

# Postgraduate Certificate

Cognitive-Behavioral Model  
Applied to the Intervention  
of Health Psychology



## Postgraduate Certificate Cognitive-Behavioral Model Applied to the Intervention of Health Psychology

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

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

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# 01

# Introduction

In recent years, different scientific studies have assessed the effectiveness of the Cognitive-Behavioral model in the care of patients suffering from some serious illnesses such as cancer, patients who have suffered the death of a loved one or who have diabetes. A powerful emotional burden, which for many is difficult to manage and requires the application of techniques by psychology professionals. In this 100% online program, the students will learn about the latest developments in the psychological intervention of this type of patients through innovative multimedia content provided by a specialized teaching team.







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*With this university education you will recycle your knowledge in the application of the Cognitive-Behavioral model with the most updated and innovative syllabus”*

Cognitive-behavioral therapy has proven tremendously useful in addressing a large number of disorders and diseases where the patient suffers a significant emotional burden. Its shorter sessions and its structuring continue to be strong points on which more and more innovations are being incorporated every day. This Postgraduate Certificate provides the psychology professional, throughout the 6 weeks of duration, an updated knowledge about the application of this method in patients with cardiovascular problems, cancer, chronic diseases or traumas.

A program with an innovative multimedia content that will allow you to be aware of the most recent lines of research that address the promotion of health in cardiovascular diseases, psychological intervention in coping with serious diseases not only in the patient, but also with the family, as well as the factors to be taken into account in people who suffer trauma. The program will also include a specific section on how to deal with death, the different stages, including bereavement and family support. All this with simulations of real clinical cases that will bring the students even closer to situations that they will be able to experience in their practice.

A 100% online university program that TECH provides to psychology professionals who want a high-level education with quality and flexibility. In this way, students will only need an electronic device (laptop, tablet or mobile) with Internet access to recycle their knowledge. A modality according to the present time with the facility of accessing the complete syllabus 24 hours a day, without sessions with fixed schedules and with a Relearning learning system, which reduces the long hours of study more frequent in other teaching methods.

This **Postgraduate Certificate in Cognitive-Behavioral Model Applied to the Intervention of Health Psychology** contains the most complete and up-to-date program on the market.

The most important features include:

- ♦ 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 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 program with a multimedia library that you can access to view or download"*

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*A program that invites you to learn about the latest developments in psychological intervention in cancer patients”*

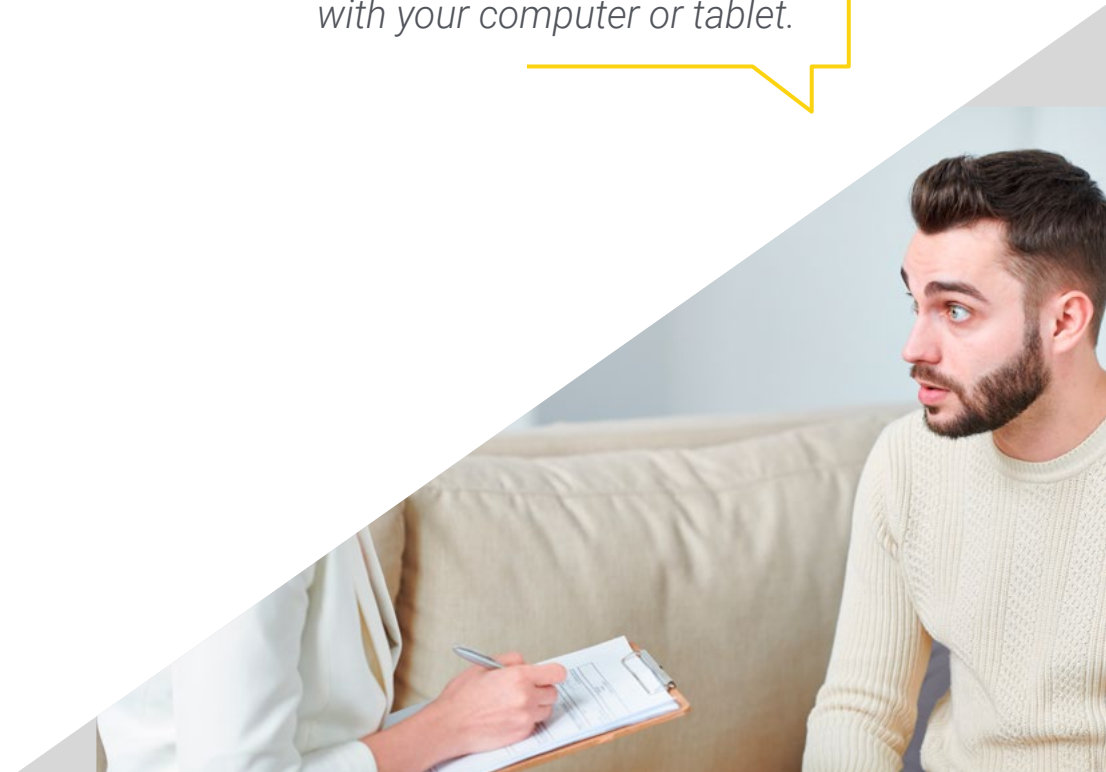
The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Are you interested in updating your knowledge in the Cognitive-Behavioral Model? With TECH you can do it in 6 weeks.*

