

Hybrid Professional Master's Degree

Psychological Intervention of Psychosomatic Disorders



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Psychological Intervention of Psychosomatic Disorders

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months.

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: www.techtitute.com/in/psicologia/hybrid-professional-master-degree/hybrid-professional-master-degree-psychological-intervention-psychosomatic-disorders

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01

Introduction

Mental and physical health are two interconnected aspects that directly affect people's overall well-being . Psychosomatic disorders, those in which physical symptoms have a psychological origin, are increasingly common in today's society. For this reason, studying psychological intervention in these disorders is of great importance. In that sense, TECH has designed this 100% online program with the aim of allowing professionals to be updated on advances in time-limited psychotherapeutic intervention, pharmacology and the different diagnostic criteria in communication disorders. This university program has the use of innovative didactic material to provide a quality education, combining theory with practice in a 12-month multidisciplinary training.





This Hybrid Professional Master's Degree will give you the unique opportunity to learn 100% online and with a practical part that will bring you up to date with the latest trends in Psychological Intervention".

Psychological intervention focuses on treating the emotional and psychological component of these disorders, which is essential for an effective and lasting recovery. Through therapy, the underlying causes of the psychosomatic disorder can be identified, helping the patient to effectively manage and control their symptoms.

Additionally, knowledge of the psychological intervention of psychosomatic disorders allows health care professionals to approach treatment in a more holistic manner, considering both physical and emotional aspects. In short, studying and applying psychological intervention in these disorders can make a difference in the quality of life of those affected, and contribute to the development of a healthier and more balanced society.

In this sense, TECH has developed this Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders that contains all the latest developments in terms of therapies and techniques for patient management. The relationship between psychic conflict and its psychosomatic expression will be explained, and the professional will be trained to identify the aspects of the psyche that do not allow emotional expression through psychological means. In this sense, the student will learn to recognize the natural stressors that affect the different systems that compose the organism and will be able to compare the behavior of the body disorder with the basic conflicts of the patient.

During 12 months, the student taking this program will be trained by experts and a multidisciplinary team to intervene and improve the psychosomatic disorder. They will understand the biochemical functioning of the affected system, as well as the antidotes for its improvement. They will identify technology that is effective in ameliorating the psychosomatic disorder and develop joint protocols with other specialists.

However, the most outstanding aspect of this program lies in the possibility of accessing a 3-week internship in an internationally renowned center, once the 1,500 hours of online content have been completed. In this internship, the specialized professional will be able to collaborate with a team of high-level experts in the treatment and diagnosis of patients with different disorders, using the most innovative and cutting-edge techniques. This is an unparalleled opportunity to elevate your skills to the highest level within the sector, through an academic experience that will transform their professional career.

This **Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Development of more than 100 practical cases presented by professional experts in Psychological Intervention of Psychosomatic Disorders and university professors with extensive experience with patients.
- ♦ Its graphic, schematic and eminently practical contents, which are conceived, gather scientific and assistance information on those medical disciplines that are indispensable for professional practice
- ♦ Patient assessment and monitoring, according to the latest techniques such as time-limited psychotherapy.
- ♦ Interactive learning system based on algorithms for decision making on the situations presented
- ♦ Practical guides on approaching different disorders
- ♦ Special emphasis on test-based Psychology and research methodologies
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.
- ♦ Additionally, you will have the opportunity to do an internship in one of the best clinical centers



Add to your online study the internship in a renowned institution with the most specialized multidisciplinary team".

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

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

Thanks to its multimedia content elaborated with the latest educational technology, they will allow the Psychology professional to obtain a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations. The design of this program focuses on Problem-Based Learning, through which they will have to try to solve the different situations of professional practice that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

This Hybrid Professional Master's Degree gives you the opportunity to practice in simulated environments, which provide immersive learning programmed to prepare in real situations.

This program will allow you to explore the most important research that have been carried out on psychosomatic disorders.



02

Why Study this Hybrid Professional Master's Degree?

In a society in which psychosomatic disorders are increasingly common, studying the Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders is important because it allows health professionals to broaden their knowledge in dealing with this type of cases. The hybrid learning modality offers an enriching practical and theoretical training, which is complemented by professional practices in clinical centers of international reference, allowing students to apply the knowledge acquired in real situations. This provides them with a unique professional experience, which will allow them to develop as experts in the psychological intervention of psychosomatic disorders, contributing to improve the quality of life of affected people.





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TECH offers you a study system that will allow you to develop new skills and abilities in just 12 months, including internships, in the latest advances in Psychological Intervention of Psychosomatic Disorders"

1. Updating from the latest technology available

This program provides health professionals with an innovative methodology and technology for psychological intervention in psychosomatic disorders, with a 100% online study platform and an Internship Program in a specialized center. To provide care to patients with psychosomatic disorders, different methods have been developed, including the use of information and communication technologies. The practice environment will be designed to ensure the best possible conditions and the most accurate assessment of patients with psychosomatic disorders.

