3.3. Experiences and Current Research in Psychogeriatrics
- 3.4. Negative Changes in Personality
  - 3.4.1. Egocentrism
  - 3.4.2. Dependency
  - 3.4.3. Dogmatism
  - 3.4.4. Stiffness
  - 3.4.5. Intolerance
  - 3.4.6. Disobedience
  - 3.4.7. Pessimism
  - 3.4.8. Impatience
  - 3.4.9. Disrespectful
  - 3.4.10. Insecurity
  - 3.4.11. Gnarly
  - 3.4.12. Associable

- 3.5. Positive Changes in Personality
  - 3.5.1. Sincerity
  - 3.5.2. Calmness
  - 3.5.3. Nonchalance
  - 3.5.4. Discretion
  - 3.5.5. Frankness
  - 3.5.6. Generosity
  - 3.5.7. Tenderness
  - 3.5.8. Honesty
  - 3.5.9. A leader must be able to be self-critical, while also recognising the professionalism of others
  - 3.5.10. Kindness
  - 3.5.11. Security/Safety
  - 3.5.12. Understanding
- 3.6. How Do Personality Disorders Affect the Elderly?
- 3.7. Research in Personality Disorders in Old Age
  - 3.7.1. Schizoid Personality Disorder
  - 3.7.2. Dependency-Based Personality Disorder
  - 3.7.3. Obsessive Compulsive Personality Disorder
  - 3.7.4. Narcissistic Personality Disorder
  - 3.7.5. Paranoid Personality Disorder
- 3.8. The Aging Process Improves or Worsens Personality Disorders
- 3.9. Situation for the Study and Evaluation of Personality Disorders in Old Age

#### Module 4. Health in Old Age

- 4.1. Review of the Dimensions of Health
- 4.2. Mental and Emotional Health
  - 4.2.1. Conserving Time and Space Relationship
  - 4.2.2. Maintaining Short-Term Memory
- 4.3. Habits and Cognitive Style
- 4.4. Emotional Schemes
- 4.5. Basic Needs Met
- 4.6. Resilience
- 4.7. Preservation of the Biography

- 4.8. Mental Flexibility and Sense of Humor
- 4.9. Physical Health
  - 4.9.1. Addiction
  - 4.9.2. Chronic Diseases
  - 4.9.3. History of the Disease
- 4.10. Past Assisted Care
- 4.11. Stress Level
- 4.12. Social Health

#### Module 5. The Individual and the Family

- 5.1. What is Family?
  - 5.1.1. Family Life Cycle
  - 5.1.2. Family Sociability
  - 5.1.3. New Intergenerational Conflicts
  - 5.1.4. Nuclear Family
  - 5.1.5. Modern Family
  - 5.1.6. Social Organization of Sexual Relationships
- 5.2. Regulatory Processes of Family Life
  - 5.2.1. Family Temperament
  - 5.2.2. Family Identity
- 5.3. The Family Development and Growth Process
  - 5.3.1. Sandwich Generation
  - 5.3.2. Tupac Amaru Syndrome
  - 5.3.3. Family Aging
- 5.4. Functional Family in Old Age
  - 5.4.1. Support of Demands and Needs
  - 5.4.2. Parentage
  - 5.4.3. Subsidiary Responsibility
- 5.5. Stability of Change and Placement of Authority

- 5.6. Aging Within the Family
  - 5.6.1. The Family and the Importance of Contributing and Being Productive
  - 5.6.2. Psychosocial Aspects of the Family
  - 5.6.3. Structure
  - 5.6.4. Mechanisms of Action
  - 5.6.5. Family as a Health and Social Network in Old Age
  - 5.6.6. Current Role of Old Age in 21st Century Families
- 5.7. The 70s Crisis
  - 5.7.1. Retirement
  - 5.7.2. Dependency
  - 5.7.3. Depression
- 5.8. The Family of Today and of the Future
- 5.9. Quality of Life, Family and Modifications that Occur in Old Age
  - 5.9.1. Society and Aging
  - 5.9.2. How Does Our Body Transform with Old Age?
  - 5.9.3. Psychology and Old Age Metapsychology
- 5.10. Aging with Satisfaction
- 5.11. Fulfilling Basic Needs in Old Age

