

# Postgraduate Certificate Couples Therapy





## Postgraduate Certificate Couples Therapy

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

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/couples-therapy](http://www.techtitute.com/us/psychology/postgraduate-certificate/couples-therapy)

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# 01

# Introduction

Learn all the main Couples Therapy techniques and strategies through this comprehensive program designed by experts in the field. Over the course of 6 weeks, you will acquire the skills required to perform scientific information searches in Psychology.



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*A deep and comprehensive dive into strategies and approaches in Couples Therapy”*



Psychologists play a fundamental role in healthcare when it comes to improving people's physical, mental and social well-being. Today, they are an essential component in resolving different psychological disorders.

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in this healthcare field. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different areas in which psychology has developed and in different sectors of the population.

Throughout this academic program, the student will go through all the current approaches in the work carried out by health psychologists. The correct approach to psychological assessments and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology. These represent some of the many topics of work and study that students will be able to integrate into their professional skillset with this comprehensive program.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic and more efficient. We will work to keep you motivated and to develop a passion for learning within you, helping you to analyze and to develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date academic program on the market. The most important features of the program include:

- ♦ Developing 100 practical cases presented by experts in General Health Psychology
- ♦ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- ♦ News and innovations on research in the different fields of psychology
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ♦ Special emphasis on research 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 training program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"*

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*Access deep insights into Intervention in Relationship Issues and its multiple implications, in a comprehensive course designed to propel you to another professional level"*

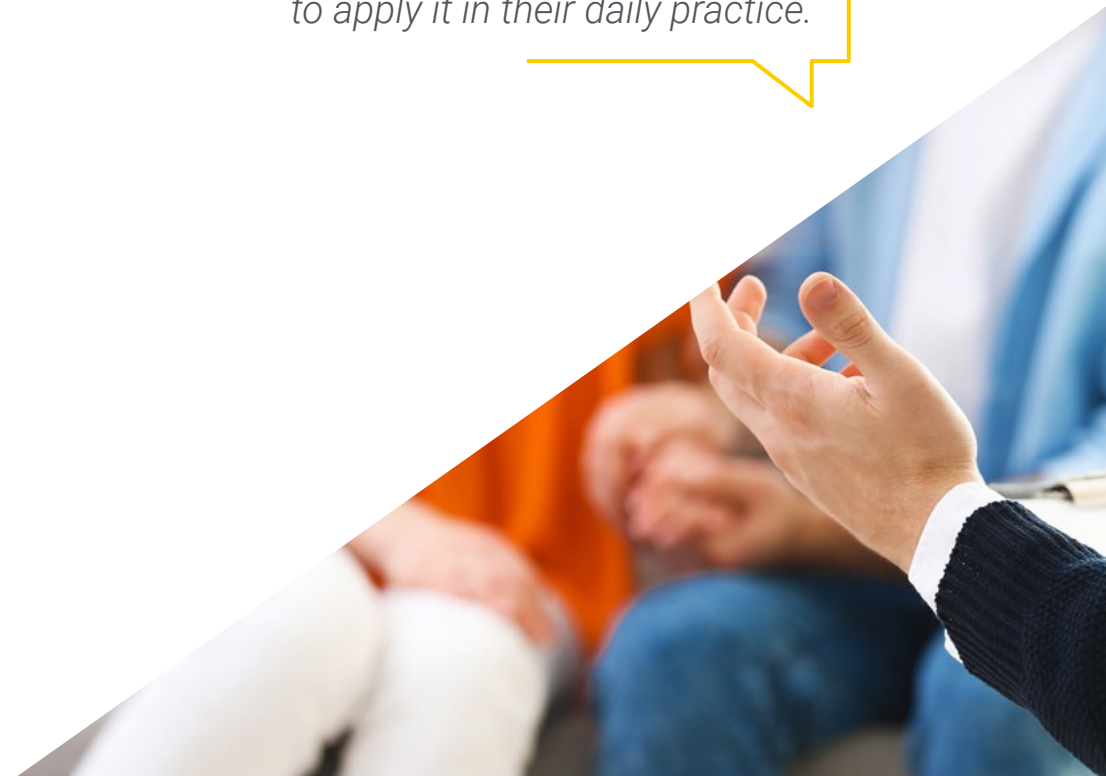
It includes a very broad teaching staff made up of experts in psychology, who share their work experience in this program, as well as recognized specialists from leading communities and prestigious universities.

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 an immersive program designed to learn in real situations.

