

# Internship Program

## Psychological Intervention of Psychosomatic Disorders



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Internship Program  
Psychological Intervention  
of Psychosomatic Disorders

# Index

01

Introduction

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*p. 4*

02

Why Study an  
Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the  
Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 16*

07

Certificate

---

*p. 18*

# 01

## Introduction

Psychological Intervention of Psychosomatic Disorders is currently important because these disorders have a high prevalence in the population and can have a great impact on the quality of life of people who suffer from them. Psychosomatic Disorders are characterized by the presence of physical symptoms that may not have an identifiable medical cause and are related to psychological factors, such as stress and anxiety. For this reason, TECH has created the present program, in which in 3 weeks the specialist will be integrated into a team specialized in the area of Clinical Psychology to catch up on the latest developments and techniques available, therefore being able to bring them to their own daily practice in a comprehensive and efficient way.

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*During 3 weeks of study you will be trained as part of a multidisciplinary team with the ability to intervene and improve the psychosomatic disorder”*





Psychosomatic Disorders have a high prevalence in the population and can have a great impact on the quality of life of people who suffer from them. Psychological intervention is essential for the treatment of these disorders and to improve the health and well-being of affected individuals. This exclusive 3-week TECH Internship Program to be held at renowned clinical centers will enable students to acquire practical skills in psychological intervention and develop an in-depth understanding of psychosomatic disorders and their treatment.

Additionally, students will learn about different approaches in psychological intervention for psychosomatic disorders, including Gestalt, Psychoeducation and time-limited Psychotherapy. The Internship Program will allow students to apply these techniques in a real clinical setting, working with real patients and learning from highly trained professionals.

Undoubtedly, the Internship Program in Psychological Intervention of Psychosomatic Disorders is a unique opportunity to improve students' praxis and clinical skills in the fundamental topics in the field of psychosomatics, such as the clinic of psychosomatic disorders and the psychosomatic clinic, contributing to the well-being of people suffering from these disorders alongside the most knowledgeable tutors.

# 02

## Why Study an Internship Program?

Graduate education should not be limited to providing academic updates, but should also provide innovative knowledge based on the latest scientific evidence and provide tools to put it into practice. TECH has designed a disruptive academic product that offers specialists the opportunity to enter a real clinical environment and practice the latest procedures and techniques in the field of Clinical Psychology. For three weeks, students will work with a multidisciplinary team and will be able to apply scientific findings to their own clinical practice. The training focuses on the identification of the aspects of the psyche that impede emotional expression through psychological means, the relationship between psychic conflict and its psychosomatic expression, and the recognition of the natural stressors that affect the different systems of the organism. This is a unique opportunity for useful learning adapted to the needs of the specialist.



*TECH opens the doors of the best renowned clinical centers for your practical learning with the best tutors"*

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

The student of this Internship Program in Psychological Intervention of Psychosomatic Disorders will be updated in the use of cognitive-behavioral therapy techniques specific to psychosomatic disorders, the use of relaxation techniques to reduce stress and anxiety, and the use of acceptance and commitment therapy to help patients improve their quality of life. Additionally, advances in neuroscience have led to a better understanding of the underlying mechanisms of psychosomatic disorders, leading to greater precision in the diagnosis and treatment of these disorders.

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

The team of professionals that will supervise the specialist during the practical period represents an unprecedented guarantee of updating and a first-rate endorsement. The student will have a specific tutor who will guide them in working with real patients in a state-of-the-art clinical environment. This experience will allow the student to incorporate the most effective procedures and approaches in Clinical Psychology in their daily practice, which will guarantee a constant level of updating in the field.



### **3. Entering Top-notch Professional Environments**

TECH carefully selects all available centers for the Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the field of Psychological Intervention of Psychosomatic Disorders. In this way, they will be able to see the day-to-day work of a demanding, rigorous and extensive sector, always applying the latest theses and scientific postulates in its work methodology.

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

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 Clinical Psychology and, best of all, put it into professional practice in just 3 weeks. You will be able to complete it with the highest quality, thanks to the daily tutoring you will have, without a doubt it will be a complete learning experience.

