

# Postgraduate Certificate

## Cognitive Behavioral Treatment of Psychosomatic Clinic





## Postgraduate Certificate Cognitive Behavioral Treatment of Psychosomatic Clinic

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/cognitive-behavioral-treatment-psychosomatic-clinic](http://www.techtute.com/us/psychology/postgraduate-certificate/cognitive-behavioral-treatment-psychosomatic-clinic)

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# 01

# Introduction

The suffering of people with Psychosomatic Disorders is prolonged when they try different solutions and none of them seem to put an end to their physical ailments. In this sense, and given the complicated nature of these diseases, medical treatments can be ineffective, so multidisciplinary action is required. Consequently, Psychological Intervention is essential and this TECH program provides a high level of training for conditions of this nature through the Cognitive-Behavioral Model. With this program, psychologists will modify the dysfunctional behaviors and distorted thoughts that end up causing the symptoms of psychosomatic patients. In fact, they will be able to combine this specialization with their professional activity thanks to its online format.





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*With this Postgraduate Certificate you will become the solution that psychosomatic patients are longing for”*

Express psychological discomfort through the body has always been commonplace, but nowadays it is even more common. Therefore, it is not surprising that an increasing number of people are turning to psychologists after finding that their ailments arise from their minds, since their family doctors are unable to mitigate them. This is a challenge that psychology must face by means of effective psychotherapies that confront patients with their internal conflicts.

In this sense, the Cognitive-Behavioral Model is presented as one of the best to tackle these psychological problems at their root. By combining Learning Theory with elements of Information Processing, this therapy teaches patients to recognize their negative thought patterns in order to reevaluate them. This means that there is an increasing need for psychologists specialized in the application of this psychotherapy in psychosomatic illnesses. This Postgraduate Certificate offers this opportunity, emphasizing Psychoeducation and tools that achieve a cognitive restructuring of the subject.

In this way, TECH provides an answer to a problem that is in Crescendo, betting on a format that offers all the convenience that psychology professionals can imagine in an educational experience. Its 100% digital format gives them the opportunity to take the program from anywhere. In this line, with just a device with Internet connection, a world of possibilities will open up to you thanks to an extensive Virtual Campus. Here you will find all the resources you need for a high level of preparation, without access restrictions and with an extensive library on this area to complement your knowledge after the lessons.

This **Postgraduate Certificate in Cognitive Behavioral Treatment of Psychosomatic Clinic** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Cognitive-Behavioral The Model into the psychosomatic clinic
- ♦ 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



*The change is here and now;  
bet on TECH and launch your  
professional career”*

“

*Master the Cognitive-Behavioral Model in psychosomatic disorders to eliminate the conflict that causes the ailments of your patients”*

*Obtain a high level of training from wherever you want by managing your learning deadlines.*

*The largest digital library of resources in the field awaits you on the Virtual Campus.*

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 the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

The design of this Postgraduate Certificate program focuses on the successful application of cognitive-behavioral treatment in patients with psychosomatic disorders. This program will provide them with the most up-to-date knowledge so that, upon completion, they will have the necessary qualifications to face the current challenges of an ever-changing society. Always, in addition, guaranteeing an increase in their employability, one of TECH's hallmarks.







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*Successfully achieve the objectives of the program thanks to a methodology that combines up-to-date theoretical knowledge with practical cases based on real situations”*



## 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 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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- ◆ Develop active listening skills, obtaining non-verbal information from patients
- ◆ Learn different relaxation techniques as a measure against stress



*Change the lives of thousands of people by applying cognitive behavioral treatment to one of the most common disorders in modern society”*

# 03

# Course Management

A teaching team composed of renowned psychologists will watch over your learning and provide you with their valuable *Know-How*. TECH has chosen the best to ensure that students' experience throughout the program is of maximum benefit. In this sense, the teaching staff has a wide professional background in the management of prestigious Psychology institutions and in the treatment of Psychosomatic Disorders through various psychotherapies. Some of them are the Cognitive-Behavioral Model, Time-Limited or Gestalt Psychotherapy.





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*A teaching team with experience in the treatment of psychosomatic patients through advanced psychotherapies will provide you with their valuable know-how in the Cognitive-Behavioral Model”*

## International Guest Director

Dr. Joseph Zamaria is a psychologist, accredited by the American Board of Professional Psychology, specializing in the care of adults suffering from chronic mental conditions, such as Depression, Bipolar Disorder, Anxiety and Personality disorders. In addition, he has worked with patients coping with trauma and adjusting to major life transitions, such as personal and professional identity changes.

In both his clinical practice and his research, Dr. Joseph Zamaria focuses on Integrative Psychotherapy, which combines different therapeutic methods, such as Psychodynamic, the Cognitive-Behavioral model and modern Mindfulness practices. With these methods, he manages to adapt the procedures to each case in order to better assist his different patients. In particular, he is particularly interested in using these approaches to treat people of color and members of the LGTBI community.

