

# Postgraduate Certificate Clinical Psychosomatic Disorders





## Postgraduate Certificate Clinical Psychosomatic Disorders

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

Website: [www.techtitute.com/pk/psychology/postgraduate-certificate/clinical-psychosomatic-disorders](http://www.techtitute.com/pk/psychology/postgraduate-certificate/clinical-psychosomatic-disorders)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Nowadays, more and more patients go to the physician for pain that cannot be alleviated with the prescribed treatment, such as Psychosomatic Disorders, for which the medical field is insufficient. For this reason, Psychology is fundamental, and a greater number of people who come to the psychologist's office after not finding a solution in the doctor's office are detected.

In this line, it is clear the need for specialized professionals in this branch, so this program provides a reliable update for greater accuracy in diagnosis, also identifying technologies that address the disorder. And all in a 100% online format to study it with comfort and flexibility.



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*With this Postgraduate Certificate you will update your clinical knowledge in order to intervene Psychosomatic Disorders”*

Organic injuries of psychological origin represent a challenge for the patient's recovery. The truth is that the range of conditions they produce is very varied: from high blood pressure or migraine to gastritis, fibromyalgia or skin problems. There are even some experts who have dared to postulate that half of the diseases could have a psychosomatic origin.

For this reason, addressing this disorder should be a priority and requires multidisciplinary action. The main discipline is Psychology, since it is the branch that can provide patients with the necessary psychological tools and techniques to solve their internal conflicts. This is why more and more psychologists seek to specialize with guarantees in this area, something that they will be able to do with this TECH program.

In fact, not only will they delve into the psychological pathway in Psychosomatic Disorders, but the program will make them master the relationships between the nervous, endocrine and immune systems and be able to develop joint protocols with other specialists. In addition, the online format of the program gives students the initiative to complete it wherever they wish, managing their time as they see fit within the proposed deadlines. To do so, you will only need a device with Internet connection, through which you will find all the contents from the very first moment in the Virtual Campus, including interactive outlines or video summaries.

This **Postgraduate Certificate in Clinical Psychosomatic Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Case studies presented by experts in Clinical Symptoms in Psychosomatic Disorders
- ♦ 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



*Stand out in an area that requires more and more specialized psychologists and launch your career"*



*Discover with TECH the most effective way to learn and develop your update with case studies, video summaries, interactive schemes and much more”*

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

The multimedia content, developed with the latest educational technology, will provide professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive training, designed for training oneself in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Develop joint protocols for approaching Psychosomatic Disorders based on the most recent scientific reality.*

*Unwrap yourself in demanding professional practice simulations with the Problem Based Learning method.*



# 02

# Objectives

The Postgraduate Certificate in Clinical Psychosomatic Disorders focuses its objectives on the preparation of psychologists in the clinical field of psychosomatic disorders with a view to an adequate psychological intervention. To this end, the program offers these professionals a comprehensive perspective that will provide greater accuracy in diagnosis, performing psychosomatic and psychological equivalents. In short, a complete program to make them excel in this field.





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*Gain a greater diagnostic accuracy  
by performing psychosomatic and  
psychological equivalents”*



## General Objectives

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- Explain the relation between psychic conflict and its psychosomatic expression
- Train as a specialist in to identify the aspects of the psyche that do not allow emotional expression by psychological means
- Recognize the natural stressors that affect the different systems that make up our organism
- Compare the behavior of bodily disorders with the basic patient conflicts
- Train as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- Explain the biochemical functioning of the affected system, as well as the antidotes for improvement





## Specific Objectives

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- Achieve greater diagnostic accuracy by performing psychosomatic and psychological equivalents
- Discernment training between the relationships of the nervous, endocrine and immune systems
- Identify technology that is effective in the improvement of psychosomatic disorders
- Develop joint protocols with other specialists



*The best psychology professionals in this area will guide you towards the achievement of your objectives”*

# 03

# Course Management

This Postgraduate Certificate ensures the professional success of its students thanks to a solid teaching team. This is composed of psychologists with extensive experience in the treatment of Psychosomatic Disorders. Therefore, the faculty is expert in the use of psychotherapies such as the Limited Time or the Gestalt Model to combat these diseases, having directed important scientific institutions. This will make the educational experience of the students of the program extremely beneficial, taking advantage of the Know-How of these professors.