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

*Increase your confidence as a healthcare psychiatrist by updating your knowledge through this course.*

*This Postgraduate Certificate represents the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in their daily practice.*



# 02

# Objectives

This program is aimed at healthcare psychologists, so that they can acquire the necessary tools to develop in the field, learning about the latest trends and delving into the issues that are at the forefront of this branch of knowledge. Only with the right preparation, you will be able to successfully achieve your objectives.





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*If your goal is to improve in your profession and acquire a qualification that will enable you to compete with the best, then look no further. This training will give your career the boost it needs"*



## General Objective

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- ♦ Educate professionals qualified to perform an Intervention in Relationship Issues, according to current legislation, with the ability to carry out effective assessments and treatments in people's behavior and activity in order to promote and improve their general state of health



*This Course is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector"*





## Specific Objectives

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- ◆ Know the fundamental psychological variables of couple relationships
- ◆ Understand the types of attachment, their development and influence on couple relationships in adulthood
- ◆ List the most frequent dysfunctions that occur in couples, as well as their consequences
- ◆ Teach students about the peculiarities of the evaluation interview in couples counseling and the special situations that may arise
- ◆ Study the main evaluation methods in couples counseling
- ◆ Detail the main techniques used in relationship counseling
- ◆ Specify the characteristics of psychological intervention in different problems and couple dysfunctions



03

# Course Management

In its determination to offer the highest quality contents in this Postgraduate Certificate, TECH has collaborated with exceptionally well-versed professionals in the field of General Health Psychology. Their own clinical experience has served to provide in-depth knowledge of Couples Therapy from a broad and up-to-date approach, combining the latest scientific theory with the most effective psychological methodology.



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*You will be able to get up to date on issues in the psychological approach to jealousy, infidelity and domestic violence with the help of an expert teaching staff"*



## Management



### Dr. Sánchez Padrón, Nuria Ester

- ◆ Degree in Psychology, University of La Laguna
- ◆ Master's Degree in General Health Psychology, La Rioja University
- ◆ Training in Emergency Psychological Care
- ◆ Training in Psychological Care, Penitentiary Institutions
- ◆ Teaching and training experience
- ◆ Experience in educational attention to children at risk



04

# Structure and Content

The structure of the contents has been designed by a team of professionals in Couples Therapy, who are aware of the importance of up-to-date education in order to be able to delve deeper into this field of knowledge and produce publications of academic quality.







“

*This Postgraduate Certificate in Couples Therapy has the most complete and up-to-date scientific program on the market”*

## Module 1. Couples Therapy

- 1.1. Introduction to Couples Therapy
  - 1.1.1. Characteristics of Couple Relationships
  - 1.1.2. Evolutionary Cycle of a Couple
  - 1.1.3. Partner Selection Process
  - 1.1.4. Components of the Couple Relationship
  - 1.1.5. Couples Crisis
- 1.2. Types of Attachment and Intimate Relationships
  - 1.2.1. Types of Attachment
    - 1.2.1.1. Types of Attachment: Definition and Influence on Couple Relationships
    - 1.2.1.2. Types of Attachment: Assessment
  - 1.2.2. Intimate Relationships and Associated Dysfunctions
    - 1.2.2.1. Differences between Healthy and Dysfunctional Couples
    - 1.2.2.2. Dysfunctions in Couples
- 1.3. Intimate Relationships and Associated Dysfunctions
  - 1.3.1. Differences between Healthy and Dysfunctional Couples
  - 1.3.2. Dysfunctions in Couples
- 1.4. Domestic Violence
  - 1.4.1. Domestic Violence: Features
  - 1.4.2. Domestic Violence: Intervention with Victims
  - 1.4.3. Domestic Violence: Intervention with Abusers
- 1.5. Substance Abuse in Couples
  - 1.5.1. Substance Abuse in Couples: Features
  - 1.5.2. Substance Abuse in Couples: Intervention
- 1.6. Ending the Relationship
  - 1.6.1. Coping with a Partner's Illness and Death
    - 1.6.1.1. Illness and Death of a Partner: Features
    - 1.6.1.2. Illness and Death of a Partner: Intervention
  - 1.6.2. Separation Processes
    - 1.6.2.1. Separation Processes: Features and Repercussions
    - 1.6.2.2. Separation Processes: Psychological Intervention
- 1.7. Jealousy and Infidelity
  - 1.7.1. Jealousy: Features and Intervention
  - 1.7.2. Infidelity: Features and Intervention
- 1.8. Assessment in Couples Therapy
  - 1.8.1. Interview in Couples Therapy
    - 1.8.1.1. Assessment Interview in Couples Therapy
    - 1.8.1.2. Obstacles in the Interview in Couples Therapy
  - 1.8.2. Assessment Tools in Couples Therapy
    - 1.8.2.1. Assessment of Communication in Couples Therapy
    - 1.8.2.2. Assessment of the Family Environment in Couples Therapy
    - 1.8.2.3. Assessment of Partner Satisfaction and Dyadic Adjustment
    - 1.8.2.4. Assessment of Other Relevant Variables in Couples Counseling
- 1.9. Couples Therapy: Intervention Strategies I
  - 1.9.1. Couples Therapy: Types of Therapy
  - 1.9.2. Couples Therapy: Empirical Evidence
- 1.10. Couples Therapy: Intervention Strategies II
  - 1.10.1. Techniques to Encourage Assertiveness and Emotional Expression
  - 1.10.2. Techniques to Encourage Negotiation Strategies and Improve the Emotional Climate
- 1.11. Infertility in Couples and Adoption
  - 1.11.1. Infertility in Couples: Features and Intervention
  - 1.11.2. Adoption: Features and Intervention





