

# Internship Program

## Third Generation Therapies



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Internship Program  
Third Generation Therapies

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# 01 Introduction

Third Generation Therapies have achieved consolidation thanks to the results obtained by patients who have been treated under analytical psychotherapy, behavioral activation or integral couple therapy. Likewise, the evolution of other therapies such as Mindfulness or EDMR leads professionals to be constantly up-to-date in this field. For this reason, TECH offers a unique program in the educational panorama. This institution offers an internship program lasting 3 weeks in a prestigious clinical center. In this way, the professional will be guided by real psychologists specialized in this branch of psychology, showing the most relevant advances in the approach to patients through this specialty.

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*Incorporate into your daily practice the latest advances in Third Generation Therapies from the hand of real specialists in this field"*







Third Generation Therapies have managed to go a step further in the advancement of patients with disorders as common as anxiety, stress, or depression. Progress in acceptance and commitment therapies or dialectical behavioral therapies have allowed people with mental health problems to achieve more effective short-term goals and obtain greater adherence to treatments.

Given this reality, psychological consultations receive daily patients who find in Third Generation Therapies an optimal solution to their mental health problems. It is therefore an essential moment for professionals who wish to update their knowledge in this field, where the patient and the surrounding context become the focus of therapy. For this reason, TECH has created a program that will take the psychologists to a practical immersion in a prestigious clinical center, surrounded by psychology professionals.

A 3-week on-site internship, during which you will be able to see, first-hand, the most innovative techniques used in a first-class center. A scenario where, in addition, you will be able to see real patients who require the most effective treatments based on Third Generation Therapies. A unique opportunity that only this educational institution offers.

# 02

## Why Study an Internship Program?

The evolution of Third Generation Therapies has allowed the use of more and more effective techniques that favor the reduction of disorders such as anxiety, stress, or depression. For this reason, TECH has created this program, which gives a real response to the practical updating needs of psychology professionals. In this way, it has designed an on-site internship in a prestigious center, where you will be for 3 weeks with psychology professionals specialized in Third Generation Therapies. This will allow the psychologist to verify, in situ, the methods and procedures used, through the best experts in the field.



*TECH is the only university that offers you the opportunity to acquire the latest techniques used in Third Generation Therapies with the best specialists"*

### 1. Updating from the Latest Technology Available

New technologies have allowed psychology professionals to address more effectively clinical cases of social phobia or depression, which limit the patient's ability to attend consultations. For this reason, TECH brings the psychologist, through this Internship Program, closer to the latest generation technology used in this specialty.

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

In this practical process, the psychology professional will be accompanied at all times by real specialists in Third Generation Therapies. Hence, thanks to this Practical Training you will be able to see real patients in a first level clinical environment, together with expert psychologists, who will show you the most effective procedures to treat mental problems, focusing on the people and the context in which they live.

### 3. Entering first-class Professional environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious clinical environment in the field of Third Generation Therapies. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive 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**

Currently, the academic market is full of programs focused on the theoretical field, that is why TECH brings professionals closer to practice, in a first level clinical environment, which will allow them to work with patients who require the application of the latest advances in Third Generation Therapies. All this, in an environment of maximum rigor and exigency.

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

TECH offers the possibility of carrying out this Internship Program in centers of national and international importance. This places the psychologists in a space where they will work alongside specialists in the field of Third Generation Therapies, who have practiced in first class centers. An ideal and unique scenario for the improvement of competences and skills, together with the best experts.



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



# 03

## Objectives

TECH seeks with this program to achieve a successful update of knowledge in Third Generation Therapies. Therefore, through this Internship Program, TECH offers a direct approach to the new techniques, which work on the patients' relationship with the problem and the social context that surrounds them. All this, in a center of maximum category, where you will be tutored by a professional psychologist specialized in this field.



### General Objectives

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- Be aware of the latest techniques and applications of advanced technologies in Third Generation Therapies
- Know the methods used in the approach to patients with various disorders, through Third Generation Therapies
- Address the patient's emotions in conflict situations







## Specific Objectives

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- ♦ Develop therapist skills in Clinical Intervention and Emotion Management
- ♦ Use Mindfulness in daily practice
- ♦ Apply the different types of Third Generation Therapies most appropriate one in each case
- ♦ Complement common therapeutic practice in Psychology with the use of ICTs
- ♦ Use Mentalization-based techniques in Psychotherapy
- ♦ Use Counseling in health care settings
- ♦ Carry out action techniques and coping styles according to the patient's disorder
- ♦ Put into practice the new lines of research in EMDR
- ♦ Improve communication techniques applied to clinical and crisis intervention
- ♦ Manage difficult discussions and conversations in patients with conflicts



*This Internship Program gives you the opportunity to work in a real scenario with patients, where you will be able to apply the most effective methods of the current Third Generation Therapies"*

# 04

## Education Plan

The Internship Program in Third Generation Therapies consists of a practical stay in a prestigious center, for a 3-week period, from Monday to Friday with 8 consecutive hours of work per day. In this way, together with specialized professional psychologists, you will be able to see and treat real patients, applying the most innovative diagnostic procedures and planning the latest generation of therapy for each disorder.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare 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.

TECH offers a unique scenario, where to develop in the field of Third Generation Therapies, obtaining, directly from the best experts, the technical and methodological indications to address patients with different disorders. All this, in a first class environment and ideal for the expansion of communication skills and competencies of the professional.

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 fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for psychology praxis (learning to be and learning to relate).