### Module 6. Physiological and Neuropsychological Changes in the Elderly

- 6.1. Changes to the Central Nervous System
  - 6.1.2. Neuropsychological and Psychopathological Alterations in Old Age
  - 6.1.3. Characteristics in the Elderly that Affect Drug Intervention
- 6.2. Psychopathology and Neuropathology in Consciousness and Perception Disorders in the Elderly
  - 6.2.1. Biopsychosocial Factors in Life Fatigue
  - 6.2.2. Stress in the Daily Life of an Elderly Person
  - 6.2.3. Attention, Learning and Memory
  - 6.2.4. Helplessness
  - 6.2.5. Insulation
  - 6.2.6. Loneliness
  - 6.2.7. Boredom
  - 6.2.8. Neglect
  - 6.2.9. Suicide in Elderly People

- 6.3. Affective Disorders in Elderly People
- 6.4. Sleep Disorders in Elderly People

### Module 7. Psychotherapies and Intervention in the Elderly from a Clinical Psychology Perspective

- 7.1. Common and Differential Elements in Psychotherapy of Elderly People
- 7.2. Different Types of Conflicts and Models that Explain Health and Illness Behaviors
- 7.3. Competent Scenarios and Motivational Interviewing
- 7.4. Behavior Modification and Time-Limited Psychology in Old Age
- 7.5. Functional Analysis
- 7.6. Systemic Therapy
- 7.7. MRI: Brief Problem-Focused Therapy
- 7.8. SFBT: Solution-Focused Brief Therapy
- 7.9. Family Sculpting
- 7.10. Narrating Metaphoric Stories
- 7.11. Prescriptions: Healing Processes
- 7.12. Original Prescriptions
- 7.13. Strategic Therapy and Constructivism
  - 7.13.1. Bonding and Framing of the Elderly Patient in Psychotherapy

### Module 8. Pharmacological Intervention in the Elderly

- 8.1. Geriatric Psychopharmacology (Dr. Luis F. Agüera Ortiz)
- 8.2. Fragility and Vulnerability of the Elderly
- 8.3. Polypharmacy in the Elderly
- 8.4. Pharmacokinetic Changes
  - 8.4.1. Lowering of Body Water Levels
  - 8.4.2. Reduced Protein Binding
  - 8.4.3. More Time Taken to Reach Peak Plasma Levels
  - 8.4.4. Greater Variability in Achieving Stable Plasma Levels
  - 8.4.5. Reduced Hepatic Metabolism
  - 8.4.6. Reduced Renal Clearance
  - 8.4.7. Risk of Interactions
  - 8.4.8. New Pharmacodynamics

- 8.5. Pharmacological Treatment for Anxiety of Elderly People
  - 8.5.1. Benzodiazepines
  - 8.5.2. ISRS
  - 8.5.3. Atypical Antidepressants
- 8.6. Pharmacological Treatment for Depression in Elderly People
  - 8.6.1. ISRS
  - 8.6.2. Non-Tricyclic Antidepressants
  - 8.6.3. Dual Antidepressants
- 8.7. Pharmacological Treatment for Bipolar Disorder in Elderly People
  - 8.7.1. Lithium
  - 8.7.2. Antiseizure Medications
- 8.8. Antiseizure Medications
- 8.9. Medications for Agitation in the Elderly
- 8.10. Pharmacology of Confusion
- 8.11. Drugs for Dementia
- 8.12. Medication Against Deficiencies
- 8.13. Pharmacological Intervention in Somatization

## Module 9. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation

- 9.1. What is Stress?
- 9.2. Biology of the Stress Response
- 9.3. Biochemistry of Stress
- 9.4. Basic Emotions
- 9.5. The Biology of Stress in a Critical Situation
- 9.6. Development of the Stress Response
- 9.7. Psychological Defence Mechanisms Associated with the Critical Situation
- 9.8. Self-Management and Handling of One's Own Emotions
- 9.9. Being proactive
- 9.10. Create an Environment of Trust
  - 9.10.1. The Importance of Trust
  - 9.10.2. The Four Pillars of Trust



