

# Postgraduate Certificate Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events





## Postgraduate Certificate

### Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events

- » 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/crisis-therapy-psychotherapeutic-intervention-victims-traumatic-events](http://www.techtute.com/us/psychology/postgraduate-certificate/crisis-therapy-psychotherapeutic-intervention-victims-traumatic-events)

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# 01

# Introduction

Facing an extreme or crisis situation can have serious consequences for the patient's mental health. That is why diagnosing trauma as early as possible and intervening in its treatment possible and intervene in its treatment through therapeutic strategies adapted to the characteristics of the to the characteristics of the person becomes an imperative need to avoid long-term sequelae of post-traumatic stress. This is an area of psychology in constant evolution and in which great advances have been made in recent years, implementing to the catalog of intervention treatments psychotherapeutic techniques that are more and more effective and specialized. and specialized psychotherapeutic techniques. All of this has been included in this very complete program. This is a 100% online degree that will allow professionals in this sector to learn in detail the latest to know in detail the novelties related to psychotherapeutic intervention with victims of traumatic situations. with victims of traumatic situations. In this way, graduates will be able to implement in their practice the therapies that have had the best results to date in only 6 weeks of training.





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*The best program in the current academic sector to perfect your professional skills in psychotherapeutic intervention with victims of traumatic situations"*

The exposure to a critical or traumatic situation generates in the human being a superposition of his cognitions and emotions, causing alterations in his behavior. The victim is not aware of it, but irrationally acts in such a way that his or her mental health gradually deteriorates because of the accumulated stress, increasing the chances of mental disorders such as depression or anxiety. In this type of case, psychological intervention is essential, not only in the diagnosis of the trauma, but also in the is fundamental, not only in the diagnosis of the trauma, but also in the establishment of psychotherapeutic guidelines that allow the patient to manage his or her emotions and work efficiently to cope with the and work efficiently to deal with the situation experienced in as short a time as possible.

However, this is a complex area of psychology, in which the risk of a bad intervention is high and can cause serious consequences for the person. For this reason, and in order to provide the specialist with all the information that will allow him/her to always act in the most efficient and effective way possible, TECH Global University has developed this Diploma Course. Through 180 hours of the best theoretical, practical and additional content, graduates will be able to delve into the latest developments related to crisis therapies, as well as the most effective diagnostic tools for the evaluation of trauma. They will also be updated on first and second instance therapies, Ellis' Rational Emotive and on the main dysfunctional coping styles of trauma. Finally, they will delve into the strategies of resilience, with special emphasis on the best techniques to transmit to their patients and to achieve a prompt and guaranteed overcoming of the traumatic situation.

It is a program designed by experts in psychology versed in crisis or emergency intervention, who have worked intensively in the development of the best and most innovative content. It also includes high quality additional material, which graduates will have unlimited access to from anywhere thanks to its convenient and flexible 100% online format. It is, therefore, a unique academic opportunity to perfect your professional competencies in the therapeutic management of traumatized patients in just 6 weeks of the best academic experience.

This **Postgraduate Certificate in Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emergency 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



*You will be able to delve into the long-term effects of the trauma long-term effects of trauma on the victim, so that you can quickly diagnose it when he or she comes to your office your practice"*



*You will work on the risks of a bad psychotherapeutic intervention so that you will be able to identify the danger when it presents itself to you and be able to avoid it"*

