

# Postgraduate Certificate

Cognitive-Behavioral  
Psychology Applied  
in Health Psychology  
Intervention





## Postgraduate Certificate

### Cognitive-Behavioral Psychology Applied in Health Psychology Intervention

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

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

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# 01

# Introduction

Prevention is undoubtedly one of the best tools a person has to maintain their physical and mental state in an optimal way. However, the person's own abilities to cope with stress, to modify harmful behavioral habits and to acquire new healthy lifestyles will serve to improve or maintain their mental health. This 100% online program delves into the Cognitive-Behavioral model through a comprehensive syllabus made up of quality multimedia content, taught by a faculty with extensive experience and high qualifications in this field.







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*A university qualification that will allow you to delve into social skills training programs”*

The promotion and prevention of health have become of vital importance in some health areas, in a world where it is increasingly common to find people suffering from some mental disorder that affects their daily lives. A Postgraduate Certificate, aimed at psychology professionals, which will delve into the Cognitive-Behavioral Psychology Applied in Health Psychology Intervention.

A university teaching, which will serve the professional to update their knowledge, first refreshing the emergence of Health Psychology, and then going into more detail on community psychology, its usefulness and impact, the main driving authors of emotion-based therapy and other theories such as the Humanistic ones. Also, through simulations of practical cases and with multimedia content, it will delve into the therapy of Carl Rogers, Acceptance and Commitment, and Behavioral Dialectics.

In addition, this Postgraduate Certificate, taught exclusively online, includes masterclasses prepared by a guest professor of recognized prestige, whose knowledge in the field of Cognitive-Behavioral Psychology will facilitate the acquisition of a renewed learning with a solid scientific basis.

This program is an excellent opportunity for the psychology professional to update their knowledge comfortably, whenever and wherever they wish. To do so, all you will need is an electronic device (cell phone, tablet and computer) to connect to the virtual platform, where you can access the syllabus of this Postgraduate Certificate from the first day. In this way, students will be able to distribute the teaching load according to their needs. Likewise, the Relearning system, which TECH applies in all its qualifications, allows students to progress through the 180 teaching hours that make up this qualification, in a more natural way and reducing the long hours of study, which are more frequent in other learning methodologies.

This **Postgraduate Certificate in Cognitive-Behavioral Psychology Applied in Health Psychology Intervention** 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 self-assessment can be used 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



*During 180 hours you will have the most innovative multimedia syllabus, so that you can reach the up-to-date knowledge you are looking for"*

“

*A flexible program, with a syllabus that you can access at any time from your laptop"*

*A university teaching where you will find the update you were looking for in Health Psychology Intervention.*

*Delve into emotion-based therapy and the authors who promoted it.*

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.

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 immersive education programmed to learn in real situations.

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



# 02

# Objectives

Throughout the 6 weeks of this Postgraduate Certificate, the psychology professional will delve into the birth of Health Psychology, as well as its transcendence, allowing students to renew their knowledge in this field, as well as to make a comparison with other models. A theoretical-practical approach given by a syllabus prepared by a teaching team specialized in the Cognitive-Behavioral model.





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*A 100% online program aimed at professionals seeking quality education compatible with work responsibilities”*



## General Objectives

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- ♦ Provide students with academic and technical knowledge in their professional work from the cognitive-behavioral approach
- ♦ Update knowledge in the design of Psychological Assessment from the Cognitive-Behavioral approach
- ♦ Update the knowledge and tools of Psychological Intervention for a good design of the therapeutic process
- ♦ Introduce the student to the therapeutic relationship tools that favor the establishment of a good therapeutic relationship
- ♦ Promote the knowledge and management of technical tools to know how to contain the patients emotional state
- ♦ Encourage the psychology professional to maintain a continuous training and development of their scientific knowledge
- ♦ Master the code of ethics in order to perform their work within professional ethics





## 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
- ♦ Know and analyze the relationship between both approaches



*A university education  
that will allow you to  
renew your knowledge  
about Health Psychology"*

# 03

# Course Management

The psychology professional who attends this university program will have at their disposal a management and teaching team with experience in the application of the Cognitive-Behavioral model in the approach and management of patients with different disorders. This experience allows them to transmit their extensive knowledge in a Postgraduate Certificate, which seeks that students reach an update of knowledge in an agile, practical way and with the most recent syllabus in this area. Likewise, students have at their disposal the teaching staff to solve any doubts that may arise regarding the content of this qualification.





