

# Postgraduate Certificate

## Art Therapy





## Postgraduate Certificate Art Therapy

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/art-therapy](http://www.techtute.com/us/psychology/postgraduate-certificate/art-therapy)

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# 01

# Introduction

Since the 1990s, psychological treatment from the point of view of positivity has gained strength and scientific support. The resilience of people is achieved with great effectiveness thanks to the application of the different techniques of this discipline of psychology. This 100% online university education provides the professional with the tools and skills currently used in this field, as well as the bases of intervention and future lines of research in this area. All this with quality multimedia content, at the academic forefront, which can be accessed at any time of the day, allowing students to combine a high level degree with professional responsibilities.





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*A university degree that provides the present and future lines of research on positive psychology and EFT”*

This Postgraduate Certificate, aimed at professionals in psychology, allows students to perform for six weeks an in-depth study of the latest techniques used in Art Therapy. All this with an eminently practical and very useful approach for the professional who wishes to apply it in their daily clinical practice.

Enhancement of optimism, strengths, reminiscence training and the different psychological resources through art will be addressed in this postgraduate certificate, where the most recent techniques in the methods of patient assessment, the impact of positive psychology and therapies focused on emotions, the so-called EFT, will be discussed.

A course that will allow students to broaden their professional outlook on these therapies, where they will also be able to renew their knowledge of Gestalt therapy and its influence on today's world. The multimedia content provided in this certificate will be very useful to the student who wishes to consolidate the learning shown throughout the syllabus in a simpler and more enjoyable way.

An excellent opportunity for the psychology professional who seeks to be aware of the latest advances produced in the framework of these therapies classified within the Third-Generation Therapies. A teaching that does not have sessions with fixed schedules, so that students can access 24 hours a day from any device and at any time to video summaries, videos in detail of each topic and specific readings that make up this curriculum. In this way, students who wish to receive a quality education and at the same time make it compatible with their professional responsibilities can do so with the study plan offered by TECH Technological University.

This **Postgraduate Certificate in Art Therapy** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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 the self-assessment process can be carried out 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



*A quality university education that will show the latest research that links Positive Psychology and Health Psychology”*

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*It delves into the tools and skills used to enhance resilience in people”*

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.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Renew your knowledge in the field of Gestalt and its current influence in positive psychology.*

*Video summaries and specialized readings provide the most up-to-date knowledge in Third-Generation Therapies.*



# 02

# Objectives

The Relearning system offered by TECH Technological University, based on the reiteration of content, will allow the psychology professional to consolidate all the renewed knowledge provided by this University Degree in a simpler way. At the end of this online program, the student will have made a review of the different types of emotions and techniques associated with their control for inclusion in their clinical practice. All this with a study plan that can be accessed at any time with a *tablet* or cell phone with internet connection.







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*Delve deeper into current clinical work  
in emotion-focused therapies in this  
online program”*



## General Objectives

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- Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- Know the different types of Third Generation Therapies
- Delve into the past, present and future of this area in psychology
- Study the evolution of the different types of therapies
- Learn about the main developments and treatments related to Third-Generation Therapies





## Specific Objectives

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- ♦ Understand the emergence and bases of Positive Psychology
- ♦ Learn the different types of emotions and techniques for emotional control
- ♦ Understand the present and future of Positive Psychology

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*A University Degree that will allow you to broaden your professional horizons in the field of psychology”*

# 03

## Structure and Content

The syllabus of this Postgraduate Certificate has been elaborated with the objective of offering an updated teaching in all that concerns the application of the techniques and tools used in positive psychology and the treatment of emotions. The specialized lectures on the latest lines of research and the different multimedia resources provided in the study plan will allow students to keep abreast of the latest developments in this field and their direct application to their patients.





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*This teaching brings you a flexible curriculum with multimedia content to keep you up to date on the latest developments in these Third-Generation Therapies”*

## Module 1. Positive Psychology and Emotion-Focused Therapy (EFT)

- 1.1. Introduction and Emergence of Positive Psychology
  - 1.1.1. The Medical History of Positive Psychology
  - 1.1.2. The Emergence of Positive Psychology
- 1.2. The Concept of Well-Being
  - 1.2.1. Introduction to the Concept of Well-Being
  - 1.2.2. Definitions of the Concept of Well-Being
  - 1.2.3. Explanatory Models
- 1.3. Health Psychology and Positive Psychology
  - 1.3.1. Health Psychology Foundations
  - 1.3.2. The Concept of Health
  - 1.3.3. Relation between Positive Psychology and Health Psychology
- 1.4. Positive Functioning Assessment
  - 1.4.1. Introduction to the Concept of Positive Functioning
  - 1.4.2. Evaluation Methods
- 1.5. Use in Clinical Psychology
  - 1.5.1. The Basis for Clinical Intervention
  - 1.5.2. Positive Psychology Intervention
- 1.6. Advances and Future of Positive Psychology
  - 1.6.1. The Impact of Positive Psychology
  - 1.6.2. Future Lines of Research and Works
- 1.7. The Emergence of EFT
  - 1.7.1. Origins and History of EFT
  - 1.7.2. The Emergence of EFT
- 1.8. Introduction to EFT Work
  - 1.8.1. EFT and Clinical Practice
  - 1.8.2. EFT Techniques



- 1.9. Gestalt Therapy
  - 1.9.1. The Benefits of Using Gestalt in Clinical Practice
  - 1.9.2. The Importance of the Emergence of Gestalt Schools
  - 1.9.3. Influence Today
- 1.10. Most Common Work Techniques
  - 1.10.1. Most Common EFT Techniques
  - 1.10.2. Clinical Techniques in Positive Psychology
  - 1.10.3. Techniques of Interest in Gestalt Methodologies

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*Access with this Postgraduate Certificate the latest techniques applied in EFT and positive psychology”*



04

# 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

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.



05

# Certificate

The Postgraduate Certificate in Art Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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

This **Postgraduate Certificate in Art Therapy** contains the most complete and up-to-date program on the market.

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

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Art Therapy**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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 quality  
development languages  
virtual classroom



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