*A university program with a syllabus available 24 hours a day and that you can access with your computer or tablet.*



# 02

## Objectives

During 6 weeks, the psychology professional will enter into an intensive course where they will be able to recycle their knowledge about the Cognitive-Behavioral model applied in the intervention of Health Psychology. A goal that they will achieve thanks to an updated syllabus where they will contextualize the emergence of Health Psychology and they will delve into the birth of this model and its application in patients with serious illnesses or who are going through personal circumstances that involve a great emotional burden.







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*An academic program where you will update your knowledge thanks to the clinical cases presented by a specialized team"*



## General Objectives

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- Acquire complete and comprehensive education in Clinical and Health Psychology
- Provide the students with the conceptual and theoretical knowledge of Clinical and Health Psychology
- Differentiate illness from health
- Know the psychological models in clinical and health Psychology
- Conduct psychological evaluations
- Design prevention protocols for health psychology and health promotion
- Know the aspects that affect clinical practice
- Manage the knowledge, skills, techniques, resources, and strategies needed to perform clinical practice
- Understand professional guidelines for good practice within the psychology profession





## Specific Objectives

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- ◆ Know and contextualize the emergence of health psychology
- ◆ Understand the importance of the birth of other theories and explanatory models
- ◆ Analyze the application of this model in specific disorders and diseases

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*A university program that allows you to delve into psychological intervention in cancer patients”*



# 03

## Course Management

TECH is continually committed to academic excellence. For this reason, each of its programs has teaching teams of the highest reputation. These experts have extensive experience in their professional fields and, at the same time, have achieved significant results with their empirical research and fieldwork. In addition, these specialists play a leading role within the university qualification, as they are in charge of selecting the most up-to-date and innovative content to be included in the syllabus. In addition, they participate in the elaboration of numerous multimedia resources of high pedagogical rigor.





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*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”*



## International Guest Director

Dr. Bunmi Olatunji has a long career in research in the area of Psychology, and his main area of study focuses on Cognitive Behavioral Theory and Anxiety Disorder Therapy. In his position as Director of Clinical Training in the Department of Psychological Sciences, at Vanderbilt University, he has examined the role of basic emotions, with one of his main lines of study being the relationship between the experience of disgust and the specific symptoms of anxiety disorder.

Throughout his professional career, he has published more than 160 articles in scientific journals and book chapters specialized in Psychology. In addition, he has participated in more than 100 conferences on this subject. In fact, his relevant contributions have positioned him as a reference in this area of study. For this reason, he has received several awards, such as the Distinguished Scientist Award from the American Psychological Association.

