

# Postgraduate Certificate

## Applied Cognitive-Behavioral Psychology



## Postgraduate Certificate

### Applied Cognitive-Behavioral Psychology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/applied-cognitive-behavioral-psychology](http://www.techtute.com/us/psychology/postgraduate-certificate/applied-cognitive-behavioral-psychology)

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# 01

# Introduction

In an increasingly fast-paced society with high professional demands, it is not unusual to detect an increase in the number of people suffering from stress, depression or anxiety. For its approach, the psychology professional requires a wide knowledge of the different assessment tools, as well as the techniques to be used depending on the patient and the disorder they suffer from. This is a 100% online course, which will allow professionals to update their knowledge in this area in just 6 weeks through an innovative syllabus provided by a specialized teaching team.





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*Thanks to this university program,  
you will be able to delve into the  
most effective techniques within  
Cognitive-Behavioral psychology”*

Finding people with some kind of mental health problem is becoming more and more frequent nowadays. The uncertainty caused by economic crises, work pressure or personal relationships are making stress, anxiety and other types of disorders more present. In the last decades, the Cognitive-Behavioral model has demonstrated its effectiveness in the face of this type of problems. This Postgraduate Certificate delves into the interventions and treatments to be applied depending on the disorder the patient suffers from.

A program taught by a specialized teaching team with extensive experience in the area of psychology, which will be reflected in the syllabus made up of multimedia content (video summaries, specialized readings, interactive diagrams) that will allow students to delve during the 180 teaching hours that make up this syllabus, in the processes of assessment, diagnosis, intervention and treatment of patients suffering from anxiety disorders, sleep disorders, mood disorders or chronic pain.

In addition, this qualification will provide the psychology professional with simulations of clinical cases that will lead them to situations that can be experienced in their usual practice. A practical and direct approach of great utility. All this is an excellent opportunity for students who wish to update their knowledge comfortably, from and when they need it. The finishing touch to this Postgraduate Certificate is the masterclass given by a guest professor of international renown and prestige in the field of Cognitive-Behavioral Psychology research.

To access this Postgraduate Certificate, the professional only requires an electronic device (computer, Tablet or cell phone) with which to connect 24 hours a day to the syllabus which is available in its entirety from the first day. Thanks to this ease of connection, students will be able to better distribute their teaching load and will be able to balance their professional and/or personal responsibilities with a high level of education.

This **Postgraduate Certificate in Applied Cognitive-Behavioral Psychology** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- Practical cases presented by experts in Psychology
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- Practical exercises where self-assessment can be used to improve learning.
- Its special emphasis on innovative methodologies
- 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



*The clinical cases provided are an excellent opportunity for you to acquire the most current knowledge in intervention for patients with depressive disorders"*

“

*Enroll in a university education in which you will delve into treatments for sleep disorders, anxiety or eating disorders”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The Relearning system will allow you to progress in this Postgraduate Certificate in a more natural and agile way.*

*A university program with an up-to-date syllabus for you to renew your knowledge in the most used techniques to deal with anxiety.*



# 02

# Objectives

Students who complete this university qualification will have internalized the basics of Cognitive-Behavioral psychology while updating their knowledge in the processes of assessment, diagnosis, intervention and treatment. Likewise, the teaching team will bring students closer to the new lines of research in this area through a syllabus with innovative multimedia content. In addition, the *Relearning* system, used by TECH in its programs, will allow the professional to reduce the long hours of study.





