

Postgraduate Certificate

Basic Skills and Psychological First Aid





Postgraduate Certificate Basic Skills and Psychological First Aid

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

Website: www.techtitute.com/pk/psychological/postgraduate-certificate/basic-skills-psychological-first-aid

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01

Introduction

Providing emotional and practical support when a crisis situation occurs is essential to help victims cope with what is happening. Psychological first aid can be highly beneficial for this type of person, not only at the moment when the traumatic event is triggered, but also afterwards, avoiding the appearance of sequelae such as stress, anxiety and illnesses associated with these feelings. TECH and its team of experts have designed a program that precisely addresses this issue, focused on psychology professionals seeking to update their knowledge. A 100% online program, through which you can work on perfecting your communication and intervention skills with the most innovative and effective therapeutic techniques and strategies that have been developed to date.



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*You are 6 weeks away from
mastering the basic skills of an
expert in psychological first aid”*

Most of the population is familiar with the techniques that make up first aid. However, the action that is carried out focuses on ensuring the physical health of the victim, without taking into account how the traumatic situation may have affected his or her mental stability. Emotional and practical support in dealing with this type of context is also essential, not only to try to reassure the person, but also to prevent possible sequelae arising from the stress and anxiety of the moment.

Based on this, psychological first aid takes on special relevance. Specialists must know in detail the latest aspects that have been developed in this area, with the aim of developed in this area, in order to act always based on the most effective strategies and protocols. For this purpose, you can count on this program created with the aim that psychology professionals can be updated on the latest therapeutic techniques of intervention in crisis contexts.

By enrolling in this qualification, graduates will have access to 6 weeks of intensive multidisciplinary training. of multidisciplinary and intensive training, consisting of 150 hours of theoretical, practical and additional content. They will be able to further develop their listening and communication of their listening and communication skills applied to traumatic contexts, as well as the importance and objectives of first aid. In addition, they will work on the management of their own emotions through the knowledge of the most innovative and effective self-management techniques.

All this, framed in a convenient and flexible 100% online format, thanks to which you will be able to access the you will be able to access the program course with a schedule totally adapted to your availability and from any device with internet connection. To your availability and from any device with internet connection. It is, therefore, a unique academic opportunity to implement into your praxis a unique academic opportunity to implement into your praxis the best therapeutic strategies of intervention in crisis contexts through a syllabus adapted to your needs and to the requirements of the sector.

This **Postgraduate Certificate in Basic Skills and Psychological First Aid** 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 Emergency Services and Emergency Services
- ♦ 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



Enroll in this programa and implement the most innovative and effective psychological intervention strategies in your practice in only 6 weeks”

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You will delve into the most frequent pathologies in psychosocial emergency situations, obtaining the information you need to master each of the contexts that may arise you may encounter”

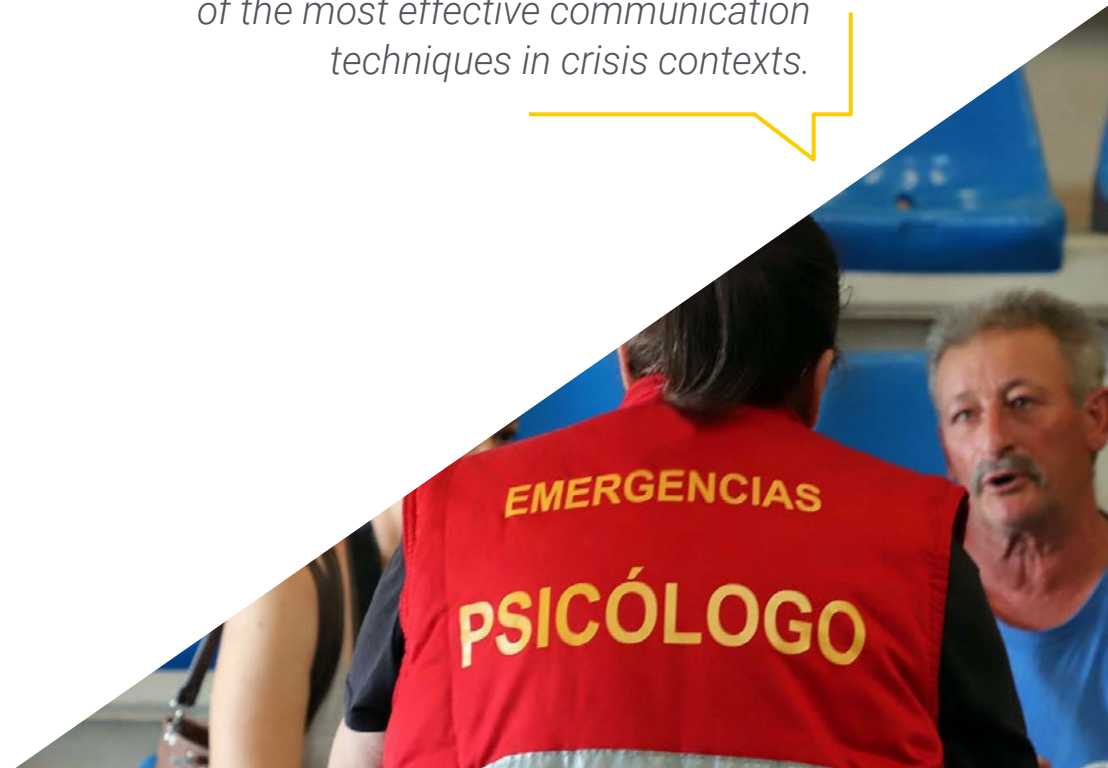
The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

