

# Internship Program

## Cognitive-Behavioral Treatment of Addictions



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Internship Program  
Cognitive-Behavioral Treatment  
of Addictions

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# 01

## Introduction

Cognitive-behavioral treatment is a therapy used successfully in the treatment of addictions to alcohol, illegal drugs or gambling. It focuses on identifying and modifying the negative thoughts and behaviors that maintain the addiction, favoring its overcoming and helping people to increase their quality of life. As a result, psychologists with up-to-date skills in this field are in great demand to help ensure the well-being of individuals suffering from these dependencies. In response to this situation, TECH has created this program, which will provide students with cutting-edge skills to treat substance and behavioral addictions through a 3-week practical stay in a prestigious clinical center.

“

*Manage cutting-edge cognitive-behavioral techniques to treat addictions to gambling, illegal drugs or new technologies thanks to this program”*





Cognitive-behavioral therapy has positioned itself in recent years as an excellent method to combat different types of addictions with full solvency. Through it, the psychologists are able to evaluate the origins of the dependence and identify its triggering factors, in order to develop strategies to deal with these aspects in the most effective way. Thanks to this, it is possible to change the image that the patients have with respect to their addiction, favoring in an optimal way their overcoming. In order to carry out these treatments with full efficiency, professionals must be continuously updated in this field.

That is why TECH has designed this Internship Program, which will provide the students with the most advanced skills in the field of Cognitive-Behavioral Treatment of Addictions, placing them at the forefront of Psychology. Students will be integrated for 3 weeks in a prestigious hospital environment, as part of an excellent clinical team. Immersed in it, you will master cutting-edge techniques to evaluate a possible gambling addiction, cutting-edge cognitive-behavioral strategies to treat dependence on illegal drugs or updated therapies to treat the abuse of new technologies.

All this, being accompanied throughout the internship by a tutor specifically designated for the student. This professional will be in charge of making sure that the learning process fully meets the student's academic expectations, as well as resolving any doubts that may arise during the clinical period.



# 02

## Why Study an Internship Program?

Practical experience is a fundamental element for success in many professional areas. In the field of Cognitive-Behavioral Addiction Treatment, it is not enough to have theoretical knowledge of the latest innovations, but it is essential to know how to apply them properly with patients. In order to address this need, TECH has created a program that gives its students the opportunity to be part of a state-of-the-art clinical environment for 3 weeks, under the supervision of experts in the field. In this way, they will be able to acquire practical skills that will allow them to progress in their careers.



*TECH gives you the opportunity to increase and perfect your skills in Cognitive-Behavioral Addiction Treatment through a rigorous 120-hour hands-on experience"*

### **1. Updating from the Latest Technology Available**

In the field of Psychology, approaches to treat addictions have evolved significantly in recent times, as a result of the emergence of new dependencies or the improvement of existing treatments to effectively manage them. In order to offer students the opportunity to incorporate these advances in their daily practice, TECH has created this very complete program.

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

This program gives students the opportunity to collaborate with a team of leading experts in the field of Psychology and Cognitive-Behavioral Treatment of Addictions, which will allow them to acquire an updated set of skills in this area. In addition, each of them will receive personalized guidance from a tutor.

### **3. Entering first-class Communication Management environments**

TECH uses a rigorous selection process to choose the centers where the Internship Program will take place, in order to ensure that students can update their knowledge in a high quality clinical environment. In this way, they will have the opportunity to work with highly demanding teams and top-level professionals.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

Currently, it is common to find educational programs that do not meet the daily needs of professionals, offering theoretical content without practical application in the real environment. In order to address this problem, TECH has developed this program with an innovative pedagogical approach, which focuses on internships, enabling students to strengthen their skills in a first class clinical environment.

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

TECH offers its students the opportunity to carry out the Internship Program in renowned hospitals, which allows them to learn from experts with extensive experience in the field of Cognitive-Behavioral Treatment of Addictions.



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

# 03 Objectives

TECH has developed this Internship Program with the idea of providing students with the most relevant and updated skills in the field of Cognitive-Behavioral Treatment of Addictions. Through this program, they will handle cutting-edge techniques to address addiction to new technologies, smoking and drugs, obtaining a set of skills that will allow them to improve their professional performance.