In addition, Dr. Bunmi Olatunji has delved into the analysis of anxiety and behavioral changes. In particular, he has conducted a study in which he has observed the psychological predictors of anxiety and fear of contagion during the Swine Flu pandemic. Moreover, he has conducted research on obsessive-compulsive disorders and post-traumatic stress disorders in war veterans.

As a leading specialist in this field of study, he is on the editorial board of several journals, such as the International Journal of Cognitive Therapy and the Journal of Obsessive-Compulsive and Related Disorders. In this way, his commitment to excellence has been key in his career, disseminating his findings. In particular, his abilities to contribute to advances in clinical care and treatment of psychological conditions affecting individuals stand out.



## Dr. Olatunji, Bunmi

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- ♦ Director of Clinical Training at Vanderbilt University, Nashville, United States
- ♦ Clinical Therapist
- ♦ Researcher specialized in Clinical Psychology
- ♦ Associate Editor of the Journal of Consulting and Clinical Psychology
- ♦ Ph.D. in Clinical Psychology from the University of Arkansas
- ♦ Graduate in Psychology from the University of Wisconsin-Stevens Point

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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 content of this Postgraduate Certificate consists of one module, where the psychology professional will delve into the psychological intervention of diseases such as cancer, cardiovascular diseases, trauma or bereavement support. Additionally, it will address the placebo effect and recent research that delves into this aspect and the psychological factors that contribute to asthma. Video summaries, specialized readings or interactive diagrams are just some of the multimedia resources that make up the syllabus provided by TECH in its programs.





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*An excellent opportunity to renew your knowledge on the Cognitive-Behavioral model in a much more agile way thanks to TECH's system"*



## Module 1. Cognitive-Behavioral Model Applied to the Intervention of Health Psychology

- 1.1. Psychological Intervention in Cardiovascular Diseases
  - 1.1.1. Introduction to Cardiovascular Diseases
  - 1.1.2. Risk Factors
  - 1.1.3. Health Promotion in Cardiovascular Diseases
- 1.2. Types of Personality
  - 1.2.1. Types of Personality and their Relation to Health
  - 1.2.2. How to Modify Them
  - 1.2.3. Studies of Interest
- 1.3. Psychological Intervention in Cancer Patients
  - 1.3.1. Cancer and its Types
  - 1.3.2. Coping With the Disease
  - 1.3.3. Psychological Intervention for Patients and Their Family
- 1.4. Chronic Diseases
  - 1.4.1. Features of Chronic Diseases
  - 1.4.2. Most Common Diseases
  - 1.4.3. Profile and Treatment
- 1.5. Trauma: Factors to Consider
  - 1.5.1. Emergence of the Concept of Trauma
  - 1.5.2. Influence of Trauma
- 1.6. Confronting Death
  - 1.6.1. Vision of Death
  - 1.6.2. Coping Strategies
  - 1.6.3. Closure and Saying Goodbye
- 1.7. Grief
  - 1.7.1. Grief and Its Phases
  - 1.7.2. Family Accompaniment





- 1.8. Psychological Intervention in Bronchial Asthma
  - 1.8.1. Characteristics of the Disorder
  - 1.8.2. Psychological Factors in Asthma (Cognitive, Emotional and Behavioral)
  - 1.8.3. Treatment of the Psychological Factors That Contribute to Asthma
- 1.9. Diabetes and Psychological Evaluation
  - 1.9.1. Characteristics of the Disorder and Types
  - 1.9.2. Associated Psychosocial Factors
  - 1.9.3. Psychological Intervention in Diabetes
- 1.10. The Placebo Effect
  - 1.10.1. Conceptualization and History
  - 1.10.2. Modulating Variables
  - 1.10.3. Psychology and the Placebo Effect (Explicative Mechanisms)

“*Learn more about the psychosocial factors associated with diabetes through this online Postgraduate Certificate*”