“ *Our syllabus has been designed with teaching effectiveness in mind: so that you learn faster, more efficiently, and on a more permanent basis*”

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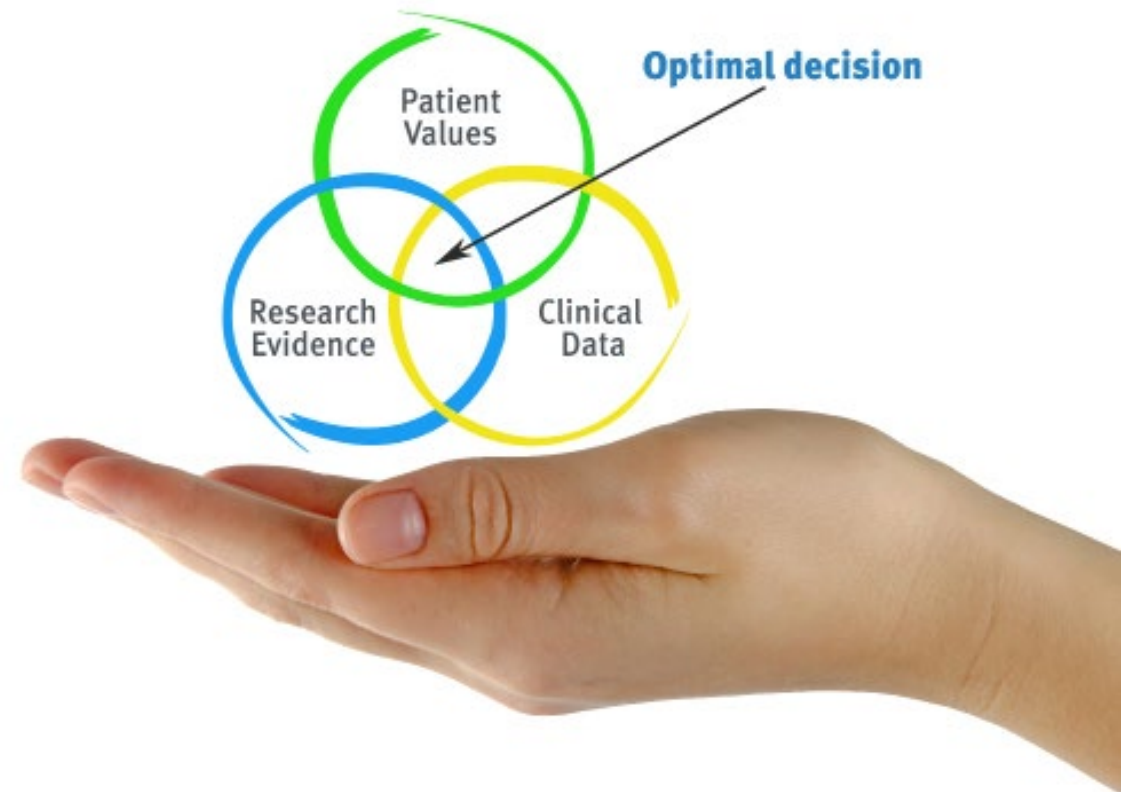
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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