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

The design of this program focuses on Problem Based Learning, by means of which professionals will have to try to solve the different professional practice situations that will be posed to them throughout the educational course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

How to act when the victims are children? With this course you will learn the keys to communicate with infants in emergency situations.

A program designed by experts in emergency psychology that will allow you to develop a specialized knowledge of the most effective communication techniques in crisis contexts.



02

Objectives

Providing psychology professionals with the most comprehensive, exhaustive, new and updated knowledge in relation to psychological first aid is the main objective of this Diploma. That is why TECH will provide graduates who choose this program with all the information they need to master the most effective therapeutic techniques and strategies, focusing on making this training a highly beneficial educational experience for their professional performance.





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You will also work on communication strategies for different populations: the elderly, people with disabilities and foreigners with disabilities and foreigners”

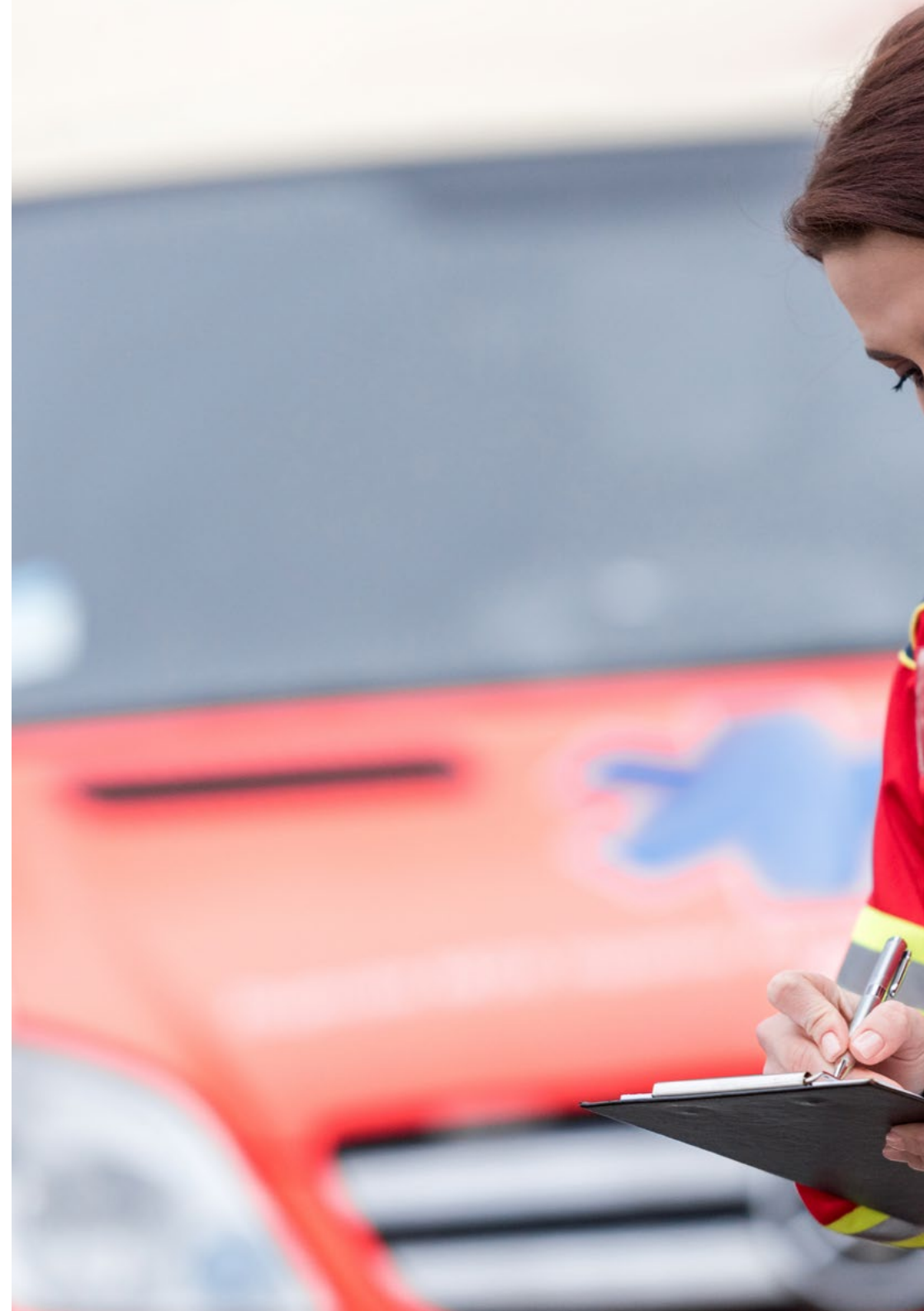


General Objectives

- ◆ Work on improving the basic skills of professionals for psychological first aid
- ◆ Know in detail the most innovative and effective techniques of communication and intervention in crisis situations

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A program designed to make this educational experience the best for the optimal and guaranteed professional development of the psychology specialist"





Specific Objectives

- ◆ Learn about therapeutic techniques to provide targeted psychological support
- ◆ Be aware of the importance of emotional support in situations of loss and bereavement
- ◆ Know the differences between normal grief and pathological grief
- ◆ Study the role of first aid in crises and emergencies

03

Structure and Content

This Diploma in Basic Skills and Psychological First Aid includes 150 hours of the best theoretical, practical and additional content, the latter presented in different formats. As a result, graduates will be able to develop broad and specialized knowledge of psychological first aid, focusing on improving their basic skills of therapeutic intervention in crisis contexts. In addition, they will have 6 weeks to complete the requirements of the program, so they will be able to organize this experience in a personalized way and based on their absolute availability.





