

# Postgraduate Certificate Assessment and Intervention in Health Psychology





## Postgraduate Certificate

### Assessment and Intervention in Health Psychology

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

Website: [www.techtute.com/pk/psychology/postgraduate-certificate/assessment-intervention-health-psychology](http://www.techtute.com/pk/psychology/postgraduate-certificate/assessment-intervention-health-psychology)

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01

# Introduction

The program is aimed at consolidating the knowledge and developing the techniques used in the field of Research in Psychology. Take advantage of the opportunity and become a researcher with solid and secure foundations through this academic program and the latest educational technology 100% online.

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*The Postgraduate Certificate in Assessment and Intervention in Health Psychology will help you update your knowledge in research and qualify you as a practicing professional"*

The Postgraduate Certificate in Assessment and Intervention in Health Psychology has been created with the aim of understanding that the development and improvement of research in the area of Psychology requires focusing not only on the content to be developed, but also on the different methodologies and techniques used to achieve the objectives set more efficiently. It aims to respond to the whole context that surrounds both the research itself and the area of knowledge in which it is framed.

Learn about the main relationships between the body and the mind, the evaluation processes in Health Psychology or the most common tests in this area. Delve into the study of stress and its relationship with mental health or pathologies related to sleep, and discover the benefits of quality of life in psychological health. In short, enhance your skills thanks to this program that will allow you to perform at the highest level in research in the area of Psychology.

Through this program, you will be able to incorporate the competencies associated with the researcher in psychology through a broad, objective and experiential description of the elements to be applied during the exercise, from the most general to the most specific and transversal, analyzing all the stages that make up an investigation. Research is a fundamental section in any area, since all the existing theoretical content is based on it.

This **Postgraduate Certificate in Assessment and Intervention in Health Psychology** contains the most complete and up-to-date program on the market. The most important features include:

- » The development of case studies presented by experts in Psychology and Scientific Research
- » The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- » New developments and innovations in the research of the different fields of Psychology
- » Practical exercises where the self-assessment process can be carried out to improve learning
- » Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- » Special emphasis on research 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



*Access the latest methodologies in Applied Psychology, master the writing of articles or deepen your knowledge in data analysis. Become a research professional in Psychology"*



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*This Postgraduate Certificate aims to provide a methodological renewal taking into account the demands of current research and offering the most innovative strategies and tools"*

It includes a very broad teaching staff of professionals belonging to the field of psychology, who bring to this program the experience of their work, in addition to recognized 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 an immersive learning experience designed to prepare for real-life situations.

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

*Increase your confidence as a psychology researcher by updating your knowledge through this Postgraduate Certificate.*

*This Postgraduate Certificate marks the difference between a professional with a lot of knowledge and a professional who knows how to apply it in the processes of research and scientific publication.*



# 02

# Objectives

This Postgraduate Certificate is oriented to researchers in the field of Psychology, so that they can acquire the necessary tools to develop in the specific area, knowing the latest trends and delving into those issues that make up the forefront of this area of knowledge. Researchers will only be able to carry out their objectives successfully if they are adequately prepared.





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*The Postgraduate Certificate in Assessment and Intervention in Health Psychology contains the most complete and up-to-date program on the market”*



## General Objective

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- » Learn the necessary competences to develop a research activity, as psychologists, that will allow them to raise their methodological and performance level in the field of research in psychology, using the appropriate tools within the research context, which will allow them to grow personally and professionally

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*Make the most of the opportunity and acquire the tools to enhance your research skills”*





## Specific Objectives

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- » Know the different fields of intervention in health psychology in clinical and educational contexts
- » Learn to use the basic tools of evaluation and intervention in Health Psychology in an adequate way
- » Be able to design and evaluate the results of intervention programs in Health Psychology
- » Know the existing advances on intervention techniques with proven effectiveness in Health Psychology
- » Know the operation and applications of intervention techniques based on Biofeedback and transcranial magnetic stimulation



03

# Structure and Content

The structure of the contents has been designed by a team of professionals in Psychology research, aware of the relevance of current affairs in education in order to delve deeper into the field of knowledge and produce publications of academic quality.