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*You will obtain the most advanced knowledge from the hand of a guest professor of international prestige who intervenes in this qualification through masterclasses"*



## International Guest Director

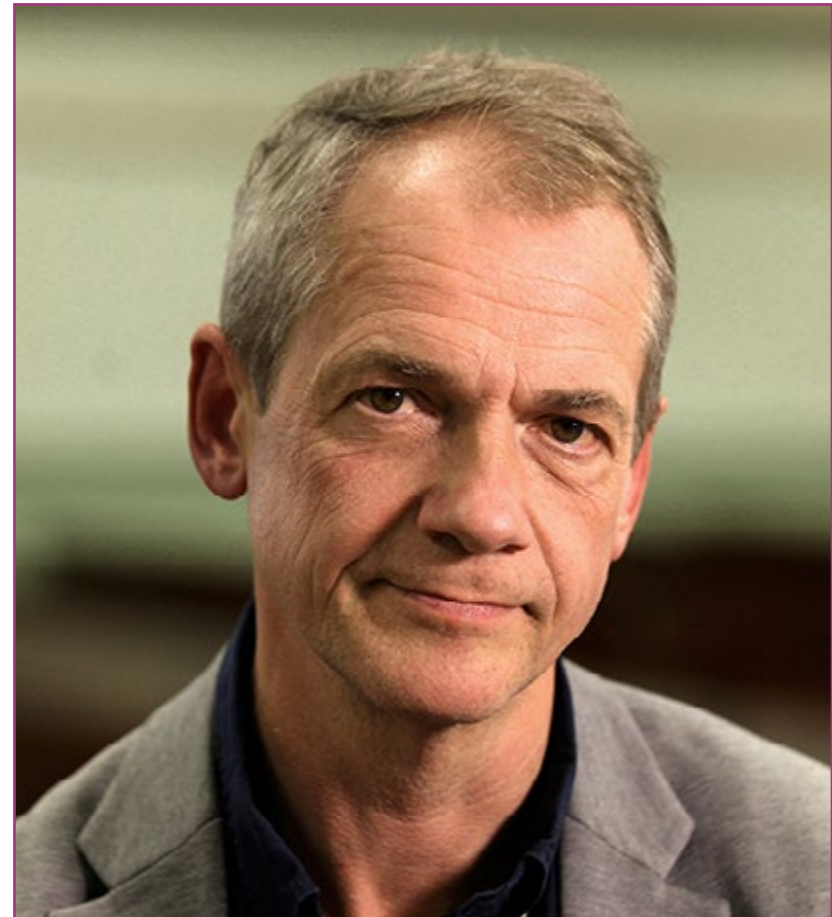
Stefan G. Hofmann, Ph.D. is a world renowned expert in the area of **Cognitive Behavioral Therapy** and **Anxiety Disorders**. For more than 20 years he has been researching the **nature of emotional disorders** and the processes through which **psychological treatments alleviate symptoms**.

His extensive career has established him as a member of the Alexander von Humboldt Chair of Translational Clinical Psychology and the Department of Clinical Psychology at the Philipps University of Marburg in Germany and he is currently a Professor in the Department of Neurology and Psychology at Boston University, where he directs the Psychotherapy and Emotion Research Laboratory at the Center for Anxiety and Related Disorders.

He has served as president of numerous professional organizations and is editor-in-chief of Cognitive Therapy and Research. In addition, he has been included in the **Highly Cited Researchers** list and has received the **Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy** and the **Humboldt Research Award**.

He has also become a world reference as a **consultant in the development process of the DSM-5**, a manual created to help health professionals in the diagnosis of mental disorders and in the elaboration of a perfectly documented treatment plan for each individual.