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

TECH offers the opportunity to carry out the Internship Program in not only nationally renowned centers but also internationally. This means that the specialist will be able to broaden their scope and be updated with the best professionals working in first class hospitals in different parts of the world. A unique opportunity that only TECH can offer, the largest online university in the world.

# 03

## Objectives

The objective is to be updated in the most recent diagnostic and therapeutic procedures, through an exclusive practical experience. This experience will take place in a hospital center of high scientific and technological quality, where the student will have the opportunity to learn from renowned professionals. The hospital stay has been designed with clinical and academic rigor to ensure the best possible training.



### General Objectives

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- Develop clinical skills through supervised practice, applying effective therapeutic techniques and designing personalized treatment plans for patients with psychosomatic disorders
- Foster understanding of the therapeutic process by observing the work of mental health professionals in the diagnosis and treatment of psychosomatic disorders, which will enable them to better understand the therapeutic process and how to apply it effectively
- Integrate theory and practice by applying the theoretical knowledge acquired during the syllabus in a real clinical context, which will allow them to better understand the relationship between theory and practice in the field of psychological intervention of psychosomatic disorders





## Specific Objectives

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- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Describe all the research done in the last twenty years
- ♦ 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
- ♦ 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
- ♦ 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
- ♦ Develop active listening skills, obtaining non-verbal information from patients
- ♦ Learn different relaxation techniques as a measure against stress
- ♦ Define the basics of time-limited psychotherapy
- ♦ Achieve an anamnesis of the psychosomatic disorder
- ♦ Identify the current psychosomatic disorder in the subject's biography
- ♦ Deploy interventions that do not require cognitive activity
- ♦ Control psychosocial stressors that unbalance the affected system
- ♦ 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



*You will be up to date with the latest techniques and technological resources implemented in Psychological Intervention"*

# 04

## Educational Plan

The Internship Program in Psychological Intervention of Psychosomatic Disorders consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of practical training with an associate specialist. This internship will allow them to see real patients alongside a team of professionals of reference in the area of Clinical Psychology, applying the most innovative diagnostic procedures and planning the latest generation of therapy in each situation.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide psychological care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

It is undoubtedly an opportunity to learn by working in the innovative hospital of the future where real-time health monitoring of patients is at the center of the digital culture of its professionals. This is a new way of understanding and integrating health care processes, and turns a reference center into the ideal teaching scenario for this innovative experience in perfecting professional skills.

The internship program 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 skills for the praxis of Clinical Psychology (learning to be and learning to relate).

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



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
<b>Psychological intervention of psychosomatic disorders</b>	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
<b>Psychosomatic clinic for gynecological, obstetrical and neurological disorders</b>	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
<b>Care protocols in Psychosomatic Intervention</b>	Participate in supervision sessions with a mental health professional, where they would receive feedback on their work and discuss clinical cases
	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

# 05

## Where Can I Do the Internship Program?

With the objective of providing quality education to a greater number of people, TECH has decided to expand its academic offerings and offer its training programs in different centers located throughout the country. This opportunity gives the professional the chance to develop their career alongside the best specialists in the sector in a variety of reference clinics, which represents a unique opportunity for professional growth.



*You will carry out your internship program in a nationally and internationally renowned center which will provide you with the professional background you need"*





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



Psychology

### Hospital HM Modelo

Country City  
Spain La Coruña

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Rosaleda

Country City  
Spain La Coruña

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

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

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

Country City  
Spain La Coruña

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

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

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Psychology

### Hospital HM San Francisco

Country City  
Spain León

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

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

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Psychology

### Hospital HM Regla

Country City  
Spain León

Address: Calle Cardenal Landázuri, 2, 24003, León

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

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepíncipe

Country City  
Spain Madrid

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

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

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Psychology

### Hospital HM Torrelodones

Country City  
Spain Madrid

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

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Sanchinarro

Country City  
Spain Madrid

Address: Calle de Oña, 10, 28050, Madrid

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

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: 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	City
Spain	Madrid

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

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

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

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

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

**Related internship programs:**

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



Psychology

### Policlínico HM Virgen del Val

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care





### Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



### Policlínico HM Rosaleda Lalín

Country	City
Spain	Pontevedra

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

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

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

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

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

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

# 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 Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

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

**1. TUTOR:** During the Internship Program, 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 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 diploma in **Internship Program of Psychological Intervention in Psychosomatic Disorders** 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 Psychological Intervention in Psychosomatic Disorders**