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A program developed through the Relearning methodology, thanks to which, you will not have to invest extra hours in memorizing without losing out on wide and specialized knowledge acquisition"

Module 1. Basic Skills and Psychological First Aid

- 1.1. Self-Management, The Management of One's Own Emotions
 - 1.1.1. What is Self-Management?
 - 1.1.2. The Self-Management of Emotions
 - 1.1.3. Managing Emotions
- 1.2. Being proactive
 - 1.2.1. Concept of Proactivity
 - 1.2.2. Hypothesis of Proactivity
 - 1.2.3. Adaptation
- 1.3. Concept of Listening
 - 1.3.1. Introduction to the Concept of Listening
 - 1.3.2. Types of Listening
 - 1.3.3. Active Listening in Psychological Therapy
- 1.4. Applied Communication Skills
 - 1.4.1. Introduction to Communicative Skills
 - 1.4.2. Main Communication Skills
 - 1.4.3. Components
- 1.5. Communication Techniques
 - 1.5.1. Technique for Communication in Emergency Situations
 - 1.5.2. Communication Strategies
 - 1.5.3. Assertive Communication
- 1.6. Communication to Children in Emergency Situations
 - 1.6.1. First Contact
 - 1.6.2. Direct Attention
 - 1.6.3. The Intervention
 - 1.6.4. Subsequent Recall
- 1.7. Communication with other Groups
 - 1.7.1. Special Groups
 - 1.7.2. Communication with the Elderly
 - 1.7.3. Communication with Disabled People
 - 1.7.4. Communication with Foreign People
- 1.8. Importance and Objectives of First Aid
 - 1.8.1. Introduction to the Concept of First Aid
 - 1.8.2. Main Objectives of First Aid
 - 1.8.3. Why is First Aid Important?
- 1.9. Introduction to Basic Concepts
 - 1.9.1. Commonly used Terms in Emergency Situations
 - 1.9.2. Common Emergency Situations
- 1.10. Most Common Pathologies in Psychosocial Emergency Situations
 - 1.10.1. Pathologies in Emergency Situations
 - 1.10.2. Pathological Development after the Crisis



Be a proactive psychologist and demonstrate your commitment to the mental health of your patients by enrolling in a program that will elevate your therapeutic skills to the highest professional level"



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 adapted in 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 assess and re-assess 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 Basic Skills and Psychological First Aid 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 Basic Skills and Psychological First Aid** contains the most complete and up-to-date educational 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 Basic Skills and Psychological First Aid**

Official N° of Hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate 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
development language
virtual classroom



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