Moreover, in the educational field, he is the Director of Psychotherapy for the Psychiatry Residency Training Program at the University of California, San Francisco. In this field, he provides educational leadership and has developed a curriculum for advanced education in this discipline. He is also an academic collaborator with the Berkeley Center for Psychedelic Science. He is a member of the Association of Black Psychologists and a founding member of the American Association for Arab, Middle Eastern and North African Psychology.

He is also a member of the American Psychological Association and in 2020 received the Early Career Achievement Award. This has been one of the most prestigious awards he has received for his tireless work in this field. In addition, he has several scientific publications and has worked as a researcher in different medical trials. One of his latest studies investigates the harm reduction of non-clinical use of psychedelics through telephone assistance.



## Dr. Zamaria, Joseph

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- ♦ Director of Psychotherapy at the University of California, San Francisco, United States
- ♦ Psychotherapist
- ♦ Professor of Psychotherapy at the University of Berkeley, United States
- ♦ Doctorate in Clinical Psychology from the California School of Professional Psychology
- ♦ Graduate in Psychology and Philosophy from Rutgers University
- ♦ Member of: American Psychological Association and National Registry of Health Services Psychologists

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Thanks to TECH, you will be able to learn with the best professionals in the world”

## 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. Gandarias, 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)

### Dr. Espinoza, Oscar

- ♦ Pediatrician in IMSalud
- ♦ Director of the Psychopharmacology Unit of the CEP
- ♦ Medical specialist in Psychiatry and Pediatrics
- ♦ Head of the public health service in the southern district of Madrid
- ♦ Master's Degree in Psychological Intervention in Disorders that Impair Learning and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

### 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

### Dr. Fernandez, Inmaculada

- ♦ Specialist in Neuropsychology, and Cognitive Therapy
- ♦ President of the Andalusian Society of Neuropsychology
- ♦ Director of the Unit of Sexological Studies (UESX)
- ♦ Director of the Neuropsychological Evaluation and Rehabilitation Center (CERNEP) of the University of Almeria
- ♦ Professor of the Department of Neuropsychology, University of Almeria.
- ♦ Professor of Psychology of Sexuality in the Official Master's Degree in Sexology at the University of Almeria
- ♦ Doctor in Psychology from the University of Almeria
- ♦ Psychologist specialized in Clinical Psychology
- ♦ Expert in Cognitive Therapy based on Mindfulness
- ♦ Expert in Time Limited Psychotherapy
- ♦ Expert in Clinical Neuropsychology
- ♦ Member of: SANP, SEIS y FANPSE

# 04

## Structure and Content

The syllabus of this program includes all the keys for cognitive-behavioral intervention in psychosomatic patients, providing an integral perspective of this psychotherapy and emphasizing Psychoeducation. In this way, students will benefit from an individualized educational itinerary with Relearning as a methodological base. With this practical methodology, students will obtain a more natural learning experience through the reiteration of ideas, which ensures the assimilation of concepts.



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*A syllabus that offers a comprehensive perspective of the Cognitive-Behavioral Model and its key concepts, which you will always carry with you in your career thanks to Relearning”*

**Module 1. Psychological Intervention in Psychosomatic Disorders Using the Cognitive-Behavioral Model**

- 1.1. Cognitive-Behavioral Intervention in Psychosomatic Disorders
  - 1.1.1. What They Think, Do, and Feel
  - 1.1.2. Does Not Focus on the Present
  - 1.1.3. The Patients Hyperactive Role
- 1.2. Psychoeducation
  - 1.2.1. Inform
  - 1.2.2. Possess Knowledge
  - 1.2.3. Incorporate
- 1.3. Relaxation when Stressed
  - 1.3.1. Relaxation in Behavior Therapy
  - 1.3.2. Jacobson's Progressive Relaxation (1901)
  - 1.3.3. Schultz's Autogenous Relaxation (1901)
  - 1.3.4. Creative Relaxation by Dr. Eugenio Herrero (1950)
  - 1.3.5. Chromatic Relaxation by Aguado (1990)
- 1.4. Desensitization in Psychosomatic Disorders
- 1.5. Exposure with Response Prevention
- 1.6. Stress Inoculation
- 1.7. Overcorrection
  - 1.7.1. Undo and Redo
  - 1.7.2. Repeat and Repeat
- 1.8. Time Off
- 1.9. Social Skills Training
- 1.10. Problem Solving
  - 1.10.1. Establish the Latent Content of the Problem: What Is Happening?
  - 1.10.2. Analyze the Nature of the Problem and the Cause
  - 1.10.3. Conflict Resolution
    - 1.10.3.1. Negotiation
    - 1.10.3.2. Mediation





- 1.11. Cognitive restructuring
  - 1.11.1. Identifying Inappropriate Thoughts
  - 1.11.2. Assessing and Analyzing Thoughts
  - 1.11.3. Searching for Alternative Thoughts
- 1.12. Cognitive Distractions
  - 1.12.1. Awareness
  - 1.12.2. Stopping Thoughts
  - 1.12.3. Replacing Thoughts
- 1.13. Labeling Cognitive Distortions
- 1.14. Exhibition
  - 1.14.1. Exposure Therapy and Extinction Learning
- 1.15. Techniques to Reduce or Eliminate Behavior. Aversive Techniques
  - 1.15.1. Positive Punishment (or by Application)
  - 1.15.2. Cost of Response
- 1.16. Modeling