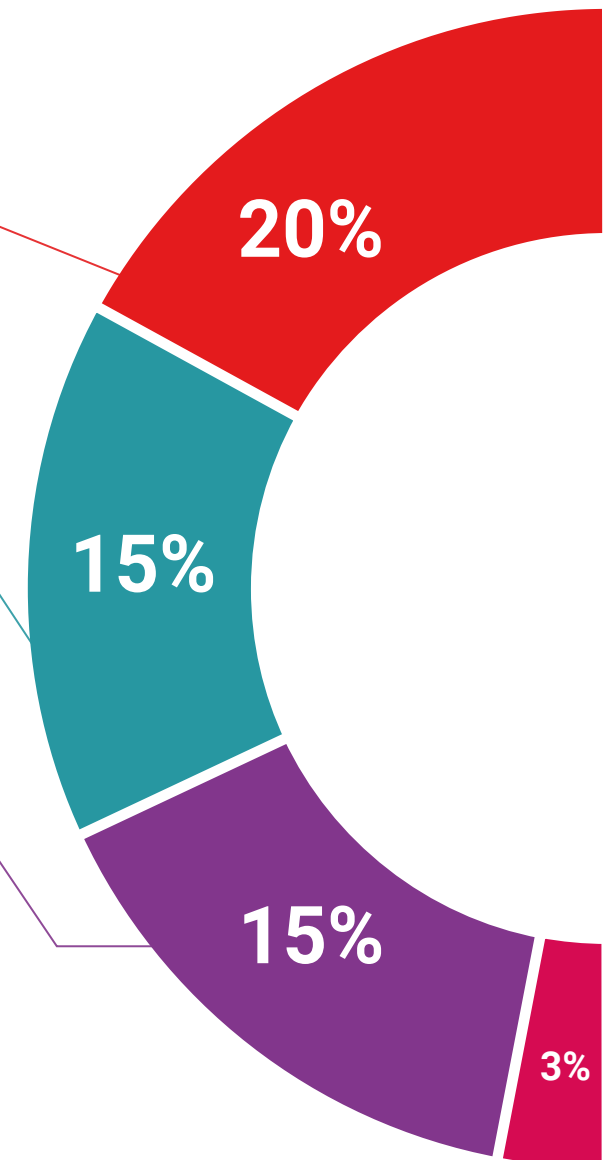
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

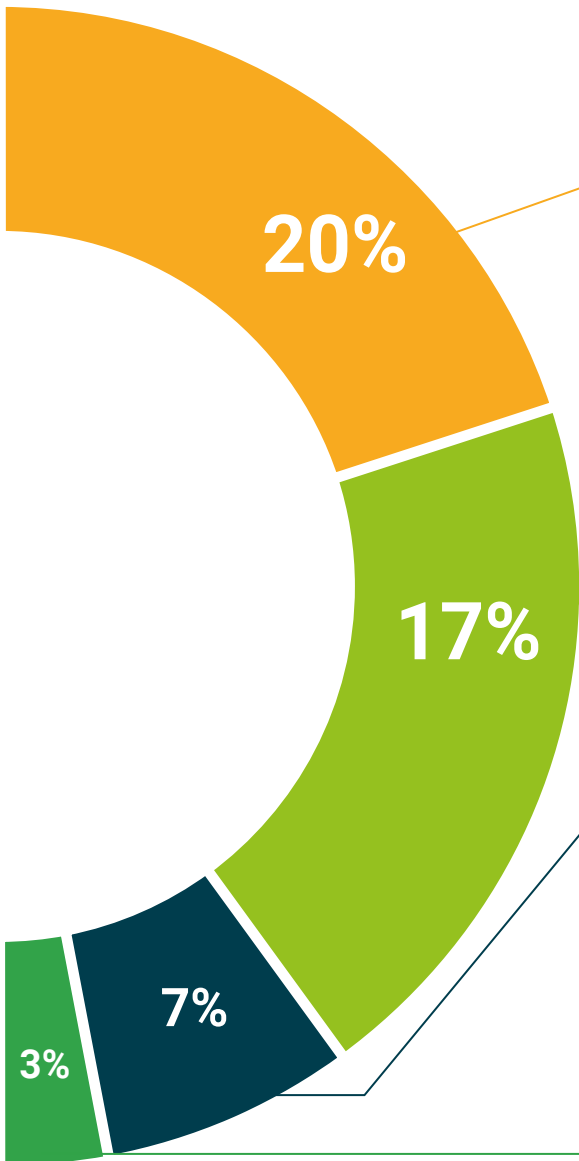
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Couples Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Certificate in Couples Therapy** 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 diploma 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 Couples Therapy**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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 quality  
online training  
development language  
virtual classroom



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