

# Postgraduate Certificate

Daily Life Stress

In the Elderly





## Postgraduate Certificate

### Daily Life Stress In the Elderly

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

Website: [www.techtitute.com/pk/psychology/postgraduate-certificate/daily-life-stress-elderly](http://www.techtitute.com/pk/psychology/postgraduate-certificate/daily-life-stress-elderly)

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01

# Introduction

It is essential that you know that in the coming decades old age will be reached later and later, and in very favorable conditions for psychological help.. Very soon there will be a need for numerous specialists who are experts in the assessment and intervention of this group known as the elderly, from a clinical psychology and psychotherapy point of view.



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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the specialty to be able to perform a quality psychological praxis”*

By studying this Postgraduate Certificate, you will learn to analyze the current state of old age in society, as well as prepare themselves for the immediate future, since, in the coming decades, when the young people of today are elderly people, new knowledge and tools will be needed to achieve the best possible quality of life.

Knowing the history of the individual is fundamental whatever the age group we are working with, but in old age it is essential, not only as a source of knowledge to be able to intervene, but also as the end of the intervention itself. This Postgraduate Certificate is unique in that it preserves the elderly from the vicissitudes of daily life and the stresses it incorporates.



*Expand your knowledge through the Postgraduate Certificate in Daily Life Stress In the Elderly, in a way that is both practical and adapted to your needs"*

This **Postgraduate Certificate in Daily Life Stress In the Elderly** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Clinical cases presented by experts in the different specialties
- ♦ The graphic, schematic, and practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ New developments in the assessment and performance of the expert's report
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations
- ♦ With special emphasis on evidence-based psychology and research methodologies in Psychology
- ♦ All this will be complemented by 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



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*This Postgraduate Certificate is the best investment you can make when selecting an up-to-date program for two reasons: in addition to updating your knowledge in the Daily Life Stress In the Elderly, you will obtain a qualification from TECH Technological University"*

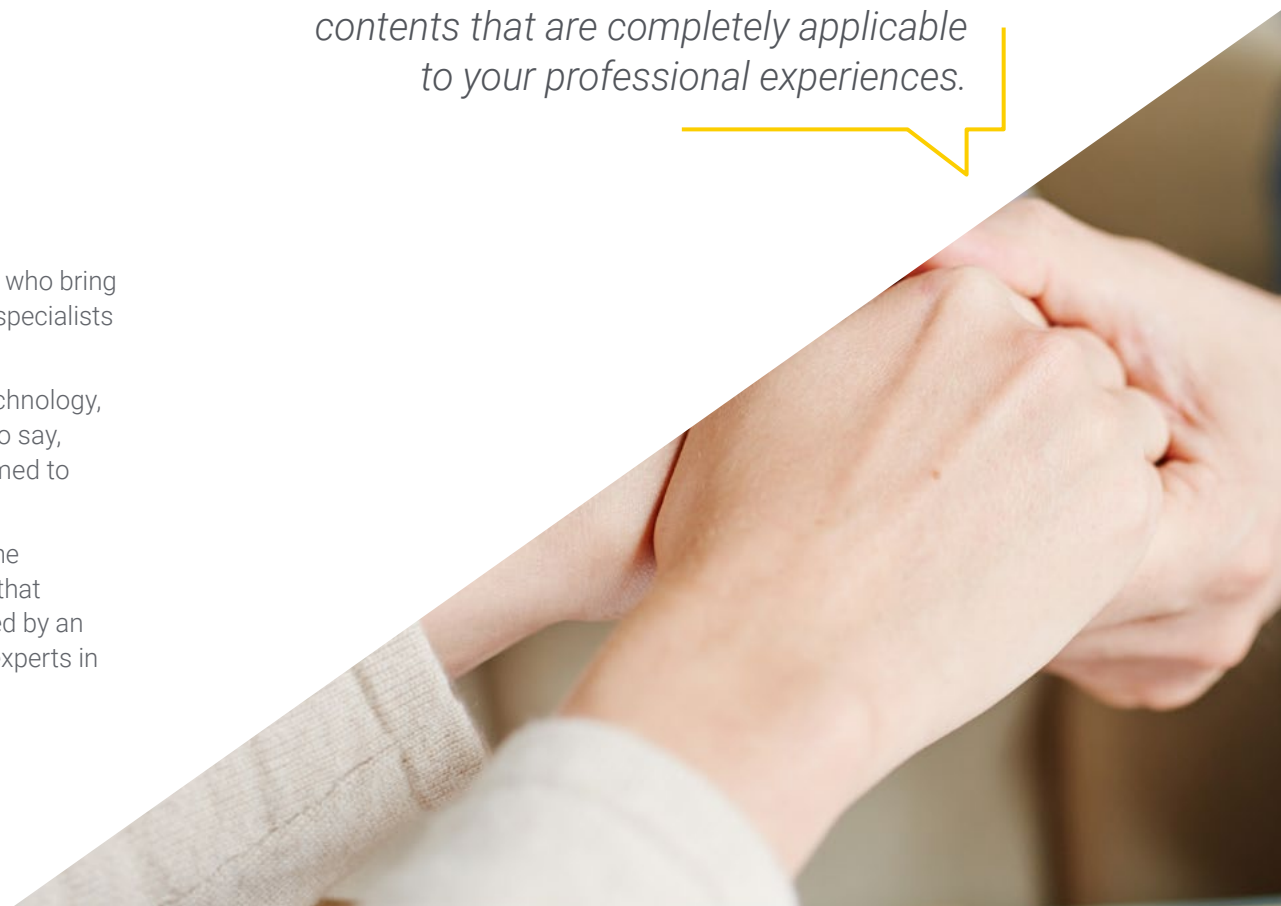
Its teaching staff includes health professionals from the field of psychology, who bring their work experience to this Postgraduate Certificate, as well as renowned specialists belonging to leading scientific societies.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, through which the psychologist must try to solve the different professional practice situations that arise during the Postgraduate Certificate. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