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

During the practical period, the professional will have a large team of highly trained professionals, which guarantees a constant and high quality update. Additionally, each student will have a specifically designated tutor, and will be able to work with real patients in a state-of-the-art environment, allowing them to incorporate the most effective approaches and procedures in the psychological intervention of psychosomatic disorders in their daily practice. This accompaniment by the team of experts is a seal of quality and an unprecedented endorsement for professionals seeking to improve their practice in this field.

3. Entering First-Class Clinical Environments

TECH carries out a careful selection of the centers available for the Internship Program in the area of Psychological Interventions of Psychosomatic Disorders. This ensures that the specialist has access to a prestigious clinical environment, where they can experience first-hand the most rigorous and comprehensive practices in psychological intervention of psychosomatic disorders. Additionally, thanks to the careful selection of the centers, the specialist will always be able to apply the latest scientific theses and postulates in their work methodology, allowing them to keep up to date and improve the quality of patient care.



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

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new 100% practical learning model, that allows you to get in front of state-of-the-art procedures in the field of Forensic Psychology and Damage Assessment and, best of all, to professional practice, and it in only 3 weeks.

5. Expanding the Boundaries of Knowledge

In the academic market, there are many educational programs that are poorly adapted to the daily reality of the specialist, with long teaching hours that are not very compatible with personal and professional life. TECH offers an innovative and practical learning approach, 100% oriented to Psychological Intervention of Psychosomatic Disorders, which allows specialists to get to grips with the most current procedures in this field in just 3 weeks. This means that students can immediately apply the knowledge acquired in their daily practice, improving the quality of care they provide to patients.

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

03

Objectives

The design of the program of this Hybrid Professional Master's Degree will allow the student to acquire the necessary skills to update in the profession after deepening in the key aspects in Psychological Intervention of Psychosomatic Disorders. The knowledge poured in the development of the points of the syllabus will drive the professional from a global perspective, with full training for the achievement of the proposed objectives. It will develop full faculties in a field of health that is highly demanded nowadays, guiding them towards excellence. For this reason, TECH establishes a series of general and specific objectives to improve the satisfaction of the future graduate. These are the following.



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This program gives you the opportunity to update your knowledge in a real scenario, with the maximum scientific rigor of an institution at the forefront of technology to enhance your talent in Psychological Intervention"



General Objective

- The general objective of the Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders is to ensure that the professional updates the diagnostic and therapeutic procedures of the specialty in an exclusively practical way, through a hospital stay designed with clinical and academic rigor, under the guidance of renowned professionals in a clinical center of the highest scientific quality and technological innovation. In this internship program the professional will address the main interventions of the specialist, that will allow them to improve and enhance their skills in the medical care of their patients in critical situations.



This refresher program will generate a sense of security in the performance of daily clinical practice, which will help you grow personally and professionally."





Specific Objectives

Module 1. Fundamentals of Psychosomatic Medicine

- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Describe all the research done in the last twenty years

Module 2. Clinical Practice in Psychosomatic Disorders

- ♦ Achieve greater diagnostic accuracy by performing psychosomatic and psychological equivalents
- ♦ Discern between the relationships of the nervous, endocrine and immune systems
- ♦ Identify technology that is effective in the improvement of psychosomatic disorders
- ♦ Develop joint protocols with other specialists

Module 3. Psychosomatic Clinic of Gynecological, Obstetric and Neurological Disorders

- ♦ Differentiate intervention according to the system affected
- ♦ Manage the differential characteristics the same psychosomatic disorder presents, and find similar intervention modalities for different disorders
- ♦ Incorporate psychological activity at the epicenter of psychosomatic pathology

Module 4. Psychological Intervention in Psychosomatic Disorders Using Gestalt

- ♦ Identify the symptom as a messenger rather than as the therapeutic target
- ♦ Implement metaphor and analogy together with clinical hypnosis in the intervention process
- ♦ Implement techniques that connect with the pathological expression of the organism

Module 5. Psychological Intervention in Psychosomatic Disorders Using the Cognitive-Behavioral Model

- ♦ Develop active listening skills, obtaining non-verbal information from patients
- ♦ Learn different relaxation techniques as a measure against stress

Module 6. Definition for Time-Limited Psychotherapy

- ♦ Define the basics of time-limited psychotherapy
- ♦ Achieve an anamnesis of the psychosomatic disorder
- ♦ Identify the current psychosomatic disorder in the subject's biography

Module 7. Pharmacological Intervention in Psychosomatic Disorders

- ♦ Deploy interventions that do not require cognitive activity
- ♦ Control psychosocial stressors that unbalance the affected system

Module 8. Neurodevelopmental Disorders II: Communication Disorders and Learning Difficulties