- 9.11. Empathic Listening
- 9.12. Applied Communication Skills
  - 9.12.1. The Communication Process
  - 9.12.2. Guidelines for Effective Communication
  - 9.12.3. Common Errors in Transmitting Information
  - 9.12.4. Common Errors in Receiving Information
- 9.13. Representational Systems
- 9.14. Handling Difficult Discussions and Conversations
  - 9.14.1. Introduction
  - 9.14.2. The "Who's Right?" Conversation
  - 9.14.3. Conversations about Emotions
  - 9.14.4. Conversations about Identity
- 9.15. Effective Use of Questions
- 9.16. Paraphrasing
- 9.17. Influence Techniques to Overcome Resistance
  - 9.17.1. Managing Motivation
  - 9.17.2. Strategies to Support Change
- 9.18. Achieving a Small "Yes".
- 9.19. Speaking about the Present and the Future
- 9.20. Expressing Ourselves with "I" Messages
- 9.21. Accompanying and Leading
- 9.22. Set the Person to Do Something



*With this degree you will have a wide range of effective psychosocial interventions, such as Solution Focused Brief Therapy, that will contribute to optimizing the well-being of your patients"*

07

# Clinical Internship

After completing the online theoretical period, this university program includes practical training at a leading clinical center. During this stage, graduates will be supported by a tutor who will guide and support them throughout the entire itinerary, from the preparation to the execution of the internship.







“

*You will carry out your clinical internship in a prestigious clinical institution, which has accumulated numerous cases of success in addressing mental disorders in elderly users”*

The Internship Program phase of this university degree in Psychogeriatrics consists of a 3-week clinical internship in a prestigious institution, from Monday to Friday, with 8 consecutive hours of practical training with an associate specialist. During this stay, the graduates will join a multidisciplinary work team to carry out the approach to real patients, applying the most innovative therapeutic interventions to contribute to optimize their mental wellbeing and, therefore, their quality of life.

In this learning proposal, completely practical in nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of psychological care in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in an environment of safety for the users and high professional performance.

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





The procedures described below will be the basis of the practical part of the program, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Assessment of Health Status in the Elderly</b>	Carry out tests and questionnaires to analyze the cognitive function, memory and attention of the patients and attention of patients in order to detect possible neurocognitive disorders
	Explore mood, anxiety, depression and other emotional aspects that may affect the mental well-being of the elderly population
	Conduct interviews with the family members or caregivers of the users to delve into their social support network, quality of interpersonal relationships and degree of satisfaction with the social environment
	Identify risk factors for both health and safety (such as falls, malnutrition, medication problems, etc.)
<b>Neuropsychological and Physiological Alterations</b>	Develop and implement cognitive training programs that include memory, attention, reasoning, and problem-solving exercises
	Provide information to both the elderly and their families about the physiological and neurological changes associated with aging, promoting effective coping strategies
	Encourage the adoption of healthy habits, including a balanced diet, regular exercise, and cognitively stimulating activities
	Assess and manage chronic medical conditions common in the elderly (hypertension, diabetes, etc.)
<b>Pharmacological Treatment</b>	Conduct a thorough review of all medications the elder is currently taking to detect possible age-inappropriate substances
	Adjust dosage or simplify drug regimens with the aim of optimizing treatment and minimizing the risk of treatment and minimize the risk of side effects
	Regularly monitor patients' response to medications, including clinical efficacy and tolerability
	Collaborate with other health care professionals (such as physicians, nurses or pharmacists) to ensure comprehensive as well as coordinated care
<b>Stress Management Techniques</b>	Delve into the triggers that are contributing to stressful episodes
	Provide psychological support by means of Cognitive-Behavioral Therapy procedures or Mindfulness
	Foster resilience in older people, helping them to develop coping strategies and autonomy
	Assess the long-term physical, psychological and social repercussions of Stress to verify the well-being of users

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the students 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 educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the internship during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training 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 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. 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.

# 08

## Where Can I Do the Clinical Internship?

This Hybrid Professional Master's Degree in Psychogeriatrics includes in its program a practical stage in a reference clinical center, where graduates will be able to apply the knowledge acquired on health and disease assessment in old age. With the aim of expanding access to this degree to more people, TECH offers the opportunity to perform this practice in various entities both nationally and internationally. In this way, the institution reaffirms its commitment to educational quality and accessibility for all students.



A city skyline at sunset with a large quote graphic. The image is split into three diagonal sections: a blue and purple sky at the top, a city skyline at sunset in the middle, and a white background at the bottom. The quote is written in a purple, outlined font.