*The program includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the psychologist's clinical practice.*

*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master in a practical and rigorous way the Daily Life Stress In the Elderly.







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*This program will provide you with the skills to carry out your psychological praxis with confidence and will help you to grow both personally and professionally”*



## General Objectives

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- Provide the student with the knowledge of the stress of daily life in stress
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Identify mental flexibility in the face of life's adversity
- Evaluate antidotes to stressors in aging



*Make the most of the opportunity and take the step to get up to date on the latest developments in Daily Life Stress In the Elderly”*







### Specific learning objectives of each module:

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- ♦ Have the ability to include occupational therapy and psychomotor skills in all intervention protocols
- ♦ Understand the elderly brain
- ♦ Gain mediation and negotiation skills on benign aspects that are overvalued in the elderly
- ♦ Reposition the therapy towards a regressive and not so much progressive direction in the patient's mental timeline
- ♦ Gain knowledge of the mutations and new types of illness at this age
- ♦ Recognize the emotional withdrawal of elderly patients and allow their expression in a supportive environment
- ♦ Elaborate life histories as the objective of treatment in old age and not as a tool as is done in other age groups
- ♦ Learn intervention tools that use the patient's senses as a setting



03

# Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.







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*Learn the latest advances in the  
Daily Life Stress i in the Old Age  
from leading professionals”*

## Management



### Dr. Anasagasti, Aritz

- European specialist psychologist in Psychotherapy by the EFPA at the CEP health center in Bilbao
- President of Emotional Network
- Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Psychogeriatrics Specialist
- Creator of the home-based intervention
- Member of the Basque Association of Gestalt Therapy
- Reciprocal Interaction Psychotherapist
- Specialist in neurodegenerative diseases from the University of the Basque Country
- Responsible for the computer development of Emotional Management and Treatment in the Elderly



### Dr. Aguado Romo, Roberto

- Psychologist specializing in Clinical Psychology
- European Specialist Psychologist in Psychotherapy from the EFPA
- President of the European Institute of Time-Limited Psychotherapies
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology from the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of Basic Psychology Course at National Distance Education University (UNED)



## Professors

### Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the T.E.N. technique
- ♦ Head of studies on the master's degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Kaiser, Carlos. M.D

- ♦ Otolaryngologist
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### Ms. Casado, Maria

- ♦ Health Psychologist
- ♦ Specialist in Family and Couple Intervention in the Spanish Police Confederation in Madrid
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology

### Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Ms. Roldan, Lucia

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

### Ms. Soria, Carmen

- ♦ European specialist psychologist in Psychotherapy at the Spanish Police Confederation Health Center, Madrid
- ♦ Head of Psychosocial Unit
- ♦ Health Psychologist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in chronic patients
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Otero, Veronica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