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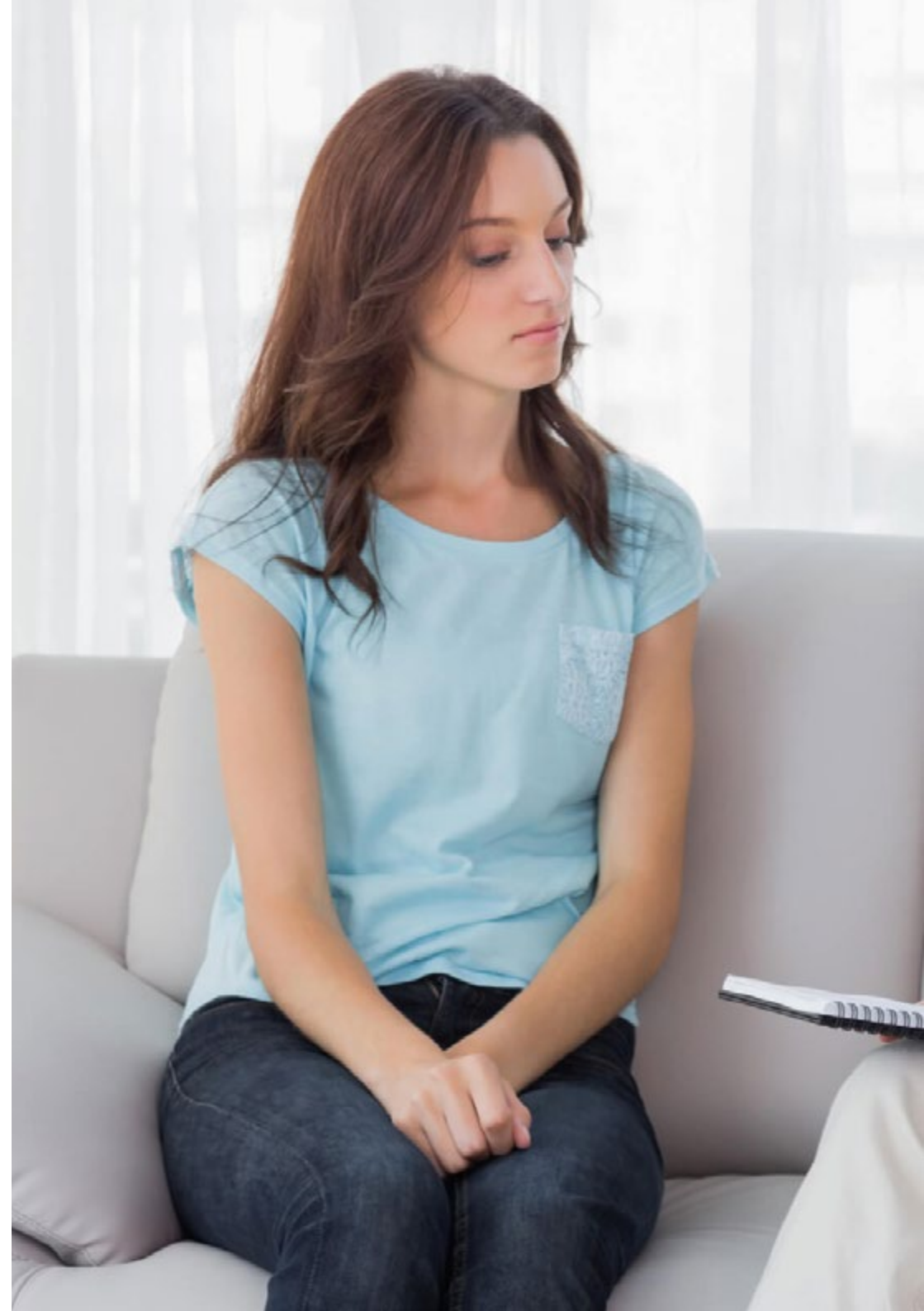
*An ideal educational option for professionals seeking a flexible, quality university qualification”*



## General Objectives

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- Provide students with academic and technical knowledge in their professional work from the cognitive-behavioral approach
- Update the knowledge in the design of Psychological Assessment from the Cognitive-Behavioral approach
- Update the knowledge and tools of Psychological Intervention for a good design of the therapeutic process
- Introduce the student to the therapeutic relationship tools that favor the establishment of a good therapeutic relationship
- Promote the knowledge and management of technical tools to know how to contain the patients emotional state
- Encourage the psychology professional to maintain a continuous training and development of their scientific knowledge
- Master the code of ethics in order to perform their work within professional ethics





## Specific Objectives

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- Know and internalize the bases of cognitive-behavioral psychology
- Learn about current and new lines of research
- Know how to apply the techniques within cognitive-behavioral psychology



*A Postgraduate Certificate that will allow you to renew your knowledge in the most used techniques within Cognitive-Behavioral Psychology"*

# 03

## Course Management

The psychology professional who attends this university program will have at their disposal a management and teaching team with experience in the application of the Cognitive-Behavioral model in the approach and management of patients with different disorders. This experience allows them to transmit their extensive knowledge in a Postgraduate Certificate, which seeks that students reach an update of knowledge in an agile, practical way and with the most recent syllabus in this area. Likewise, students have access to the teaching staff to solve any doubts that may arise regarding the content of this qualification.