- ♦ Describe the relation between the affected organ and the patient's personality
- ♦ Understand and manage psychic symbolism and its impact on the psychosomatic disorder
- ♦ Develop interventions derived from hypochondriacal considerations on the subject

04 Skills

The Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders offers professionals the opportunity to broaden their skills and competencies in psychological intervention with patients suffering from psychosomatic disorders. The program has a highly specialized teaching team, which will provide students with the most current techniques for the evaluation, diagnosis and intervention of the patient, taking into account the different psychotherapies available. In this way, professionals will be able to offer personalized and effective psychological interventions, adapted to the individual needs of each patient with psychosomatic disorders



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*Update your knowledge
in a comfortable way and
with the quality you want”*



General Skills

- ♦ Develop within the profession in terms of working with other health professionals, acquiring skills to work as a team.
- ♦ Recognize the need to maintain your professional skills and keep them up to date, with special emphasis on autonomous and continuous learning of new information.
- ♦ Develop the capacity for critical analysis and research in your professional field.





Specific Skills

- ♦ Identify the linking mechanisms between the soma and the psyche
- ♦ Differentiate disease from somatic conversions and functional symptoms of the affected organ
- ♦ Explain the global concept of health psychology
- ♦ Manage the previous and current theories on alexithymia construct
- ♦ Master the specific and general aspects of psychosomatic patients
- ♦ Analyze the components of psychosomatic illness and the characteristics of its expression
- ♦ Evaluate the process and dynamics of each psychosomatic disorder within the particularities of each patient
- ♦ Identify the different ways in which psychosomatic conditions can present themselves
- ♦ Evaluate and analyze the common stressors of psychosomatic disorders
- ♦ Describe the influence of the personality factor in psychosomatic symptoms
- ♦ Develop theories on the psychosocial aspects of psychosomatic disorders
- ♦ Identify the processes of emigration, overlapping and compensation in psychosomatic patients
- ♦ Develop intervention models that influence neurophysiological, neuroendocrine, immunological mechanisms with psychological technology
- ♦ Manage the approach to psychosomatic clinics
- ♦ Develop a unique bond based on respect and trust with patients
- ♦ Manage Lipowsky's basic postulates
- ♦ Manage the body-mind relationship in order to identify psychosomatic expressions with rigorous scientific criteria
- ♦ Differentiate in each patient the emotional equivalence of the psychosomatic disorder to offer effective treatment
- ♦ Develop intervention protocols adapted to multidisciplinary work for patient improvement
- ♦ Compare intervention models by choosing a form of intervention for each patient tailored to the specific problem
- ♦ Interpret the mechanisms of psychological assessment to identify the pathology and design treatment tailored to the patient
- ♦ Implement systemic tools to recognize the stressors within the subject's living environment that prove a threat
- ♦ Interpret the patient's symptomatology to obtain a biographical script to work on the factors of the patient's psychological conflict
- ♦ Differentiate the particularities of each patient for effectiveness, even if the disorder is the same through individualized analysis
- ♦ Eclectically consider current knowledge to minimize execution errors in interactions where the subject actively participates
- ♦ Explain to patients the mechanisms that make them suffer from their disorder in order to neutralize them so patients can manage their own lives
- ♦ Propose intervention objectives under the indicators of time-limited psychotherapy
- ♦ Describe and manage the psychosomatic manifestations of cardiovascular, respiratory, gynecological, digestive, dermatological, dental medicine, neurological, neoplastic, chronic, and surgical intervention disorders
- ♦ Explain the positive and negative effects of tricyclic and tetracyclic antidepressants, and Monoamine Oxidase Inhibitors in psychosomatic disorders
- ♦ Describe the incidence of Selective Serotonin Reuptake Inhibitors psychosomatic conditions

05

Course Management

TECH has assembled a team of highly qualified teachers with extensive experience in the area of Psychological Intervention of Psychosomatic Disorders. The combination of their theoretical knowledge with their practical experience guarantees the exceptional quality of the program. Additionally, students will be accompanied by professionals who know the needs of the specialist and are aware of the latest advances in psychological intervention in psychosomatic disorders, which will allow them to stay updated and at the forefront in this field.



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Leading professionals direct this program and will provide you with the most relevant technological and scientific advances in Psychological Intervention.”

Guest Director



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 Expert in Media Psychology
- ♦ Course and postgraduate studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

Professors

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 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. Fernandez, Angel

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



The most prominent professionals in the area of Clinical and Health Psychology, experts in the use of Time-Limited Psychotherapies will accompany you throughout the study process."

06

Educational Plan

TECH uses the *Relearning* system in all its programs, which allows students to advance through the syllabus in a natural and agile way. In this way, psychology professionals can deepen in the different techniques of evaluation of psychosomatic disorders, the management of attachment in these patients, the pharmacology used and the diagnostic criteria in language, phonological or social communication disorders in a more efficient way. Additionally, this learning method is complemented with specialized readings, video summaries and interactive diagrams, which further enriches the educational experience and allows for a better understanding and application of the concepts. In addition to the practical part that they will develop during 3 weeks at the end of the theoretical part.