## General Objectives

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- Manage addiction prevention strategies
- Master the state-of-the-art criteria to establish the evaluation of a possible addiction
- Undertake the psychological treatment of an addiction from a cognitive-behavioral perspective



*Be at the forefront of Psychology  
in only 120 hours and through  
an exclusively practical learning"*







## Specific Objectives

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- ♦ Provide information about the current state of the drugs market, well as the plans to fight against drugs and addictions
- ♦ Adequately measure the phenomenon of addictions and show the impact of these addictions on the population
- ♦ Know the role of the psychologist in the treatment of addictions
- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions
- ♦ Apply the assessment of the physical environment and general health status as a method of addiction prevention
- ♦ Know the main laboratory tests applicable to the prevention and psychological treatment of this type of patients
- ♦ Understand the role of personality and its disorders in addictions
- ♦ Apply pharmacological treatments to support cognitive-behavioral therapy
- ♦ Perform psychological intervention in adolescents with tobacco addiction
- ♦ Learn about other types of therapeutic interventions aimed at stopping tobacco addiction and its prevention
- ♦ Manage the biological treatment of withdrawal syndrome applied to smoking
- ♦ Effectively apply behavioral treatment of tobacco dependence
- ♦ Recognize the signs which indicate prescription of an addiction treatment
- ♦ Outline the different types of assessment to be carried out in the case of addictions, as well as to provide the necessary knowledge for the correct interpretation of tests that are not the responsibility of the psychologist
- ♦ Know the impact and effects of alcohol on health
- ♦ Delve into neurobiology of addiction to alcohol
- ♦ Manage alcohol-related disorders
- ♦ Carry out a psychological assessment on alcohol addiction
- ♦ Know the impact and effects of cannabis on health
- ♦ Delve into neurobiology of addiction to cannabis
- ♦ Manage cannabis-related disorders
- ♦ Carry out a psychological assessment on cannabis addiction
- ♦ Know the ways of consuming psychostimulants
- ♦ Understand the impact and effect of psychostimulants on health
- ♦ Delve into neurobiology of addiction to psychostimulants
- ♦ Understand the incidence of stimulants in the individual and the related disorders that arise from their intake
- ♦ Know the impact and effect of opiates and opioids on health
- ♦ Delve into neurobiology of addiction to opiates and opioids
- ♦ Manage opioid and opioid-related disorders
- ♦ Conduct a psychological assessment in opioid and opiate addiction
- ♦ Know the impact and effect of non-substance-related addictions on health
- ♦ Master the characteristics of non-substance addictions
- ♦ In-depth knowledge in non-substance related disorders
- ♦ Conduct a psychological assessment in addiction to gambling and new technologies
- ♦ Apply pharmacological and psychological treatment

# 04

## Educational Plan

Over the course of 3 weeks, the students will carry out the Internship Program in a prestigious clinical center. During the working days, from Monday to Friday, with an extension of 8 hours per day, they will have the opportunity to work in a real and demanding environment, using advanced techniques and tools of Cognitive-Behavioral Treatment of Addictions.

In this internship proposal, of a completely practical nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of psychological care in areas and conditions that require a high level of qualification, and which are oriented towards specific education for the exercise of the activity, in an environment of safety for the patient and high professional performance.

With this innovative teaching method, students will be able to acquire state-of-the-art skills to effectively face the most recent challenges in this field, which will prepare them to achieve success in their psychological interventions with individuals with addictions.

The practical education 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 training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for Psychological praxis (learning to be and learning to relate).





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

Module	Practical Activity
<b>Cognitive-behavioral treatment and intervention with psychotherapy limited-time of addiction to tobacco</b>	Develop the assessment of potential tobacco addictions at different ages
	Apply pharmacological treatments to support therapy cognitive behavioral approach to tobacco addiction
	Perform a psychological intervention with adolescents who suffer from a tobacco addiction
<b>Cognitive-behavioral treatment addiction to alcohol and cannabis</b>	Develop the assessment of potential tobacco addictions at different ages
	Perform a rigorous cognitive-behavioral treatment of both addictions
<b>Cognitive-behavioral treatment of psychostimulant addiction</b>	Evaluate a possible case of cocaine addiction with the tools most cutting-edge psychological
	Apply appropriate pharmacological treatment to those persons suffering actions to different psychostimulants
	Elaborate a detailed cognitive-behavioral treatment of such addictions
<b>Non-substance addiction treatment</b>	Undertake the evaluation of Internet addictions, new technologies or to play
	Pharmacological and psychological treatment of Gambling
	Manage a cognitive-behavioral treatment of addiction to electronic devices



# 05

## Where Can I Do the Internship Program?

Students have the opportunity to carry out this Internship Program in renowned hospitals for a period of 3 weeks, which gives them the opportunity to acquire valuable skills for their professional career. Furthermore, these centers are located in different geographical areas, so they can choose those that are closer to their usual domicile.