“

*You will complete your theoretical education with the best practical clinical internship in the market. You will achieve success in your daily practice as a specialist in Psychogeriatrics!"*



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



Psychology

### Centro de Día BM

Country	City
Spain	Malaga

Address: Calle de Alozaina, 46, Cruz de Humilladero, 29006 Málaga

Homey and warm atmosphere but at the same time cheerful and calm

Related internship programs:  
Psychogeriatrics



Psychology

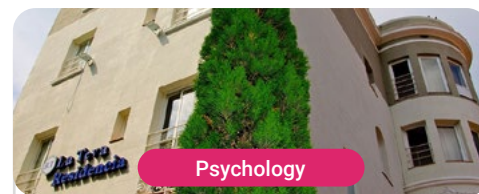
### Residencia Gure Etxea

Country	City
Spain	Barcelona

Address: C/ de Bailèn, 28, L'Eixample, 08010 Barcelona

Assisted residence in the heart of Barcelona's Eixample district

Related internship programs:  
Psychogeriatrics



Psychology

### La Teva Residència

Country	City
Spain	Barcelona

Address: Carrer de Campoamor, 48, Horta-Guinardó, 08031 Barcelona

Assisted living and day care center for the elderly, specialized in comprehensive care and personalized care in a family environment

Related internship programs:  
Psychogeriatrics



Psychology

### Residencia 3 Edad La Divina Misericordia

Country	City
Spain	Malaga

Address: Av. de Carlos Haya, 146, Bailén-Miraflores, 29010 Málaga

High level of health care with proprietary physician and team of nurses

Related internship programs:  
Psychogeriatrics



Psychology

### Lepant Residencial

Country	City
Spain	Barcelona

Address: Calle de Lepant, 401, Horta-Guinardó, 08025 Barcelona

Residence oriented to the elderly and offering a high quality of life in all its services.

Related internship programs:  
Psychogeriatrics



Psychology

### AFA Alicante

Country	City
Spain	Alicante

Address: Av. Esportista Miriam Blasco, 13, 03016 Alacant, Alicante

AFA Alicante has formed a multidisciplinary team with one goal: to meet the needs of people with Alzheimer's disease.

Related internship programs:  
Psychogeriatrics



Psychology

### Residencia Els Cirerers

Country	City
Spain	Girona

Address: Calle Pujada del Castell, Km 3,5, 17482 Mediñá, Girona

Els Cirerers is a residence for the elderly offering high quality and stimulating care services.

Related internship programs:  
Psychogeriatrics



Psychology

### Residencia Geriátrica Las Rosas

Country	City
Spain	Madrid

Address: Calle Butrón, 14 28022, Madrid

Las Rosas guarantees individualized care in a safe and comfortable environment.

Related internship programs:  
Psychogeriatrics





Psychology

### El Mirador de Font d'en Fargues Residencia y Centro de día

Country	City
Spain	Barcelona

Address: Carrer de Gallecs, 16, Horta-Guinardó,  
08032 Barcelona

An entity that provides close and personalized treatment to all its residents.

**Related internship programs:**  
Psychogeriatrics



Psychology

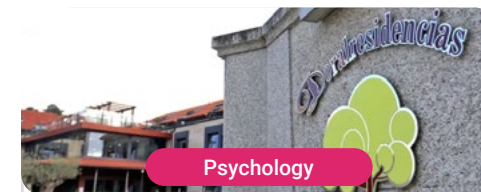
### Residencia Virgen de las Angustias

Country	City
Spain	Seville

Address: C/ San Fernando, 8 Alcalá del Río  
41200 (Sevilla)

Assistance in residential facilities for people with intellectual disabilities, mental illness and drug dependence

**Related internship programs:**  
Psychogeriatrics



Psychology

### Doral Residencias

Country	City
Spain	Pontevedra

Address: Avda. de Rebullón 200

It is a residence that provides social and health and health services to elderly and disabled people.

**Related internship programs:**  
Psychogeriatrics

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".