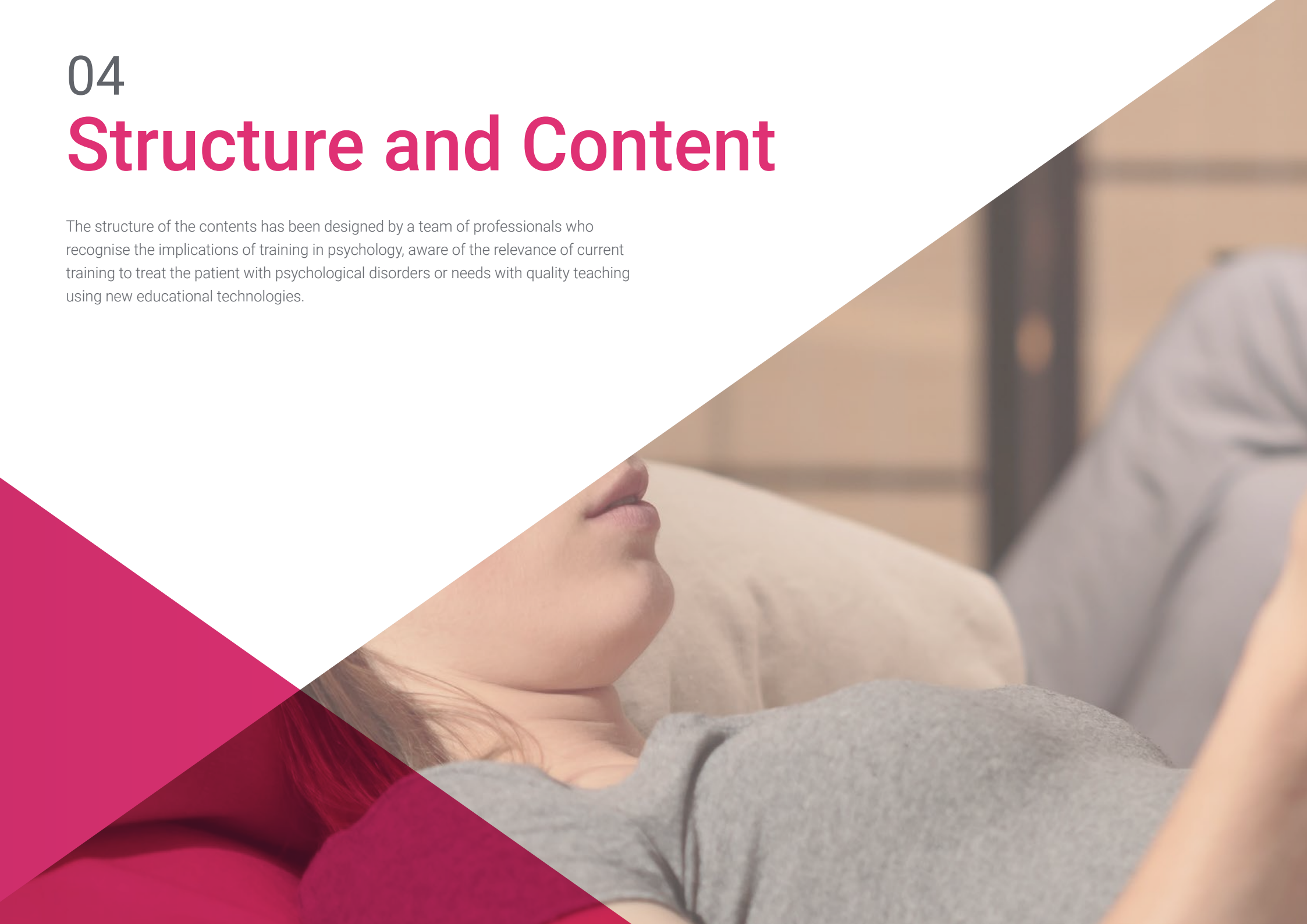
### Dr. Zabala-Baños, M<sup>a</sup> Carmen

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Psychosocial and Labor Rehabilitation in Mental Health
- ♦ UCLM European specialist psychologist in psychotherapy
- ♦ EFPA. Specialist in Clinical Hypnosis and Relaxation

04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in psychology, aware of the relevance of current training to treat the patient with psychological disorders or needs with quality teaching using new educational technologies.



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*This Postgraduate Certificate in Daily Life Stress In the Elderly contains the most complete and up-to-date scientific program on the market”*

## Module 1. Health in Old Age

- 1.1. Review of the Dimensions of Health
- 1.2. Mental and Emotional Health
  - 1.2.1. Conserving Time and Space Relationship
  - 1.2.2. Maintaining Short-Term Memory
- 1.3. Habits and Cognitive Style
- 1.4. Emotional Schemes
- 1.5. Basic Needs Met
- 1.6. Resilience
- 1.7. Preservation of the Biography
- 1.8. Mental Flexibility and Sense of Humor
- 1.9. Physical Health
  - 1.9.1. Addiction
  - 1.9.2. Chronic Diseases
  - 1.9.3. History of Disease/Illness
- 1.10. Past Assisted Care
- 1.11. Stress Level
- 1.12. Social Health







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*A unique, key, and decisive educational experience to boost your professional development”*

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. Gervas, 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 Daily Life Stress In the Elderly guarantees students, in addition to the most rigorous and up-to-date education, access to a Diploma Certificate issued by TECH Technological University.



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*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This **Postgraduate Certificate in Daily Life Stress In the Elderly** 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 certificate 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 Daily Life Stress In the Elderly

**Official N° of Hours:** 200 h.



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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  
development languages  
virtual classroom



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