In the research field, Stefan G. Hofmann, PhD, has **published more than 400 journal articles** and **20 books** on anxiety disorders, depression, emotions, the mechanism of treatment change, the translation of neuroscience findings into clinical applications, emotion regulation and cultural expressions of psychopathology.



## D. G. Hofmann, Stefan

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- Editor-in-chief of the journal Cognitive Therapy and Research
- Advisor in the creation of the DSM-5
- Professor in the Department of Psychological and Brain Sciences at Boston University
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Chair in Clinical Translational Psychology
- Member of: DSM-5 Sub-Working Group on Anxiety Disorder, DSM-5-TR Cross-Cultural Review Group

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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 syllabus of this Postgraduate Certificate has been developed by a specialized faculty that has been able to bring all their knowledge and experience to this 6-week course. Through video summaries, clinical cases, interactive diagrams or specialized readings, the psychology professional will acquire an up-to-date knowledge of the principles and foundations of the different theories and therapies applied in Health Psychology. In addition, students will be provided with complementary teaching material that will help them to extend the syllabus of this online qualification.





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*The Relearning system of this teaching will allow you to delve in a more natural way into Emotion-Based Therapy, Acceptance and Commitment or Behavioral Dialectics"*



## Module 1. Cognitive-Behavioral Model Applied in Health Psychology Intervention

- 1.1. Introduction to the Biopsychosocial Model of Health
  - 1.1.1. Importance for an Integrative Model
  - 1.1.2. Birth of the Biopsychosocial Model
- 1.2. Emergence of Health Psychology
  - 1.2.1. History and Birth of Health Psychology
  - 1.2.2. Theoretical Basis
- 1.3. The Emergence of Community Psychology
  - 1.3.1. Origins of Community Psychology
  - 1.3.2. Impact and Use
- 1.4. Emotion-Based Therapy
  - 1.4.1. What Is Emotion-Based Therapy?
  - 1.4.2. Main Authors
  - 1.4.3. Clinical Use
- 1.5. Humanist Theories
  - 1.5.1. Birth of Humanist Theories
  - 1.5.2. Theoretical Approach and Main Authors
  - 1.5.3. Application
- 1.6. Carl Rogers' Therapy
  - 1.6.1. Who Is Carl Rogers?
  - 1.6.2. Theoretical Basis
  - 1.6.3. Therapeutic Application
- 1.7. Social Skills Training
  - 1.7.1. Social Skills Training Programs
  - 1.7.2. Social Skills in Pathological Disorders
  - 1.7.3. Usefulness and Effectiveness







- 1.8. Acceptance and Commitment Therapy
  - 1.8.1. Basis and Foundations
  - 1.8.2. Structure and Procedures
  - 1.8.3. Application and Effectiveness
- 1.9. Dialectical Behavioral Therapy
  - 1.9.1. Basis and Foundations
  - 1.9.2. Structure and Procedures
  - 1.9.3. Application and Effectiveness
- 1.10. Family Therapy, Principles and Techniques
  - 1.10.1. Basis and Foundations
  - 1.10.2. Structure and Procedures
  - 1.10.3. Application and Effectiveness

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*Update your knowledge about the effectiveness of family therapy in the Cognitive-Behavioral model"*

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 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