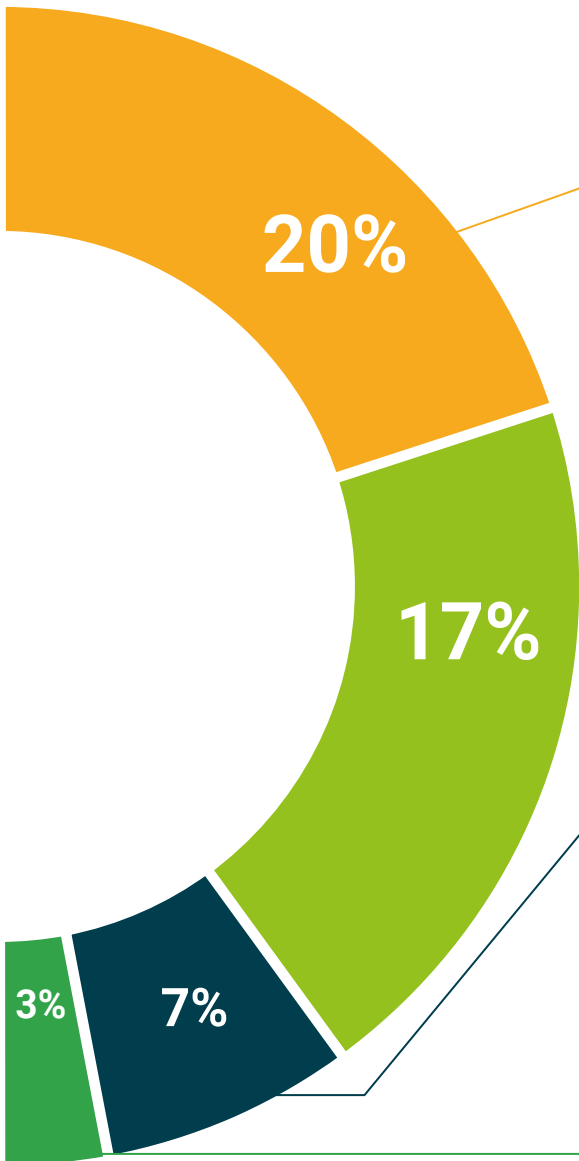


#### Additional Reading

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 in Psychogeriatrics guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree issued by TECH Global University.



“

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

This private qualification will allow you to obtain a **Hybrid Professional Master's Degree diploma in Psychogeriatrics** endorsed by **TECH Global University**, the world's largest online university.

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

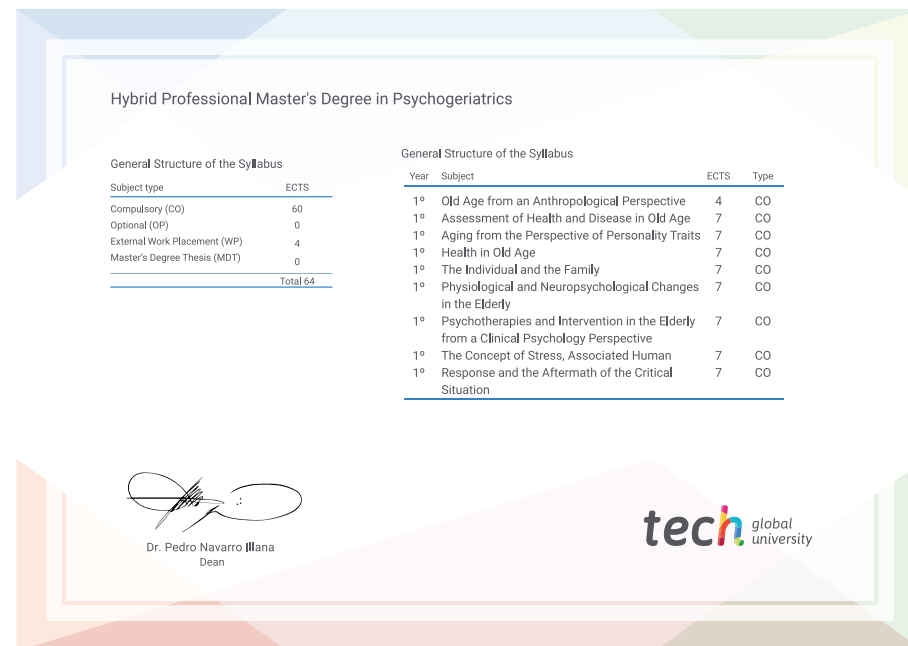
This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Hybrid Professional Master's Degree in Psychogeriatrics**

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

Duration: **12 months**

Accreditation: **60 + 4 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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



## Hybrid Professional Master's Degree

Psychogeriatrics

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Accreditation: 60 + 4 ECTS

# Hybrid Professional Master's Degree

## Psychogeriatrics