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This syllabus has been developed by teachers who are experts in the latest techniques of Psychological Interventions for your learning".

Module 1. Fundamentals of Psychosomatic Medicine

- 1.1. The Soma-Psyche Unit
- 1.2. Functional Symptom, Conversion and Disease
 - 1.2.1. Psychosomatic Orientation in Psychology
 - 1.2.2. Liaison Psychology
- 1.3. Resurgence of a New Discipline: Health Psychology
 - 1.3.1. Disciplinary Delimitation
- 1.4. The Alexithymia Construct
 - 1.4.1. Historical Review of the Concept
 - 1.4.2. Features
 - 1.4.3. Etiological Hypotheses
 - 1.4.4. Assessment
 - 1.4.5. Processing Emotional Stimuli in Alexithymia
- 1.5. Psychosomatic Patients
 - 1.5.1. Psychosomatic Disease Components and Characteristics
 - 1.5.2. Processes and Dynamics of Psychosomatic Disease
 - 1.5.3. Ways Psychosomatic Disorders Manifest
- 1.6. Stress and Psychosomatics Disorders
- 1.7. Personality and Psychosomatics
- 1.8. Psychosocial Aspects of Psychosomatic Disorders
- 1.9. Psychosomatic Processes: A Defense Mechanism for Integrity?
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms

Module 2. Clinical Practice in Psychosomatic Disorders

- 2.1. Approach to Psychosomatic Disorders
 - 2.1.1. Managing Bonding in Psychosomatic Patients
- 2.2. Intervention Objectives Set by Time-Limited Psychotherapy
- 2.3. Assessing Psychosomatic Disorders
 - 2.3.1. Active Interview
 - 2.3.2. The Hypnotic State Assessment Questionnaire (HSAQ)
- 2.4. Self-Recording Conscious Emotional Bonding
- 2.5. K.A.V.-103 Questionnaire

- 2.6. Logotype Test
- 2.7. Rorschach Test
- 2.8. Max Lüscher Color Test
- 2.9. Cardiovascular
 - 2.9.1. Hypertension and Arterial Hypotension
 - 2.9.2. Personality Profiles Common to Cardiovascular Disorders
 - 2.9.3. Ischemic Heart Disease
 - 2.9.3.1. Angina Pectoris
 - 2.9.3.2. Acute Myocardial Infarction
 - 2.9.3.3. Cardiac Arrhythmias
- 2.10. Respiratory Function
 - 2.10.1. Bronchial Asthma.
 - 2.10.2. Tobacco Use
- 2.11. Digestive Tract
 - 2.11.1. Vomiting
 - 2.11.2. Gastroduodenal Ulcer
 - 2.11.3. Diarrhea
 - 2.11.4. Spasmodic Colitis (Irritable Colon)
 - 2.11.5. Ulcerative Colitis and Crohn's Disease
 - 2.11.6. Liver and Bladder Pathology

Module 3. Psychosomatic Clinic of Gynecological, Obstetric and Neurological Disorders

- 3.1. Introduction to Psychosomatic Obstetrics and Gynecology
- 3.2. Menstrual Cycle Disorders
 - 3.2.1. Dysmenorrhea
 - 3.2.2. Psychogenic Amenorrhea
 - 3.2.3. Nervous Pregnancy (False Pregnancy)
 - 3.2.4. Premenstrual Dysphoric Disorder (PMDD)
- 3.3. Menopause
 - 3.3.1. Common Psychiatric Disorders in Menopause

- 3.4. Reproductive Function Alterations
 - 3.4.1. Pregnancy Psychosomatics
 - 3.4.2. Pregnancy Termination
 - 3.4.3. Postpartum Depression
- 3.5. Pain Disorders in Gynecology
 - 3.5.1. Pelvic Pain
 - 3.5.2. Perineal Pain
 - 3.5.3. Dyspareunia and Vaginismus
- 3.6. Sterility and Insemination Techniques
- 3.7. Mastectomy and Hysterectomy
- 3.8. Painless Childbirth
- 3.9. Cesarean Section
- 3.10. Introduction to Neurological Psychosomatics
- 3.11. Gilles de la Tourette's Syndrome
- 3.12. Tics
- 3.13. Stuttering
 - 3.13.1. Division of Sounds into Groups
 - 3.13.2. Stuttering in Specific Sounds
 - 3.13.3. Dysphemics
 - 3.13.4. Treatment for Stuttering
 - 3.13.5. Time-Limited Psychotherapy in Dysphemia
- 3.14. Hyperactivity Disorder
- 3.15. Sleep Disorders
 - 3.15.1. Insomnia
 - 3.15.2. Hypersomnia
 - 3.15.3. Narcolepsy
 - 3.15.4. Sleep Apnea Syndrome
 - 3.15.5. Parasomnia
- 3.16. Headache
 - 3.16.1. Classification of Headaches
 - 3.16.2. Migraine
 - 3.16.3. Tension Headache
 - 3.16.4. Cluster Headache