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*Succeed with the help of expert teachers  
in Time Limited Psychotherapy or the  
Gestalt Model”*

## Management



### Dr. Aguado Romo, Roberto

- ◆ President of the European Institute of Time-Limited Psychotherapy
- ◆ Psychologist in private practice
- ◆ Researcher in Time Limited Psychotherapy
- ◆ Guidance team coordinator for many schools
- ◆ Author of several books on Psychology
- ◆ Communicator and expert in Psychology in the media
- ◆ University courses and studies teacher
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist

## Professors

### Dr. Fernández Sánchez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine

### Gandarias White, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been supervised by the team of psychologists that make up the teaching staff to guarantee excellence in the acquisition of the competences. In this way, the educational syllabus provides cutting-edge clinical knowledge for psychological intervention in Psychosomatic Disorders. Consequently, key elements for a high level of training will be analyzed in the program, such as the objectives of the intervention under indicators of Time-Limited Psychotherapy, the active interview, the conscious emotional bonding self-recording, or ailments such as hypertension or angina pectoris.



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*he largest library of digital resources in this field will complement your knowledge during the Postgraduate Certificate”*

## Module 1. Clinical Psychosomatic Disorders

- 1.1. Approach to Psychosomatic Disorders
  - 1.1.1. Managing Bonding in Psychosomatic Patients
- 1.2. Intervention Objectives Set by Time-Limited Psychotherapy
- 1.3. Assessing Psychosomatic Disorders
  - 1.3.1. Active Interview
  - 1.3.2. The Hypnotic State Assessment Questionnaire (HSAQ)
- 1.4. Self-Recording Conscious Emotional Bonding
- 1.5. KAV-103 questionnaire
- 1.6. Logotype Test
- 1.7. Rorschach Test
- 1.8. Max Lüscher Color Test
- 1.9. Cardiovascular
  - 1.9.1. Hypertension and Arterial Hypotension
  - 1.9.2. Personality Profiles Common to Cardiovascular Disorders
  - 1.9.3. Ischemic Heart Disease
    - 1.9.3.1. Angina Pectoris
    - 1.9.3.2. Acute Myocardial Infarction
    - 1.9.3.3. Cardiac Arrhythmias
- 1.10. Respiratory Function
  - 1.10.1. Bronchial Asthma.
  - 1.10.2. Tobacco Use
- 1.11. Digestive Tract
  - 1.11.1. Vomiting
  - 1.11.2. Gastroduodenal Ulcer
  - 1.11.3. Diarrhea
  - 1.11.4. Spasmodic Colitis (Irritable Colon)
  - 1.11.5. Ulcerative Colitis and Crohn's Disease
  - 1.11.6. Liver and Bladder Pathology





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*The practical methodology of Relearning will ensure that you are always aware of the concepts you have learned”*