*Carry out your Internship Program in prestigious hospital centers characterized by being at the forefront of technology"*







The students will be able to do this program at the following centers:



Psychology

### Hospital HM Modelo

Country: Spain City: La Coruña

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Spine Surgery



Psychology

### Hospital HM Rosaleda

Country: Spain City: La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

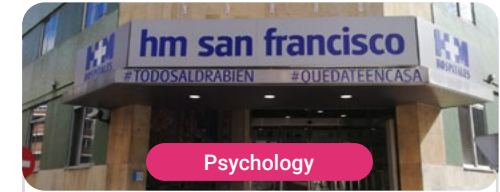
Country: Spain City: La Coruña

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

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

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Psychology

### Hospital HM San Francisco

Country: Spain City: León

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

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

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Psychology

### Hospital HM Regla

Country: Spain City: León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

**Related internship programs:**

- Psychiatric Treatments Update in Minor Patients



Psychology

### Hospital HM Montepíncipe

Country: Spain City: Madrid

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

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

**Related internship programs:**

- Pediatric Orthopedics
- Aesthetic Medicine



Psychology

### Hospital HM Torrelodones

Country: Spain City: Madrid

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Hospital Pediatrics



Psychology

### Hospital HM Sanchinarro

Country: Spain City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Sleep Medicine



### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



### Policlínico HM La Paloma

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



### Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department







Psychology

### Policlínico HM Virgen del Val

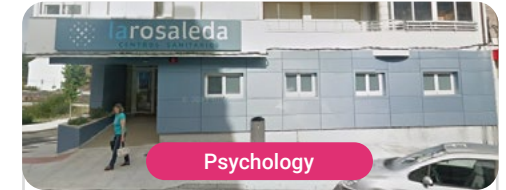
Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

### Policlínico HM Rosaleda Lalín

Country	City
Spain	Pontevedra

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

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

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

# 06

## General Conditions

### 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 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 Internship Program, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned 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 do not show up on the start date of the Internship Program, 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 Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

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

**7. DOES NOT INCLUDE:** The Internship Program 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.

# 07 Certificate

This **Internship Program in Cognitive-Behavioral Treatment of Addictions** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

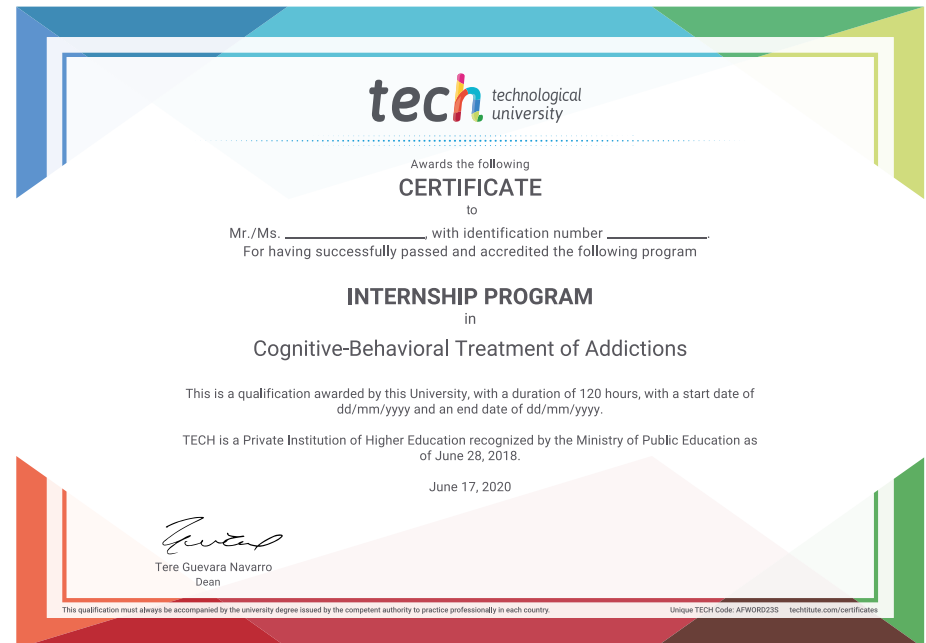
The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Cognitive-Behavioral Treatment of Addictions**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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