

# Postgraduate Certificate

## Concept of Stress and the Aftermath of the Critical Situation





## Postgraduate Certificate

### Concept of Stress and the Aftermath of the Critical Situation

- » 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/concept-stress-aftermath-critical-situation](http://www.techtute.com/us/psychology/postgraduate-certificate/concept-stress-aftermath-critical-situation)

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# 01

# Introduction

Numerous studies over the years have shown that the consequences of post-traumatic stress can last for decades, seriously affecting the mental health of the victim and increasing the chances of suffering disorders that affect their proper psychosocial development. However, an immediate therapeutic management can help in the prevention and management of this type of cases, through specific techniques. Therefore, the role of psychology professionals is essential to achieve this, making their intervention a priority when a critical situation occurs. And to improve their professional skills in this area they can count on the program offered by TECH Global University, through which able can delve, in a 100% online way, into the developments of the human response associated with stress and the strategies for its management in order to avoid subsequent sequel.



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*A program focused on the concept of stress triggered by a critical situation with which you will be able to improve your professional skills in psychological intervention in a 100% online way"*

The emotional tension generated by an extreme or critical situation causes an imbalance in the production of cortisol, glucocorticoids and adrenaline, whose levels shoot up, favoring the appearance of the feeling of stress. The inability to manage this reaction can seriously affect the health of the victim and their organism, favoring the appearance of diseases related to the cardiovascular, immune or endocrine system, as well as disorders that condition their psychosocial development, such as anxiety or depression.

That is why the prompt intervention of psychology professionals is essential, not only to address the situation based on the patient's needs, but also to provide the keys to manage their emotions and thereby avoid a deterioration of their cognitive-behavioral condition due to post-traumatic stress. However, as this is an area of ongoing research, many professionals find it difficult to keep up to date. For that reason, TECH and its team of experts have considered it necessary to develop a qualification that gathers the latest information related to the human response to stress.

As a result, this 100% online Postgraduate Certificate, through which graduates will be able to delve into the concept of this feeling, as well as the after-effects of this condition and the most innovative and effective therapeutic techniques for its management and prevention, has been created. All this through 180 hours of diverse content, including practical cases based on real situations, so that professionals, in addition to increasing their knowledge, can improve, in a guaranteed way, their skills in psychological intervention in critical situations.

This **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Emergency Services and Emergency Services
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Knowing in detail the best strategies for the management of post-traumatic stress will allow you to help your patients in the prevention of diseases related to this feeling"*

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*Could you identify the differences between stress and anxiety? With this Postgraduate Certificate you will work on each of them, as well as on the best strategies for their prevention”*