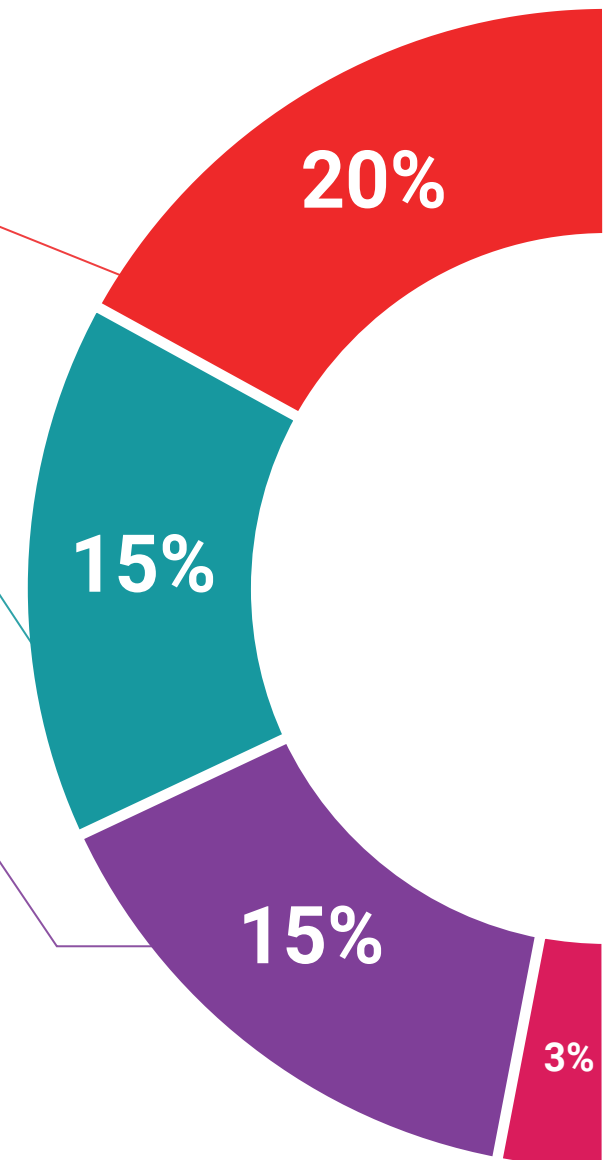
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

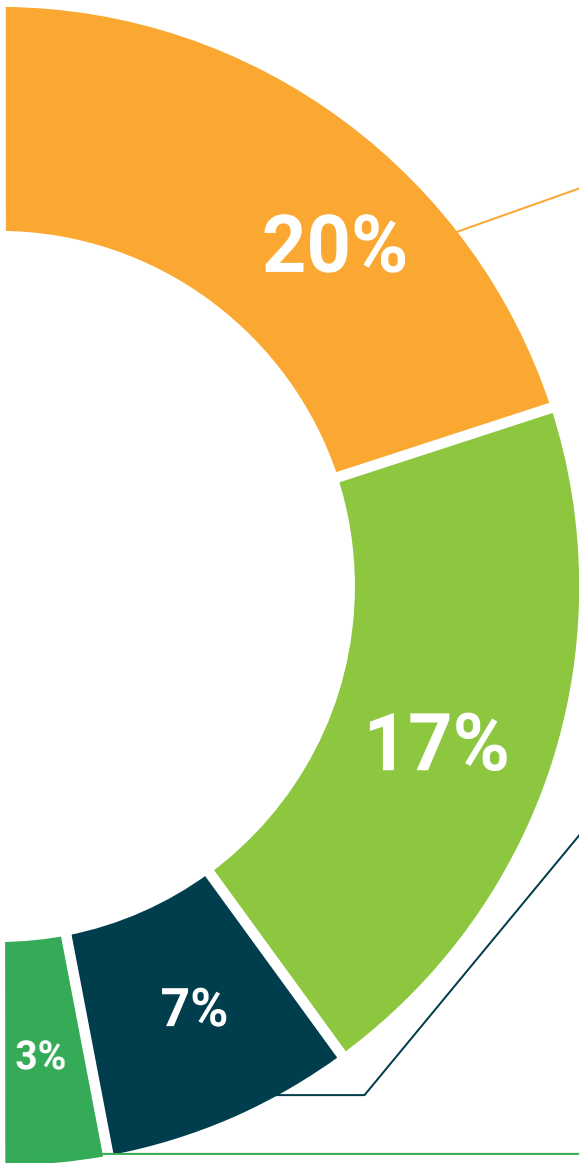
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





# 06

# Certificate

The Postgraduate Certificate in Cognitive-Behavioral Psychology Applied in Health Psychology Intervention guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global 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. The background is split into a white diagonal section and a magenta section. The quote is positioned in the white section.

“

*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 Psychology Applied in Health Psychology Intervention** 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 Psychology Applied in Health Psychology Intervention**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



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