Duration: **3 weeks**

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

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

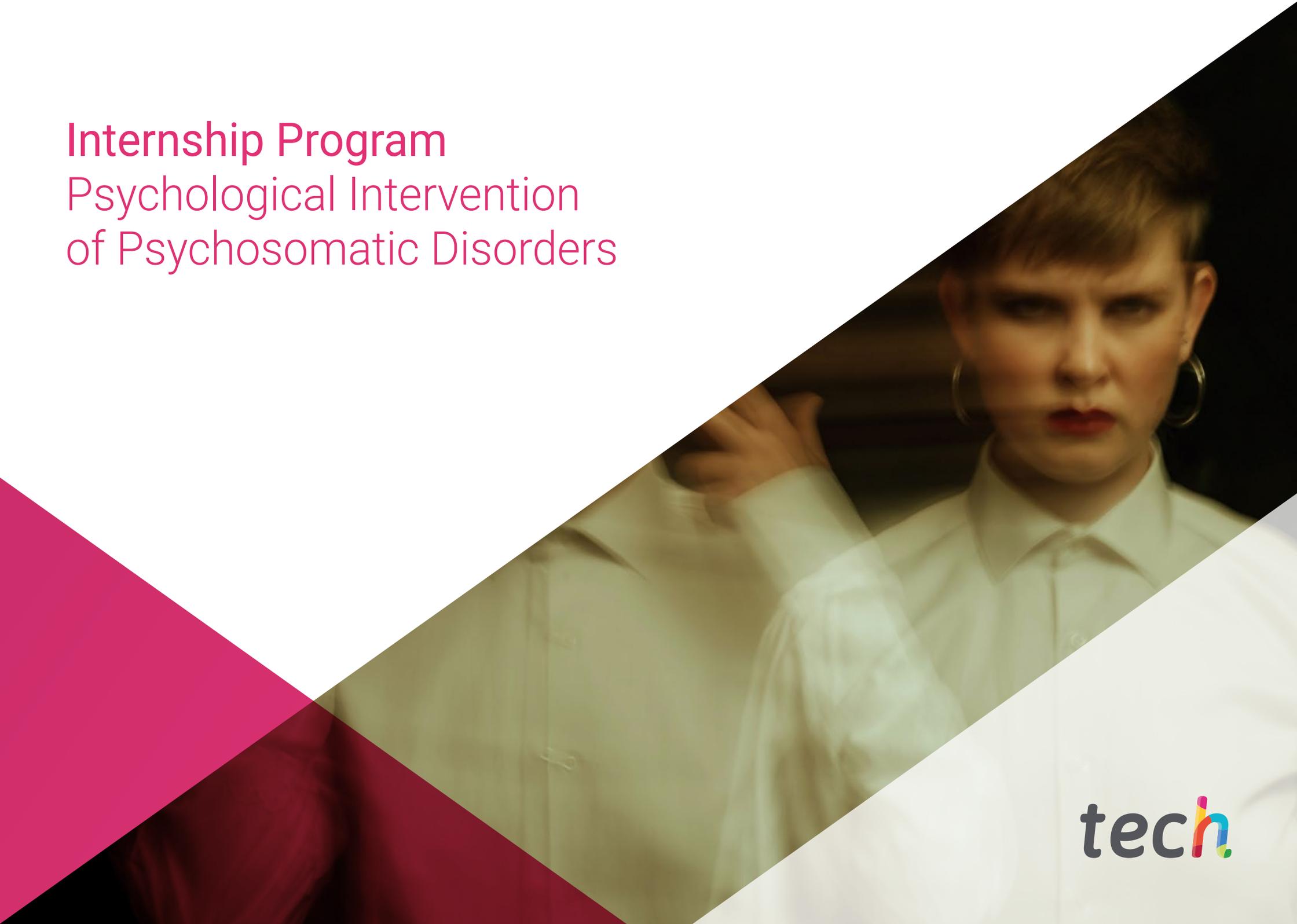


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