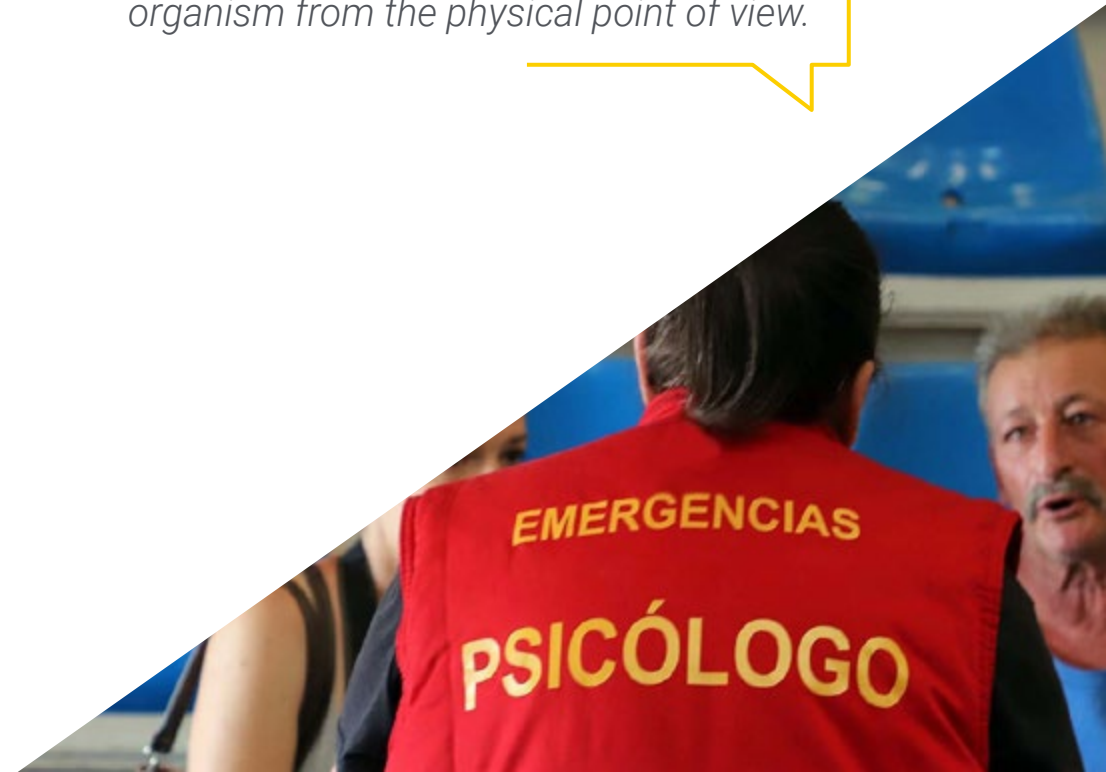
The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

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

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

*You will delve into the different types of stress that have been identified to date, as well as the keys to diagnose them and the most effective therapeutic tactics to treat them.*

*If you are interested in the biological and biochemical response to stress, this program also delves into the alteration of the organism from the physical point of view.*



# 02

## Objectives

The consequences of post-traumatic stress can have serious after-effects on the victim of a critical situation. The victim of a critical situation. For this reason, the intervention of psychology specialists must be carried out in a consensual manner and based on the most innovative and effective therapeutic strategies. That is why the objective of this Postgraduate Certificate is to provide graduates with all the information they need to get up to date in this area, being able to implement in their practice the best intervention techniques, as well as the protocols for the management and prevention of stress and anxiety.







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*If you are looking to become a better prepared psychologist to assist victims of critical situations with post-traumatic stress, this Postgraduate Certificate is perfect for you"*



### General Objectives

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- Delve into the concept of stress and the human response associated with its suffering when the person has suffered a critical situation
- Know in detail the different responses to stress and anxiety that the patient may present, as well as the most effective strategies to manage them



*A program that adapts to your needs, without schedules or on-site classes and through which, without a doubt, you will become a more prepared psychology professional"*





## Specific Objectives

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- ♦ Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- ♦ Study the types of basic emotions and their role when the organism is in a stressful situation
- ♦ Know how the stress response progresses in the individual
- ♦ Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation

# 03

## Structure and Content

The development of the structure and content of this Postgraduate Certificate has been carried out by a team of experts in psychology versed in crisis intervention. They have been in charge of selecting , both the additional material and the information of the syllabus, which has been adapted to the prestigious, innovative and effective Relearning methodology, in whose use TECH Global University is a pioneer. Thanks to this, it , is possible to offer a highly beneficial training for the mental health professional, through 150 in which they will work intensively on perfecting their competencies.



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*You will be able to implement in your practice the most effective techniques to modify physiological, cognitive and motor activation in stressful contexts"*