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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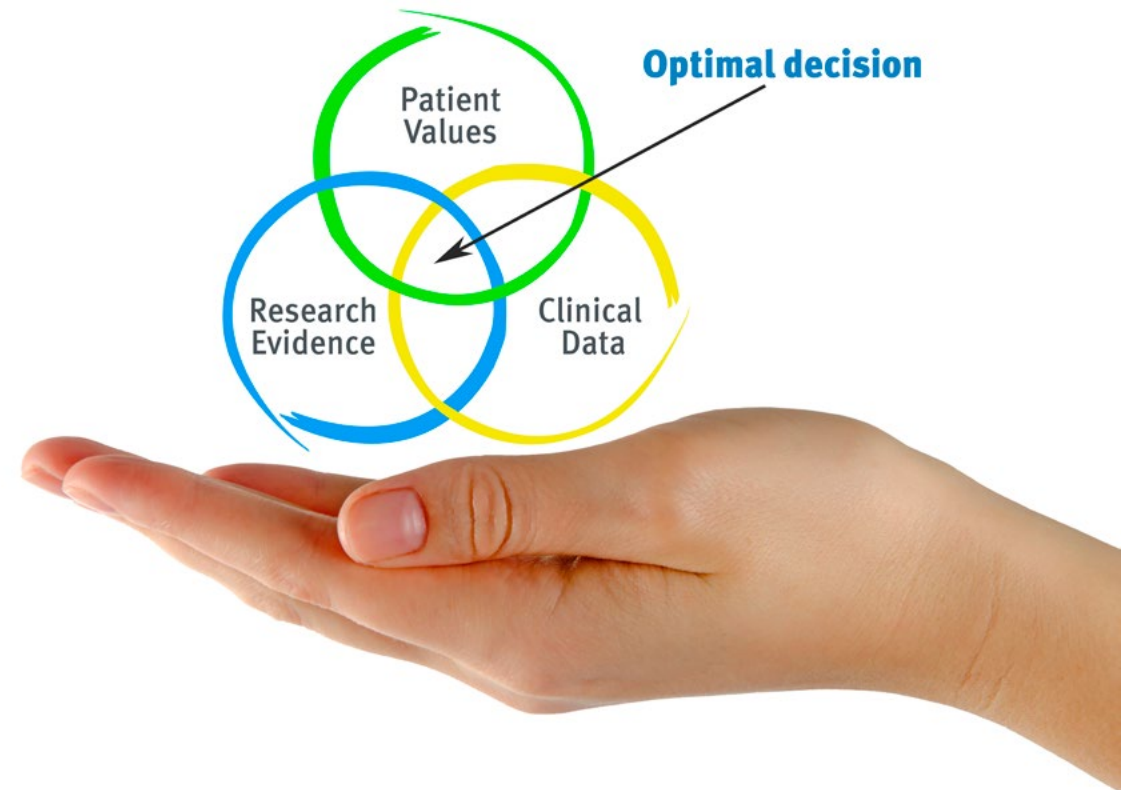
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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.