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

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

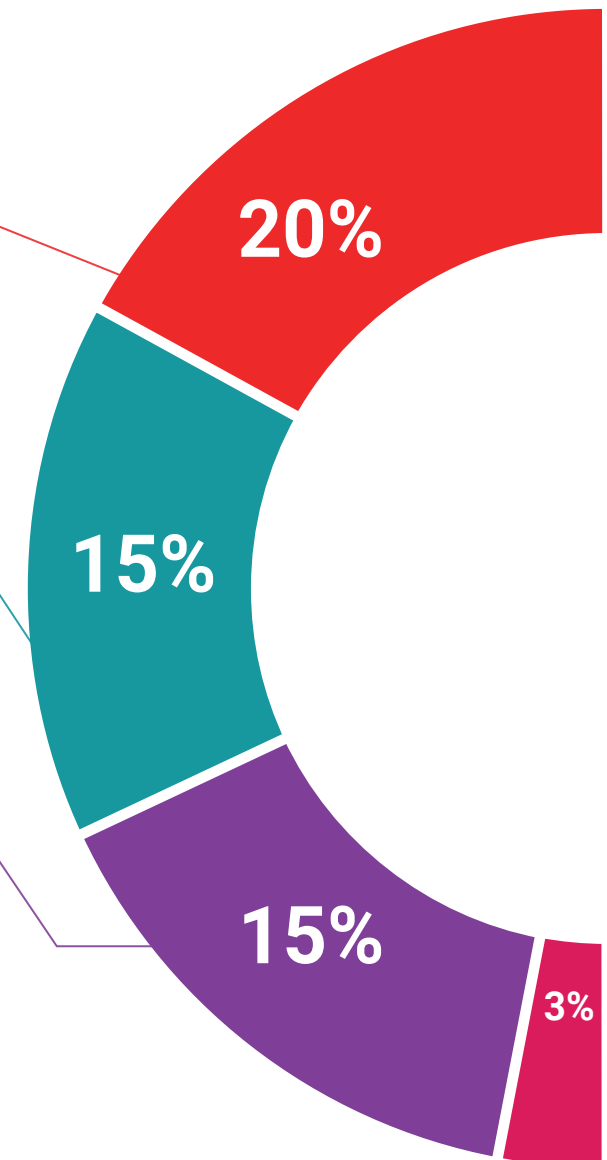
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

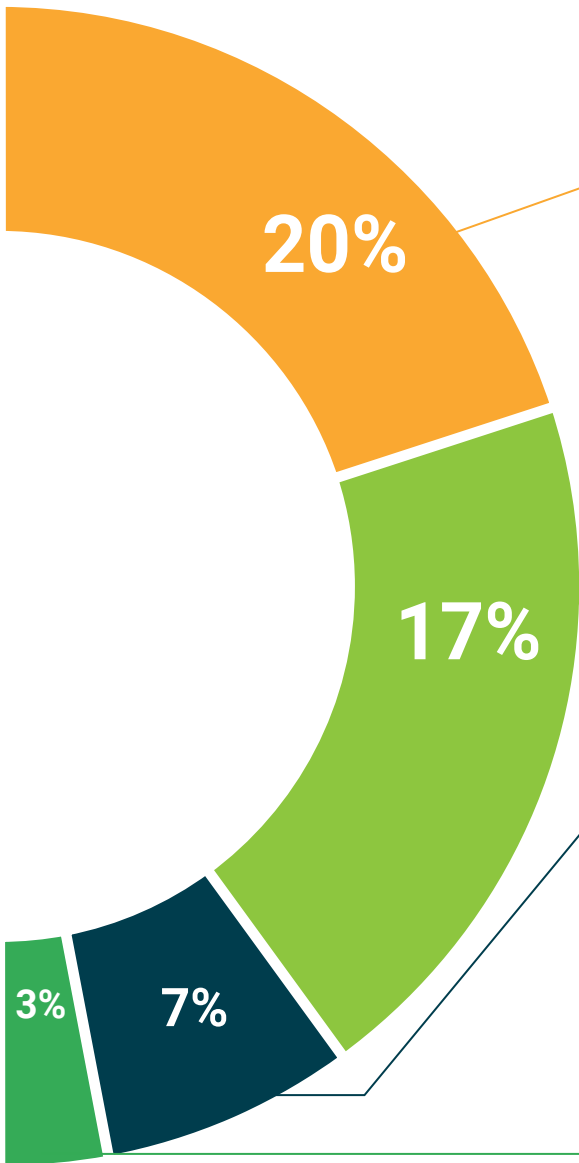
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.



06

# Certificate

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



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it, also tilted. The caps are black with a maroon top. The background is split into a white diagonal section and a maroon section.

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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 Clinical Psychosomatic Disorders** 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 Clinical Psychosomatic Disorders**

Official N° of Hours: **250 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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