Module 4. Psychological Intervention in Psychosomatic Disorders Using Gestalt

- 4.1. Suppressive Techniques
 - 4.1.1. Experiencing Nothingness
 - 4.1.2. Making Sterile Emptiness become Fertile Emptiness
 - 4.1.3. Avoiding "Talking about" and Encouraging Living
- 4.2. Detecting the "Shoulds"
- 4.3. Detecting "as if" Role Playing
- 4.4. Expressive Techniques
 - 4.4.1. Externalizing the Internal
 - 4.4.2. Expressing the Unexpressed
 - 4.4.3. Completing or Complementing Expression
 - 4.4.3.1. Role-Playing Games
 - 4.4.3.2. Working on Problems in an Imaginary Way
 - 4.4.3.3. Reviving Situations in a Healthy Way
- 4.5. Look for the Direction to Make the Direct Expression
 - 4.5.1. Continuous Repetition
 - 4.5.2. Exaggeration and Development
 - 4.5.3. Translation: Expressing in Words What is Done
- 4.6. Confronting Oneself
 - 4.6.1. Taking on Responsibility
 - 4.6.2. Allowing Fears to Surface
 - 4.6.3. Getting People to Express Their Feelings
- 4.7. Action and Identification
 - 4.7.1. Acting out Your Feelings and Emotions
- 4.8. Integrative Techniques
 - 4.8.1. Incorporate or Re-Integrate Aligned Parts:
 - 4.8.2. Intrapersonal Encounter
 - 4.8.3. Dialog between "I Should" and "I Want"
 - 4.8.4. Assimilation of Projections: Living the Projection as One's Own

- 4.9. Dreams in Gestalt
 - 4.9.1. Living the Dream, Not Explaining It
 - 4.9.2. Types of Dreams in Gestalt Psychology
- 4.10. Defense Mechanisms in Gestalt Psychology
- 4.11. Facilitating Internal and External Contact
- 4.12. Self-Regulation of the Organism
 - 4.12.1. Desensitization
 - 4.12.2. Projection
 - 4.12.3. Introjection
 - 4.12.4. Retroreflection
 - 4.12.5. Deflection
 - 4.12.6. Confluence
 - 4.12.7. Fixation
 - 4.12.8. Retention

Module 5. Psychological Intervention in Psychosomatic Disorders Using the Cognitive-Behavioral Model

- 5.1. Cognitive-Behavioral Intervention in Psychosomatic Disorders
 - 5.1.1. What They Think, Do, and Feel
 - 5.1.2. Does Not Focus on the Present
 - 5.1.3. The Patients Hyperactive Role
- 5.2. Psychoeducation
 - 5.2.1. Inform.
 - 5.2.2. Possess Knowledge
 - 5.2.3. Incorporate
- 5.3. Relaxation when Stressed
 - 5.3.1. Relaxation in Behavior Therapy
 - 5.3.2. Jacobson's Progressive Relaxation (1901)
 - 5.3.3. Schultz's Autogenous Relaxation (1901)
 - 5.3.4. Creative Relaxation by Dr. Eugenio Herrero (1950)
 - 5.3.5. Chromatic Relaxation by Aguado (1990)

- 5.4. Desensitization in Psychosomatic Disorders
- 5.5. Exposure with Response Prevention
- 5.6. Stress Inoculation
- 5.7. Overcorrection
 - 5.7.1. Undo and Redo
 - 5.7.2. Repeat and Repeat
- 5.8. Time Off
- 5.9. Social Skills Training
- 5.10. Problem Solving
 - 5.10.1. Establishing the Latent Content of the Problem: What Is Going On?
 - 5.10.2. Analyze the Nature of the Problem and the Cause
 - 5.10.3. Conflict Resolution
 - 5.10.3.1. Negotiation
 - 5.10.3.2. Mediation
- 5.11. Cognitive restructuring
 - 5.11.1. Identifying Inappropriate Thoughts
 - 5.11.2. Assessing and Analyzing Thoughts
 - 5.11.3. Searching for Alternative Thoughts
- 5.12. Cognitive Distractions
 - 5.12.1. Awareness
 - 5.12.2. Stopping Thoughts
 - 5.12.3. Replacing Thoughts
- 5.13. Labeling Cognitive Distortions
- 5.14. Exhibition
 - 5.14.1. Exposure Therapy and Extinction Learning
- 5.15. Techniques to Reduce or Eliminate Behavior. Aversive Techniques
 - 5.15.1. Positive Punishment (or by Application)
 - 5.15.2. Cost of Response
- 5.16. Modeling