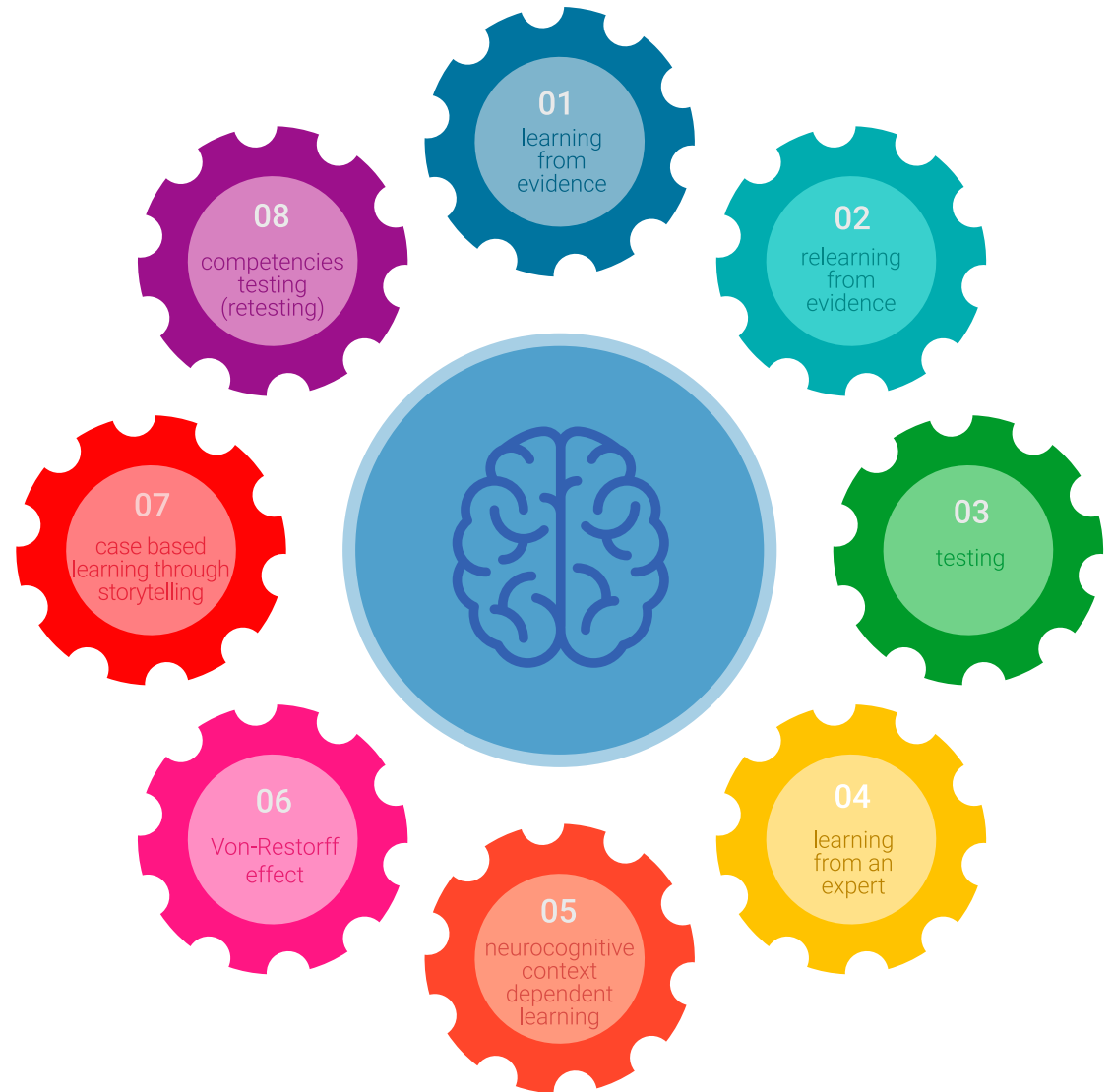


## Relearning Methodology

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

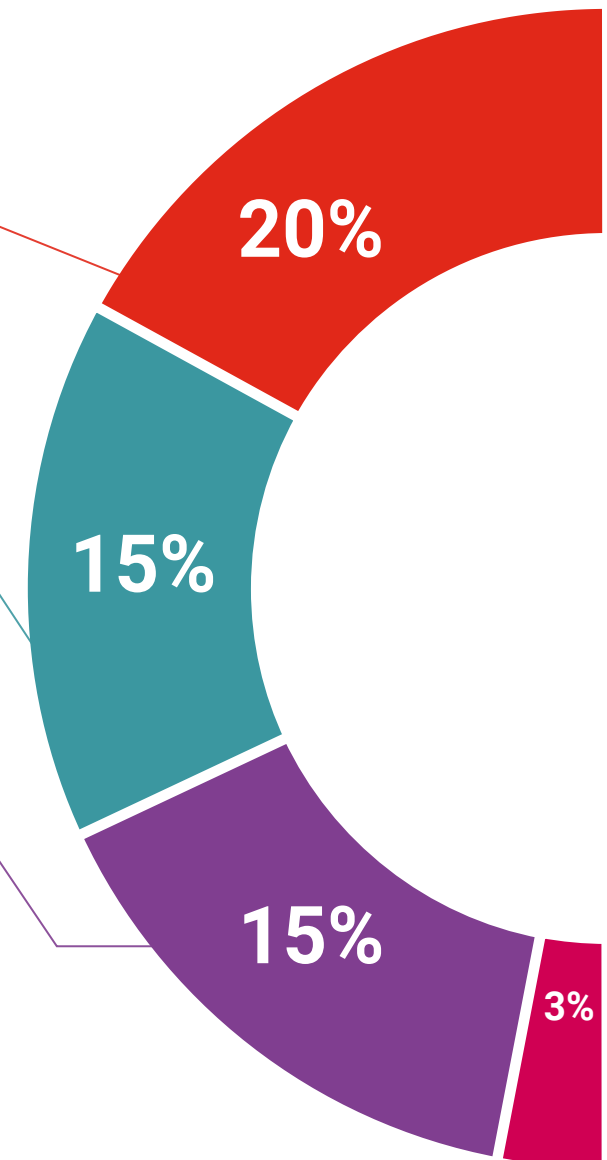
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

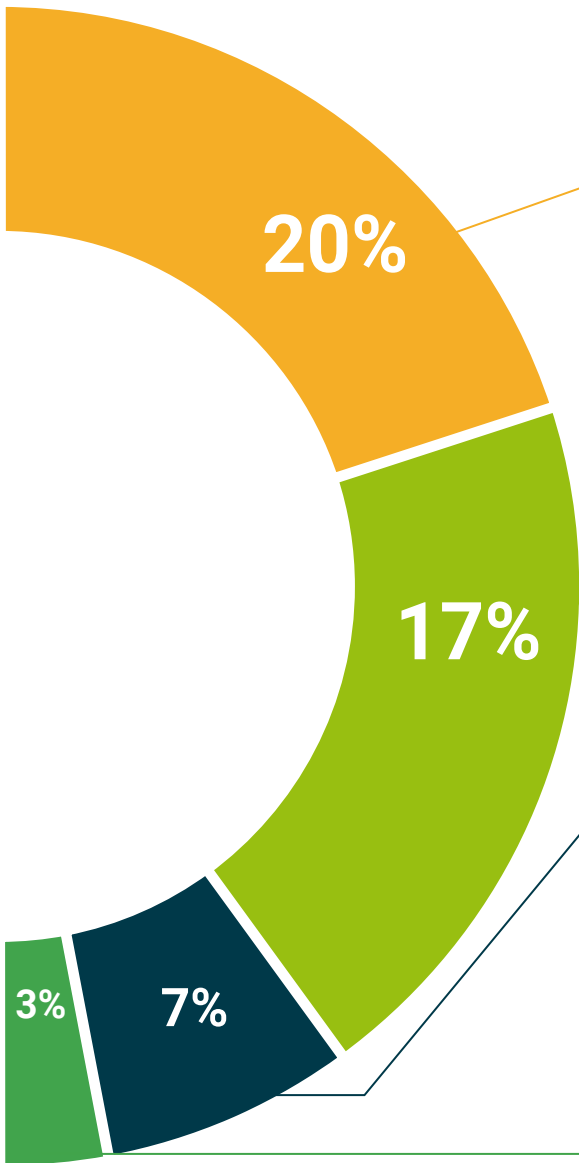
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Cognitive-Behavioral Model Applied to the Intervention of Health 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 Cognitive-Behavioral Model Applied to the Intervention of Health 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 Cognitive-Behavioral Model Applied to the Intervention of Health Psychology**

Modality: **online**

Duration: **6 weeks**





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virtual classroom



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