**Module 1. The Concept of Stress, Associated Human Response and the Aftermath of the Critical Situation**

- 1.1. Basic Emotions
  - 1.1.1. Introduction to the Concept of Emotion
  - 1.1.2. Emotion vs. Feelings
  - 1.1.3. Main Basic Emotions
- 1.2. Human Behavior in Emergency Situations
  - 1.2.1. The ABC Model
  - 1.2.2. Context of Emergency Situations
  - 1.2.3. Transactions
- 1.3. What is Stress?
  - 1.3.1. Introduction to the Concept of Stress
  - 1.3.2. Types of Stress
  - 1.3.3. Stress Characteristics and Determining Factors
- 1.4. Biology and Biochemistry of the Stress Response
  - 1.4.1. The Biological and Biochemical Stress Response
  - 1.4.2. Arousal
  - 1.4.3. Theories on Stress
- 1.5. Anxiety
  - 1.5.1. Definition of Anxiety
  - 1.5.2. Anxiety Disorders
  - 1.5.3. Differences between Stress and Anxiety
- 1.6. Development of the Stress Response
  - 1.6.1. How Does the Stress Response Develop?
  - 1.6.2. Sources of Stress
  - 1.6.3. Factor Affecting the Stress Response



- 1.7. Consequences of the Stress Response
  - 1.7.1. Individual Stress
  - 1.7.2. Signs and Symptoms of Stress in the Individual
  - 1.7.3. Main Consequences of Stress
- 1.8. Psychological Strategies to Control Stress
  - 1.8.1. Techniques to Modify Physiological Activation
  - 1.8.2. Techniques to Modify Cognitive Activation
  - 1.8.3. Techniques to Modify Motor Activation
- 1.9. Psychological Defence Mechanisms Associated with the Critical Situation
  - 1.9.1. Introduction to Defense Mechanisms
  - 1.9.2. Main Psychological Defense Mechanisms
- 1.10. Threshold Theory
  - 1.10.1. Introduction to Threshold Theory
  - 1.10.2. Seyle's Model
  - 1.10.3. General Adaptation Syndrome

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*Don't think twice and opt for a qualification designed not only with the needs of professionals like you in mind, but also with the needs of your patients in mind"*

04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then 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.



05

# Certificate

The Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation 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 Concept of Stress and the Aftermath of the Critical Situation** 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.

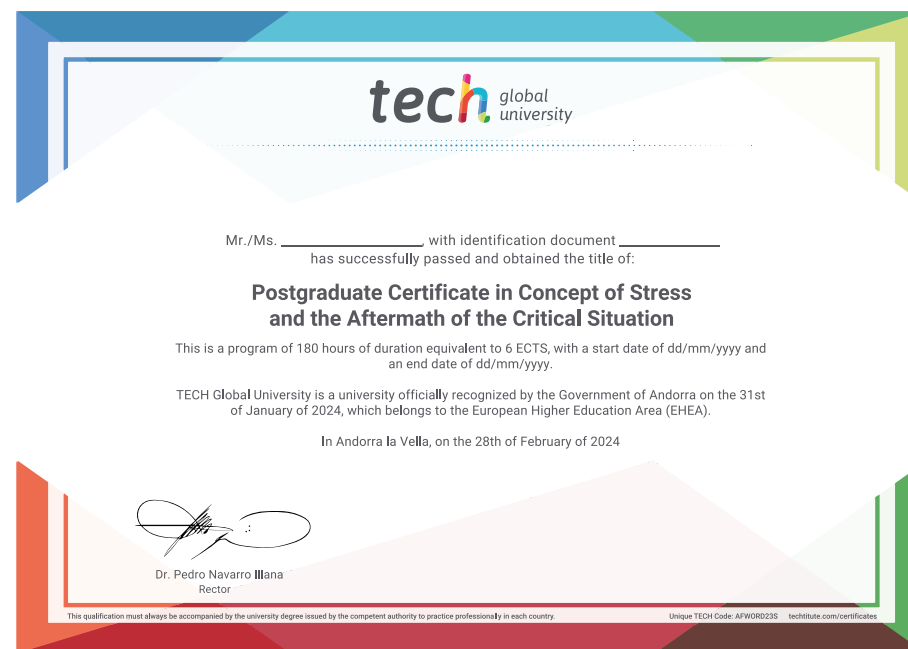
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation**

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.

future

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guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

personalized service innovation

knowledge present

online training

development languages

virtual classroom

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