Module 6. Definition for Time-Limited Psychotherapy

- 6.1. Basic Fundamentals of Time-Limited Psychotherapy
- 6.2. Identity marks
 - 6.2.1. Determinant
 - 6.2.2. The Basic Referential Person
 - 6.2.3. Communication.
 - 6.2.4. Basic Trust
 - 6.2.5. Intervention Scenario
 - 6.2.6. Regularly Induce Hypnotic States
- 6.3. Background on Time-Limited Psychotherapy
- 6.4. Singular Relationship
- 6.5. A Single Therapist and a Single Patient
 - 6.5.1. Single Intimacy Scenario
- 6.6. Tutor Therapist
- 6.7. The Basis of Interaction
 - 6.7.1. Admiration
 - 6.7.2. Silence
 - 6.7.3. Contemplation
 - 6.7.4. Being Present
- 6.8. Dealing with Relational Aspects
 - 6.8.1. Identifying Emotional Patterns
 - 6.8.2. Discovering the Vital Script
- 6.9. Subject Interaction with the World in the Here and Now
- 6.10. Careful Study of Multilevel Communication between Therapists and Patients
- 6.11. Theoretical Basis
 - 6.11.1. Importance of the Bond in the Therapeutic Process
 - 6.11.2. Conception of Health and Disease in TLP according to the Biopsychosocial Unit
- 6.12. Regulatory Mechanisms
 - 6.12.1. Neurologic
 - 6.12.2. Immunologic
 - 6.12.3. Endocrine
 - 6.12.4. Psychological
- 6.13. Basic Desires and Needs
- 6.14. Autobiographical Memory (THE SELF)
- 6.15. Study of Micro, Meso and Macro Dynamics

- 6.16. Basic Assumptions
 - 6.16.1. First Assumption
 - 6.16.2. Second Assumption
 - 6.16.3. Third Assumption
- 6.17. Etiological Theory of Psychosomatic Disorders in TLP
- 6.18. Ascending Reticular System
 - 6.18.1. Neurotransmission Activator
 - 6.18.2. Conscious State Activator
 - 6.18.3. Sleep-Wake Cycle Activator
 - 6.18.4. Learning Activator
- 6.19. Brainstem
 - 6.19.1. Neuroanatomy
 - 6.19.2. Functional Aspects
- 6.20. Phases in Time-Limited Psychotherapy
 - 6.20.1. Reciprocal Admiration Phase
 - 6.20.2. Meeting and Marking Phase
 - 6.20.3. Unframing and Displacement Phase
 - 6.20.4. Restoration and Resolution Phase
 - 6.20.5. Therapeutic Turning Point Phase
 - 6.20.6. Contemplation Phase

Module 7. Pharmacological Intervention in Psychosomatic Disorders

- 7.1. Benzodiazepine Medication
 - 7.1.1. Long-Term Action
 - 7.1.2. Immediate Action
 - 7.1.3. Short Term Action.
 - 7.1.4. Ultra Short-Term Action
- 7.2. Antidepressive Drugs
 - 7.2.1. Tricyclics
 - 7.2.2. Tetracyclics
 - 7.2.3. SSRIs
 - 7.2.4. SNRIs
 - 7.2.5. Non-Selective 5-HT Reuptake Inhibitors

- 7.2.6. NA Reuptake Inhibitors
- 7.2.7. Antagonists and 5-HT Reuptake Antagonists / Inhibitors
- 7.2.8. DA-NA Reuptake Inhibitors.
- 7.2.9. Agomelatine
- 7.3. M.A.O.I
- 7.4. Euthymizing Drugs
 - 7.4.1. Lithium
 - 7.4.2. Valproic Acid
 - 7.4.3. Carbamazepine
 - 7.4.4. Lamotrigine
 - 7.4.5. Tipirimate
 - 7.4.6. Oxacarbazepine
 - 7.4.7. Gavapentin
 - 7.4.8. Vigabatrin
 - 7.4.9. Levetiracetam
- 7.5. Antipsychotic Drugs
- 7.6. Classic Neuroleptics
 - 7.6.1. Haloperidol
 - 7.6.2. Chlorpromazine
 - 7.6.3. Levomepromazine
 - 7.6.4. Flufenazide
 - 7.6.5. Pipotiazide
 - 7.6.6. Zuclopenthixol
- 7.7. Atypical Neuroleptics
 - 7.7.1. Clozapine
 - 7.7.2. Olanzapine
 - 7.7.3. Risperidon
 - 7.7.4. Quetiapine
 - 7.7.5. Ziprasidone
 - 7.7.6. Aripiprazole



Module 8. Neurodevelopmental Disorders II: Communication Disorders and Learning Difficulties

- 8.1. Childhood Language Development
- 8.2. Definition and Prevalence
- 8.3. Neurobiological Bases
- 8.4. Neuropsychological Approaches
- 8.5. Classification of Comprehension, Production-Expression and Pronunciation Disorders
- 8.6. Diagnostic Criteria I: DSM-5. Language Disorder. Phonological Disorder
- 8.7. Diagnostic Criteria II: DSM-5. Childhood-Onset Fluency Disorder (Stuttering)
- 8.8. Social Communication Disorder (Pragmatic)
- 8.9. Diagnostic Criteria III: Differential Diagnosis. DSM-5 and CIE-10
- 8.10. Assessment: Assessment Variables and Techniques and Instruments
- 8.11. Psychological and Psychopedagogical Intervention: Intervention Programs

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A 100% online program coupled with an Internship Program for a complete update”.