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*This Postgraduate Certificate in Assessment and Intervention in Health Psychology contains the most complete and up-to-date program on the market"*

## Module 1. Assessment and Intervention in Health Psychology

- 1.1. Body-Mind Relationships. Psychosomatic Medicine
  - 1.1.1. From Descartes to Psychosomatic Medicine
  - 1.1.2. The Biopsychosocial Model
  - 1.1.3. Evidence of the Relation Between Body and Mind
  - 1.1.4. Physical Pathologies with Identified Psychological Causal Factors
- 1.2. The Assessment Process in Health Psychology
  - 1.2.1. Classical Assessment in Health Psychology
  - 1.2.2. Role of the Different Agents. Internist Physician, Psychologist, Psychiatrist
  - 1.2.3. New Techniques of Psychological Health Assessment
- 1.3. Scales, Tests, and Common Tests in Health Psychology
  - 1.3.1. Traditional Behavioral Tests and Scales in Health Psychology
  - 1.3.2. Advantages and Disadvantages of Different Measurements
- 1.4. Stress and its Relation to Mental Health
  - 1.4.1. Stress as a Causal Factor in Psychopathology
  - 1.4.2. Psychobiology of Stress. Cortisol
  - 1.4.3. Personality, Individual Characteristics and Stress Levels
- 1.5. Sleep-Related Pathologies
  - 1.5.1. Insomnia. Definition and Basic Concepts
  - 1.5.2. Types of Insomnia and Possible Causes
  - 1.5.3. Hypersomnias Definition and Basic Concepts
  - 1.5.4. Hypersomnias Types
  - 1.5.5. Circadian Rhythm Disturbances and Parasomnias
  - 1.5.6. REM Sleep Behaviour Disorders
- 1.6. Quality of Life as a Relevant Factor in Psychological Health
  - 1.6.1. Quality of Life. Definition and Approaches to the Term
  - 1.6.2. Factors Influencing Perceived Quality of Life
  - 1.6.3. Quality of Life as a Predictor of Psychological Health





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- 1.7. Advances and Areas of Intervention in Health Psychology
    - 1.7.1. Interventions Based on Health Promotion
    - 1.7.2. Interventions in Cardiovascular Disease, Diabetes and Cancer
    - 1.7.3. Intervention in Addictions and Substance Abuse Problems
    - 1.7.4. Interventions Aimed at Psychological Processes Stress Management
  - 1.8. Biofeedback Techniques as an Intervention in Health Psychology
    - 1.8.1. Biofeedback. Definition and Basic Concepts
    - 1.8.2. Techniques that Use Biofeedback
    - 1.8.3. Biofeedback as a Method of Intervention in Health Psychology
    - 1.8.4. Evidence on the Use of Biofeedback in the Treatment of Certain Disorders
  - 1.9. Transcranial Magnetic Stimulation (TMS) as an Intervention in Health Psychology
    - 1.9.1. Transcranial Magnetic Stimulation. Definition and Basic Concepts
    - 1.9.2. Functional Areas Considered Therapeutic Targets of Transcranial Magnetic Stimulation
    - 1.9.3. Results of Intervention through TMS in Health Psychology
  - 1.10. Design and Implementation of Intervention Programs in Health Psychology
    - 1.10.1. Problem Analysis
    - 1.10.2. Description and Operationalization of the Problem
    - 1.10.3. Planning and Design of the Intervention Program
    - 1.10.4. Program Implementation and Follow-up
    - 1.10.5. Evaluation of the Results of the Intervention Program
    - 1.10.6. Correction and Improvement of the Intervention Program

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*Discover the importance of the professional's orientation towards research and the implications of effective accompaniment in this field”*

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

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.



05

# Certificate

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





A photograph of two black graduation caps (mortarboards) against a bright blue sky with light clouds. The caps are positioned diagonally, with one in the foreground and another slightly behind it. The image is partially overlaid by a large, diagonal graphic element that is white on the left and bottom, and magenta on the right and top.

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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 Assessment and Intervention in Health Psychology** 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 certificate 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 Assessment and Intervention in Health Psychology**

Official N° of hours: **150 h.**



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





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