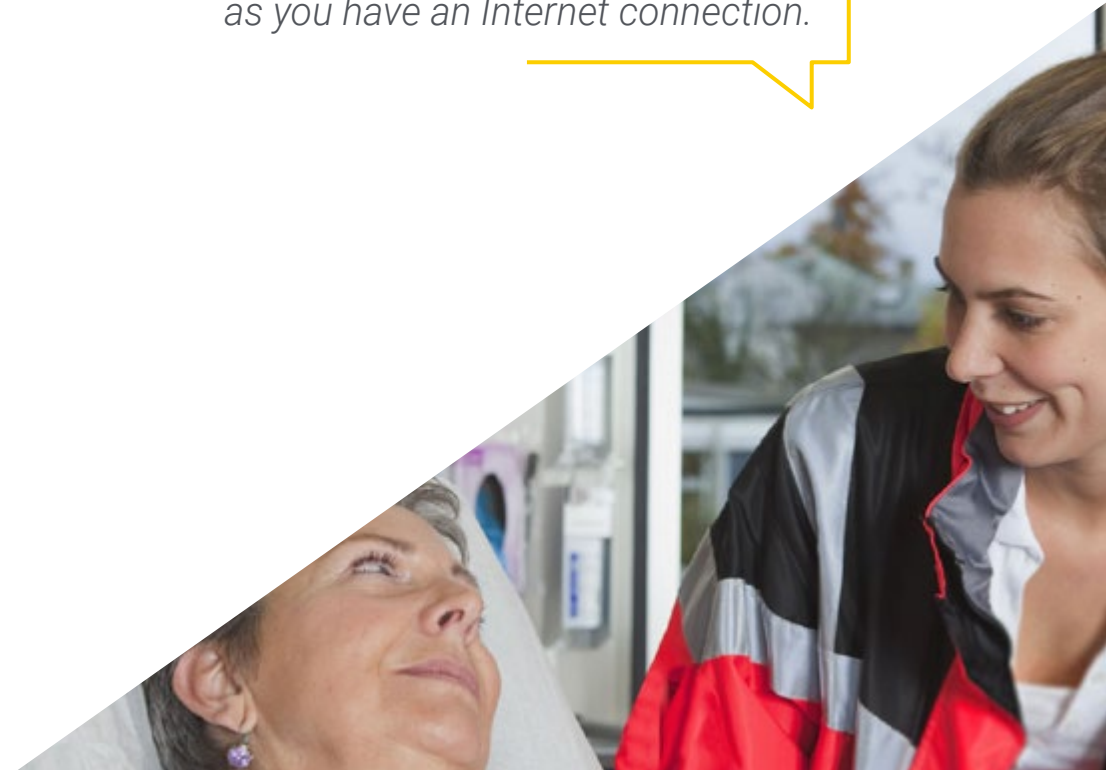
The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a professional 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.

*Do you know the differences between crisis therapy and crisis intervention? With this diploma course you will delve into the keys and principles and principles of each one.*

*Its convenient and flexible 100% online format will allow you to access the Virtual Campus from anywhere, as long as you have an Internet connection.*





# 02

# Objectives

An adequate and specialized psychological intervention increases the chances of recovery for the victim of a traumatic situation of recovery for the victim of a traumatic situation. And in order to serve as a guide for professionals in this sector in their update, TECH Global University has developed this comprehensive program, in order to collect, in 180 hours of training, the latest and most comprehensive information on crisis intervention therapies. It is a 100% online program that includes the most innovative and effective academic tools to help you update your knowledge in just 6 weeks.







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*A unique academic opportunity to hone your skills in just 6 weeks and, as a result, achieve your most ambitious career goals"*



## General Objectives

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- Know in detail the new developments related to the techniques of psychotherapeutic intervention with victims of traumatic events
- Develop a broad and specialized knowledge of the main crisis therapies, as well as the use of tools for their diagnosis and treatment

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*A Diploma thanks to which you will master the most complex intricacies of Ellis Rational Therapy”*





## Specific Objectives

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- ♦ Study the principles of crisis therapy and crisis intervention
- ♦ Differentiate between different coping styles in traumatic situations
- ♦ Be aware of types of trauma and the effects and consequences of traumatic situations for individuals
- ♦ Study Ellis' Rational Emotive Therapy for the treatment of trauma



# 03

## Structure and Content

The development of complete, comprehensive, dynamic and intensive degrees is one of TECH Global University main objectives. That is why this Diploma has included the latest information in the field of psychology, following the guidelines of a team of professionals versed in psychotherapeutic intervention in crisis situations. It also includes hours of high quality additional material, with which graduates will not only be able to contextualize the data developed throughout the syllabus, but also to deepen in a personalized way in the aspects they consider most relevant for their professional performance.