07

Clinical Internship

After completing the online theoretical phase, the syllabus includes a period of practical training in a leading clinical center. During this process, the student will be assisted by a tutor who will guide them in the preparation and execution of the internship program.



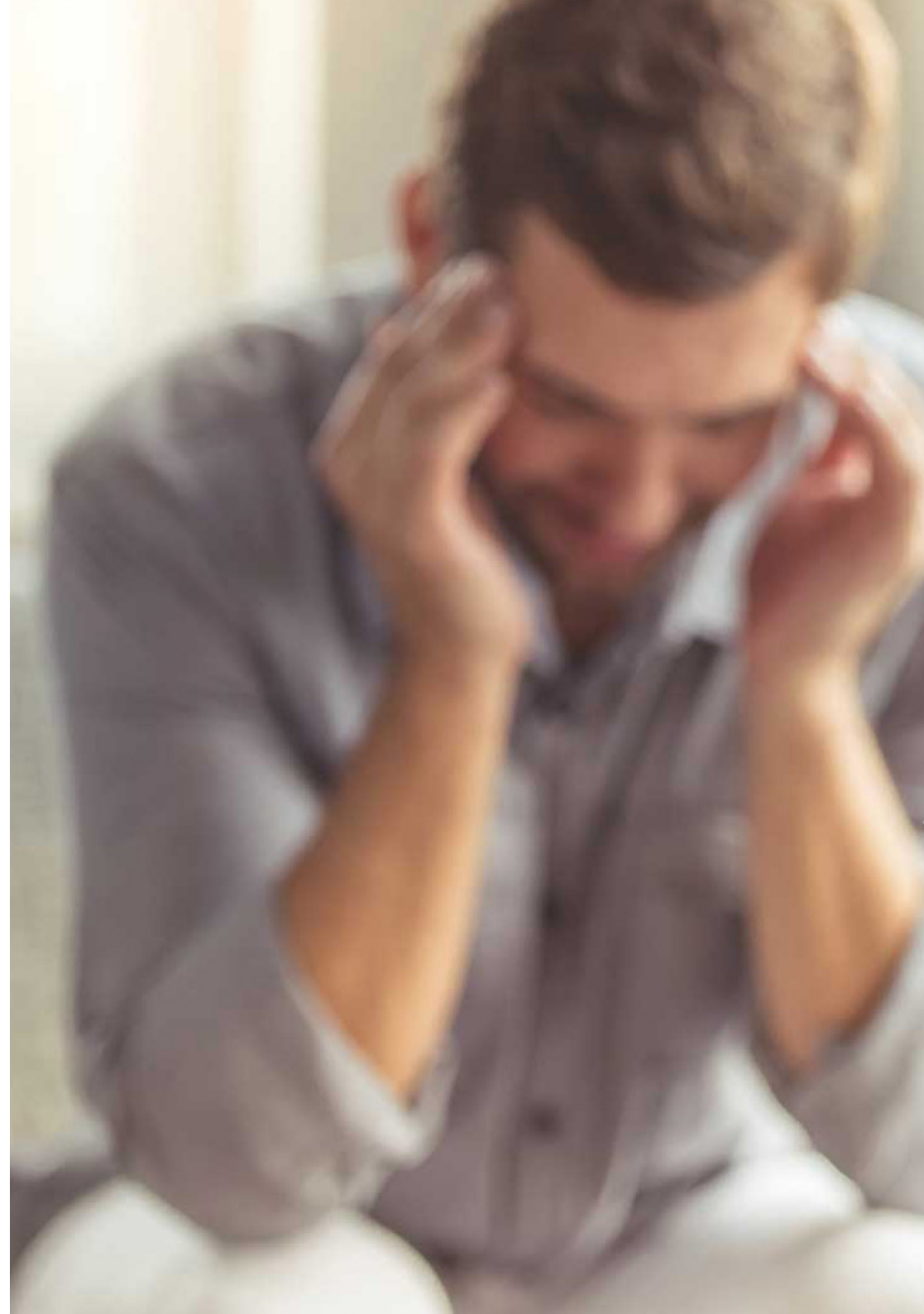
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Do your internship program in one of the best clinical centers with a multidisciplinary team that will provide you with the best knowledge”.