*This program will provide you with the cognitive techniques necessary to modify the negative thoughts of your psychosomatic patients”*

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

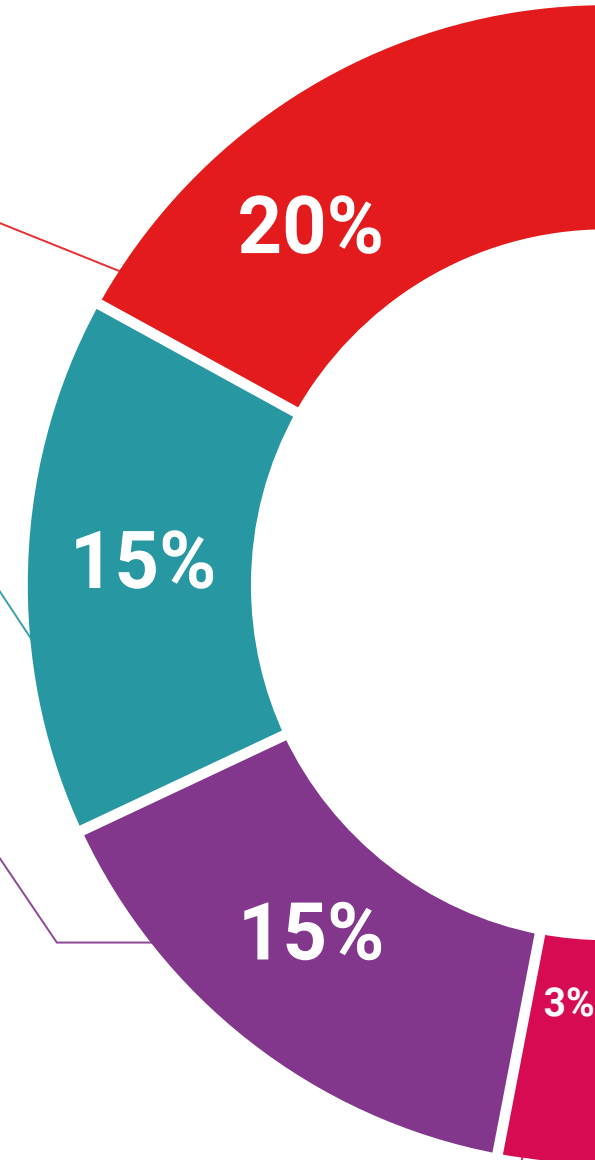
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

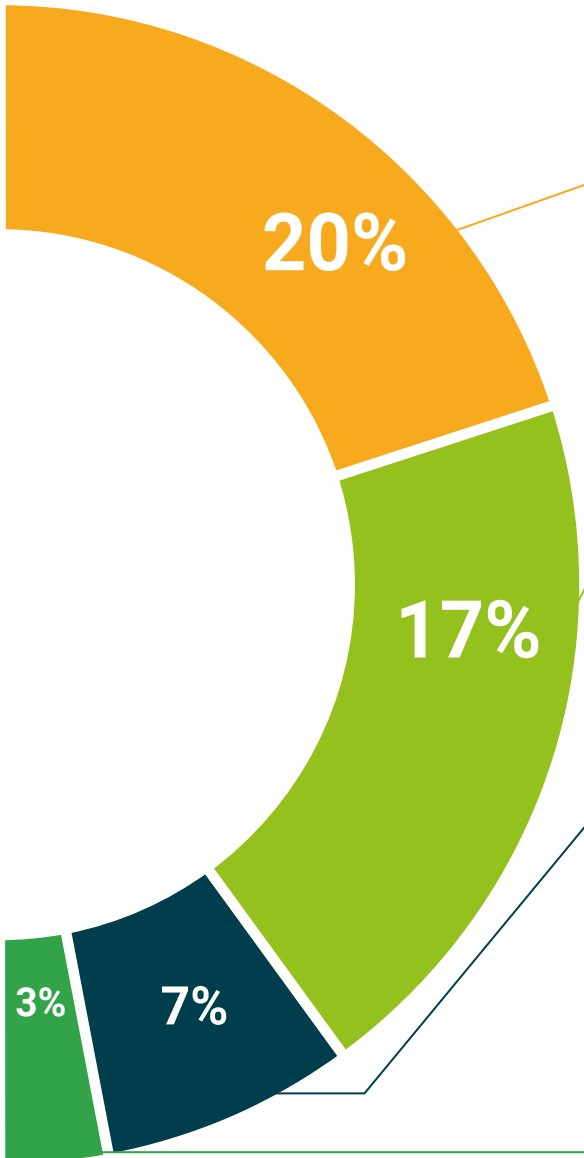
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Treatment of Psychosomatic Clinic guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





*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 Treatment of Psychosomatic Clinic** 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 2403. 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 Treatment of Psychosomatic Clinic**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**







**Postgraduate Certificate**  
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