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

Module	Practical Activity
Practice of Therapist Skills	Manage the patient's emotions through the application of self-control techniques from the perspective of Third Generation Therapies.
	Use Communicative techniques applied to clinical intervention
	Carry out the most effective techniques in grief support
	Effectively resolve difficult situations with patients in conflict.
Method Mindfulness	Putting the latest Mindfulness techniques into <i>practice in patients with stress</i> .
	Perform relaxation techniques
	Use techniques for better coping with mental health problems through <i>Mindfulness</i>
	Informing the patient of the benefits of Mindfulness therapy.
Use of new technologies in Third Generation Therapies	Treating clinical cases of social phobia through ICTs
	Apply ICT from a therapeutic point of view in patients who are unable to attend an on-site consultation.
	Using new technologies to approach the patient with anxiety disorder
	Collaborating in the use of technologies to treat patients with agoraphobia
Application of techniques in other therapies of Third Generation	Apply counseling in health care settings
	Use the problem-solving technique in individual and group therapy.
	Perform dialectical behavioral therapy in people with borderline personality disorder.
	Carry out cognitive-analytic psychotherapy and desensitization and reprocessing through eye movement
	Use the latest techniques in acceptance and commitment (ACT).
	Collaborate in the pattern of treatment through positive psychology.



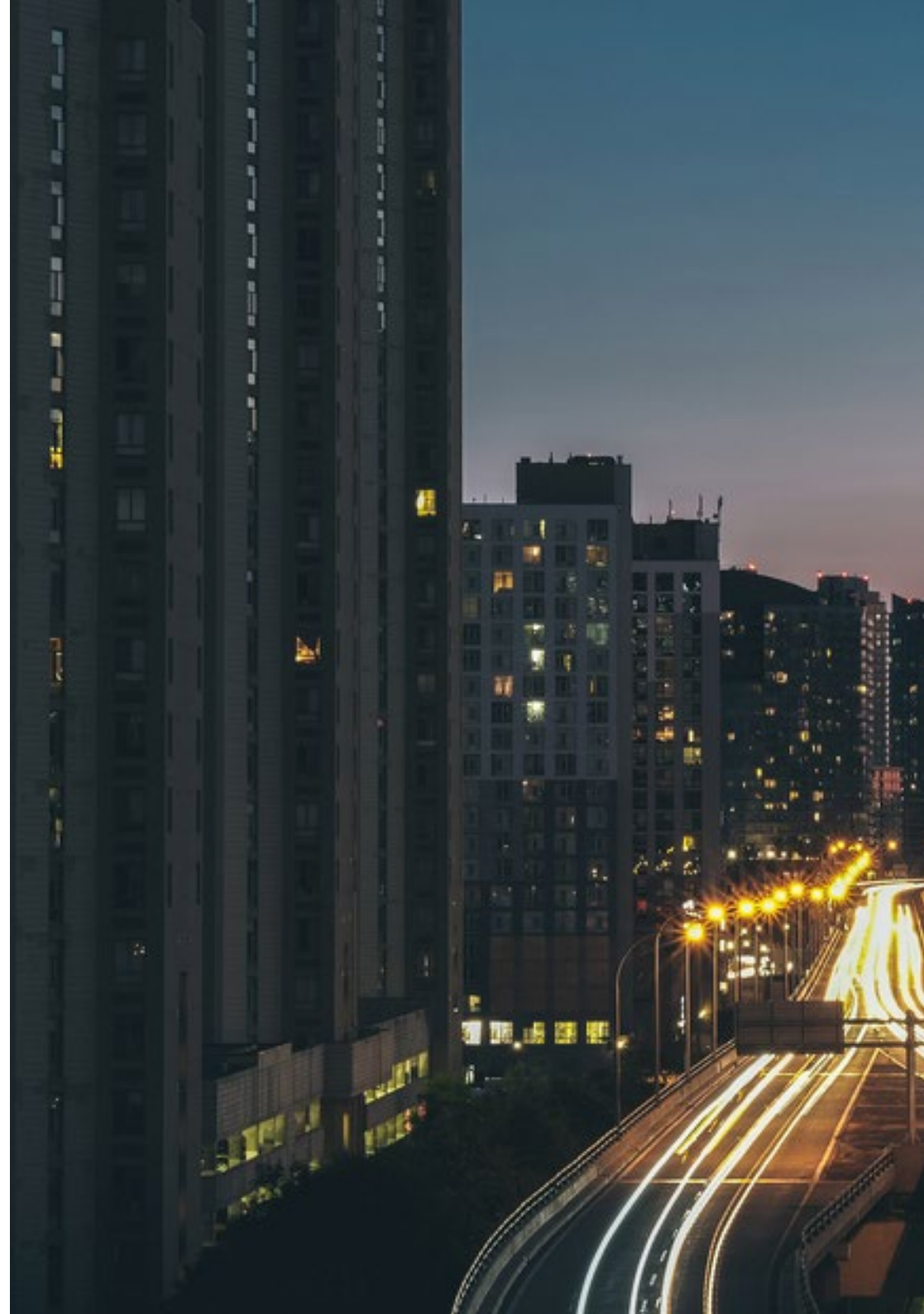
# 05

## Where Can I Do the Internship Program?

TECH has selected the best clinical centers specialized in Third Generation Therapies for this Internship Program. In this way, the professional will be able to update on the methods of approaching different disorders and mental pathologies, in a leading-edge environment. All this, in addition, with the support the monitoring of experts working in this field of psychology.

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*During the 120 hours of professional internship you will be part of a team of psychologists of the highest level and you will approach patients with the latest methods of Third Generation Therapies”*







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



Psychology

### Grupo Psicoactiva

Country  
Spain

City  
Valencia

Address: Calle Borrull, 40, 46008, Valencia

Clinic specialized in psychological care

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#### Related internship programs:

- Cognitive-Behavioral Psychotherapy
- Third Generation Therapies

# 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 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 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 student 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 in Third Generation Therapies** 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 Third Generation Therapies**

Duration: **3 weeks**

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

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





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