During this stay, the graduate will have to comply with a schedule of 8 hours a day, from Monday to Friday. Additionally, they will have a specialized tutor who will supervise the fulfillment of the program requirements. They will also have the opportunity to work directly with patients, applying the most effective and innovative pedagogical strategies in the current psychological environment.

The experience of the internship program in the reference center will offer graduates the opportunity to update their knowledge and improve their skills in a dynamic and guaranteed way. This will allow them to accredit a high level of specialization in their syllabus and to access more prestigious positions in an increasingly demanding labor market. In summary, TECH's Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders offers a unique and valuable training experience for those seeking to perfect their professional skills.

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



The procedures described below will form the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
Psychological intervention of psychosomatic disorders	Attend clinical sessions with patients, observe the work of mental health professionals in the diagnosis and treatment of psychosomatic disorders
	Perform psychological evaluations for patients with psychosomatic disorders, using specialized tools and techniques to determine the underlying causes of the disorder.
	Design customized treatment plans for patients with psychosomatic disorders, under the supervision of a mental health professional
Psychosomatic clinic for gynecological, obstetrical and neurological disorders	Participate in psychological therapy sessions with patients with psychosomatic disorders, applying effective therapeutic techniques to help patients manage and overcome their disorder
	Analyze clinical cases to better understand psychosomatic disorders and the most effective treatment strategies
	Participate in research projects on psychosomatic disorders and collaborate with mental health professionals in the collection and analysis of data
	Participate in supervision sessions with a mental health professional, where they would receive feedback on their work and discuss clinical cases.
Care protocols in Psychosomatic Intervention	Attend clinical meetings with other mental health professionals to discuss cases and share knowledge and experience
	Participate in the follow-up of patients with psychosomatic disorders to evaluate the effectiveness of treatment plans and make adjustments if needed
	Assist with administrative tasks in the clinical center, such as case documentation and appointment scheduling

Civil Liability Insurance

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

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

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



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be 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. DOS 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 includes in its itinerary an internship program in a prestigious clinical center where the student will put into practice everything they have learned in terms of approaching the different types of Psychosomatic Disorders. In this sense, and in order to bring this program closer to more professionals, TECH offers students the opportunity to study in different renowned clinical centers. In this way, this institution strengthens its commitment to quality and affordable education for all.





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Complete your theoretical education with the best internship program on the market. This is the only way to achieve success in your daily practice”.



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



Psychology

Hospital HM Modelo

Country	City
Spain	La Coruña

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

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital HM Rosaleda

Country	City
Spain	La Coruña

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

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

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

Hospital HM La Esperanza

Country	City
Spain	La Coruña

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

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

Related internship programs:

- Oncology Nursing
- Clinical Ophthalmology



Psychology

Hospital HM San Francisco

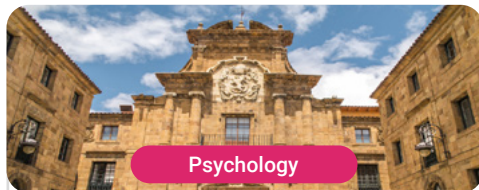
Country	City
Spain	León

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

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

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Psychology

Hospital HM Regla

Country	City
Spain	León

Management: Calle Cardenal Landázuri, 2, 24003, León

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

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Psychology

Hospital HM Montepíncipe

Country	City
Spain	Madrid

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

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

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Psychology

Hospital HM Torrelodones

Country	City
Spain	Madrid

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

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Hospital HM Sanchinarro

Country	City
Spain	Madrid

Management: Calle de Oña, 10, 28050, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

Policlínico HM Gabinete Velázquez

Country: Spain City: Madrid

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

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

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

Policlínico HM La Paloma

Country: Spain City: Madrid

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

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

Related internship programs:

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

Policlínico HM Moraleja

Country: Spain City: Madrid

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

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

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

Policlínico HM Sanchinarro

Country: Spain City: Madrid

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

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

Related internship programs:

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



Psychology

Policlínico HM Virgen del Val

Country: Spain City: Madrid

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

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

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

Policlínico HM Rosaleda Lalín

Country: Spain City: Pontevedra

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

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

Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

Policlínico HM Imi Toledo

Country: Spain City: Toledo

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

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

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

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.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. 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 Psychological Intervention of Psychosomatic Disorders guarantees, in addition to the most rigorous and updated training, access to a Hybrid Professional Master's Degree issued by TECH Technological University.



“

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

This **Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders** contains the most complete and updated program in the professional and academic panorama.

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

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

Title: **Hybrid Professional Master's Degree in Psychological Intervention of Psychosomatic Disorders**

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

Duration: **12 months.**

Certificate: **TECH Technological University**

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



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



Hybrid Professional Master's Degree

Psychological Intervention of Psychosomatic Disorders

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months.

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Hybrid Professional Master's Degree

Psychological Intervention of Psychosomatic Disorders