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*The use of the Relearning methodology in the development of the content of this program has allowed TECH Global University to reduce its teaching load without sacrificing any of its quality and specialty"*



## Module 1. Crisis Therapy Psychotherapeutic Intervention with Victims of Traumatic Events

- 1.1. Trauma
  - 1.1.1. Trauma
  - 1.1.2. Main Types of Trauma
  - 1.1.3. Post-Traumatic Stress Disorder
- 1.2. The Traumatic Event
  - 1.2.1. Initial Reactions to Trauma
  - 1.2.2. Secondary Reactions to Trauma
  - 1.2.3. Explanatory Models
- 1.3. Trauma Assessment
  - 1.3.1. How is Trauma Assessed?
  - 1.3.2. Main Trauma Assessment Tools and Instruments
- 1.4. Long-Term Effects of Trauma on the Victim
  - 1.4.1. Short-Term Effects vs. Long-Term Effects
  - 1.4.2. Main Long-Term Effects of Trauma
- 1.5. Risks of Poor Intervention
  - 1.5.1. Features of Poor Intervention
  - 1.5.2. General Consequences of a Poor Intervention
  - 1.5.3. Specific Consequences of a Poor Intervention
- 1.6. Crisis Therapy vs. Crisis Intervention
  - 1.6.1. Introduction to Crisis Therapy
  - 1.6.2. Introduction to Intervention in Crisis
  - 1.6.3. Key Considerations and Principles of Crisis Therapy
  - 1.6.4. Objectives of Crisis Therapy







- 1.7. Primary and Secondary Intervention
  - 1.7.1. What is Primary Intervention?
  - 1.7.2. Principles and Key Considerations for Primary Intervention
  - 1.7.3. What is Secondary Intervention?
  - 1.7.4. Principles and Key Considerations for Secondary Intervention
- 1.8. Ellis' Rational Emotive Therapy
  - 1.8.1. Introduction to Ellis' Rational Emotive Therapy
  - 1.8.2. Uses of Ellis' Rational Emotive Therapy
  - 1.8.3. Advantages and Disadvantages of Ellis' Rational Emotive Therapy
- 1.9. Coping Styles
  - 1.9.1. Types of Coping Styles
  - 1.9.2. Dysfunctional Coping Mechanisms for Trauma
- 1.10. Resilience
  - 1.10.1. Resilience: Concept and Characteristics
  - 1.10.2. Protective Factors and Resilience Enablers
  - 1.10.3. Harmful or Anti-Resilient Factors



*In the Virtual Campus you will find detailed videos, research articles, dynamic summaries and much more additional material to delved into into the Appearance of the syllabus in a personalized way"*

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.

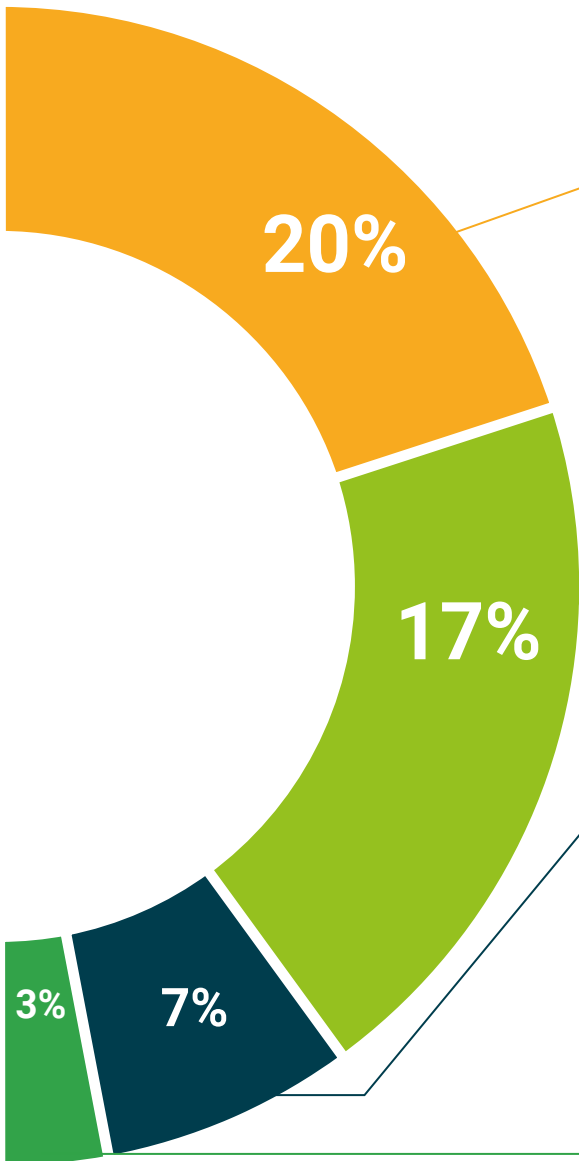
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events 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 Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events** 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 Crisis Therapy. Psychotherapeutic Intervention with Victims of Traumatic Events**

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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- » Modality: online
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