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*You will have the opportunity to access masterclasses given by a guest professor with great international prestige in the field of Cognitive-Behavioral Psychology”*

## International Guest Director

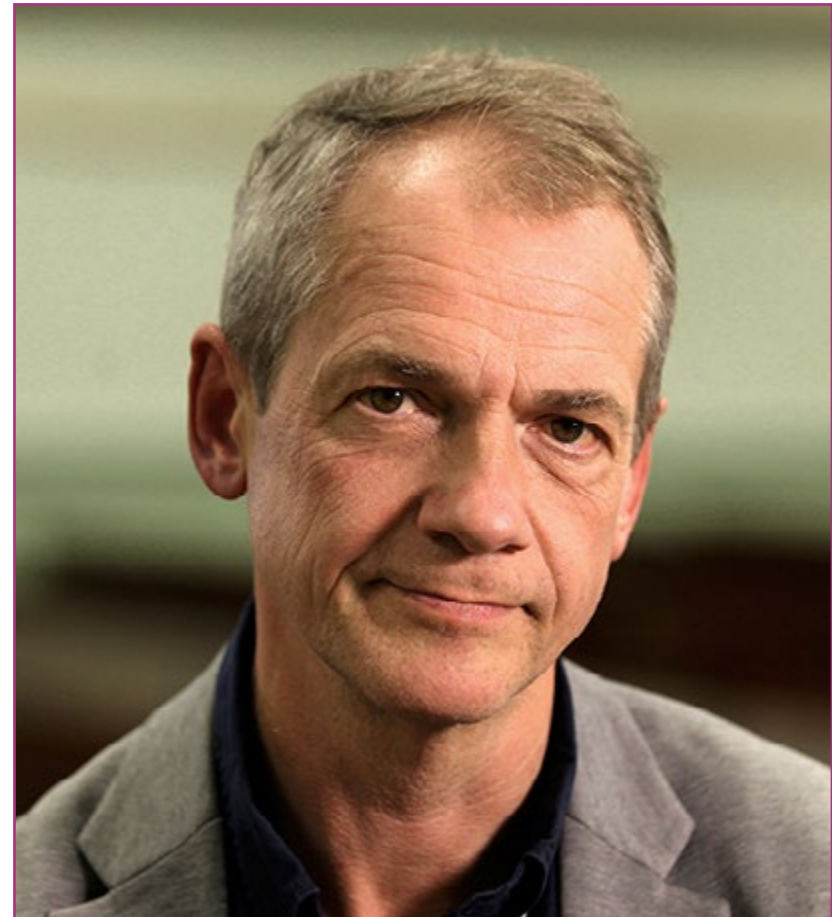
Stefan G. Hofmann, Ph.D. is a world renowned expert in the area of Cognitive Behavioral Therapy and Anxiety Disorders. For more than 20 years he has been researching the nature of emotional disorders and the processes through which psychological treatments alleviate symptoms.

His extensive career has established him as a member of the Alexander von Humboldt Chair of Translational Clinical Psychology and the Department of Clinical Psychology at the Philipps University of Marburg in Germany and he is currently a Professor in the Department of Neurology and Psychology at Boston University, where he directs the Psychotherapy and Emotion Research Laboratory at the Center for Anxiety and Related Disorders.

He has served as president of numerous professional organizations and is editor-in-chief of Cognitive Therapy and Research. In addition, he has been included in the Highly Cited Researchers list and has received the Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy and the Humboldt Research Award.

He has also become a world reference as a consultant in the development process of the DSM-5, a manual created to help health professionals in the diagnosis of mental disorders and in the elaboration of a perfectly documented treatment plan for each individual.

In the research field, Stefan G. Hofmann, PhD, has published more than 400 journal articles and 20 books on anxiety disorders, depression, emotions, the mechanism of treatment change, the translation of neuroscience findings into clinical applications, emotion regulation and cultural expressions of psychopathology.



## D. G. Hofmann, Stefan

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- Editor-in-chief of the journal Cognitive Therapy and Research
- Advisor in the creation of the DSM-5
- Professor in the Department of Psychological and Brain Sciences at Boston University
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Chair in Clinical Translational Psychology
- Member of: DSM-5 Sub-Working Group on Anxiety Disorder, DSM-5-TR Cross-Cultural Review Group

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*Thanks to TECH, you will be able to learn with the best professionals in the world"*

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been developed by a qualified faculty with extensive professional experience in the application of the Cognitive-Behavioral model in patients with different disorders. In this way, the psychology professional who takes this qualification will learn for 6 weeks the methods of assessment, diagnosis, intervention and treatment in patients who have psychosomatic disorders, eating disorders or have suffered the loss of a loved one. A study plan that you can access 24 hours a day from a computer or Tablet and with supplementary material with which you can extend the syllabus.





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*You will update your knowledge in Cognitive-Behavioral Psychology through video summaries, interactive diagrams and specialized readings”*

## Module 1. Applied Cognitive-Behavioral Psychology

- 1.1. Intervention in Anxiety Disorders
  - 1.1.1. Assessment and Diagnosis in Anxiety Disorders
  - 1.1.2. Intervention and Treatment
- 1.2. Intervention in Mood Disorders
  - 1.2.1. Assessment and Diagnosis in Mood Disorders
  - 1.2.2. Intervention and Treatment
- 1.3. Intervention in Sleep Disorders
  - 1.3.1. Assessment and Diagnosis in Sleep Disorders
  - 1.3.2. Intervention and Treatment
- 1.4. Intervention in Chronic Pain Disorders
  - 1.4.1. Assessment and Diagnosis in Chronic Pain Disorders
  - 1.4.2. Intervention and Treatment
- 1.5. Cognitive-Behavioral Intervention in Psychosomatic Disorders
  - 1.5.1. Assessment and Diagnosis in Psychosomatic Disorders
  - 1.5.2. Intervention and Treatment
- 1.6. Intervention in Eating Disorders
  - 1.6.1. Assessment and Diagnosis in Eating Disorders
  - 1.6.2. Intervention and Treatment
- 1.7. Grief Intervention
  - 1.7.1. Concept of Grief
  - 1.7.2. Intervention and Treatment
  - 1.7.3. Accompaniment
- 1.8. Intervention in Depressive Disorders
  - 1.8.1. Assessment and Diagnosis in Depressive Disorders
  - 1.8.2. Intervention and Treatment
- 1.9. Stress Intervention
  - 1.9.1. Concept of Stress
  - 1.9.2. Associated Theories
  - 1.9.3. Intervention and Treatment



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*Learn about the latest advances  
in treatments for patients with  
high levels of stress”*

05

# 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.



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*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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.



*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.



06

# Certificate

The Postgraduate Certificate in Applied Cognitive-Behavioral Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Applied Cognitive-Behavioral Psychology** endorsed by **TECH Global University**, the world's largest online university.

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

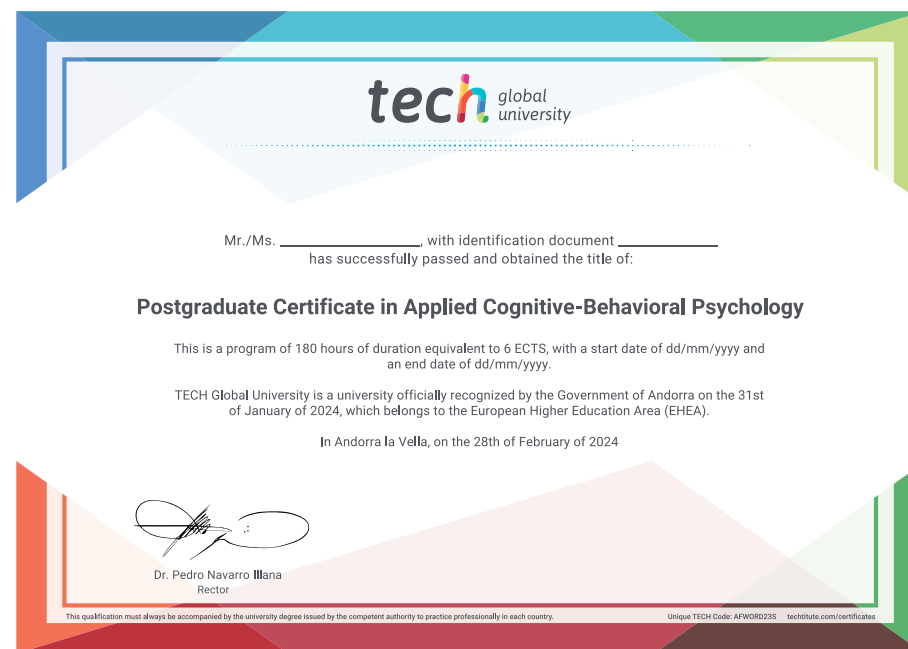
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Applied Cognitive-Behavioral Psychology**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

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



**Postgraduate Certificate**  
**Applied Cognitive-Behavioral  
Psychology**

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- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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