

# Postgraduate Certificate Dialectical Behavioral Therapy for Suicide



## Postgraduate Certificate Dialectical Behavioral Therapy for Suicide

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

Website: [www.techtitute.com/in/psychology/postgraduate-certificate/dialectical-behavioral-therapy-suicide](http://www.techtitute.com/in/psychology/postgraduate-certificate/dialectical-behavioral-therapy-suicide)

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# 01

# Introduction

Around 1.5% of people suffer from borderline personality disorders worldwide. Some studies indicate that this disease affects a higher percentage of women, while other recent studies disagree with this figure. A disparity that enriches at the same time the research that addresses the various therapies that focus their techniques in the treatment of these patients. This teaching given in a completely online mode provides the psychology professional with the most recent knowledge in this area with a theoretical-practical approach of great utility for the care of their patients.







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*A quality program that will provide you with updated knowledge in therapies for people with borderline personality disorder”*

High impulsivity, borderline personality disorder or affective instability are just some of the diagnoses in patients where Dialectical-Behavioral Therapy, framed in the Third-Generation Therapies, has demonstrated its effectiveness. The latest lines of research in this field demonstrate its efficacy, as well as the improvement of techniques to treat people with certain mental illnesses.

This Postgraduate Certificate, aimed at psychology professionals, delves into this therapy providing students with an update of content in this area. This teaching is based on the different stages and strategies to mark the line of therapeutic objectives. The good results obtained in patients with personality disorders will be addressed in this teaching, in order to provide the student with recent developments in their intervention and treatments. Likewise, the latest techniques used in group and individual therapy, and the choice of each of them depending on the characteristics of the patient, will be discussed.

While it is true that dialectical-cognitive therapy has been successful in patients with personality disorders, it has also achieved important advances in other disorders. That is why this online program will show the psychology professional how it has recently been improved in the field. All this with a theoretical-practical and interdisciplinary approach to be able to implement the most innovative treatments in this area.

An excellent opportunity for professionals who wish to renew their knowledge in this field while combining their work responsibilities. TECH Technological University offers the student a 100% online teaching modality, without sessions with fixed schedules, being able to access all the multimedia content and case studies at any time from a device with an internet connection.

This **Postgraduate Certificate in Dialectical Behavioral Therapy for Suicide** 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 cutting-edge therapies
- ♦ 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
- ♦ The practical exercises where the self-evaluation 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



*A quality university education, so that you are up to date with the latest developments in group therapies in Third-Generation Therapy"*

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*No fixed schedules and content available 24 hours a day. Distribute the course load of this university program according to your needs”*

*Apply in your consultations the latest techniques to work family therapies in patients with impulsivity.*

*Delve into this Postgraduate Certificate the interdisciplinary work carried out with patients with personality disorders.*

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.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02

# Objectives

At the end of this Postgraduate Certificate, the psychology professional will have obtained an updated knowledge of Dialectical Behavioral Therapy, aided to a great extent by practical case simulations, where recent techniques used for patients with borderline personality disorders and other types of disorders are shown. Likewise, this teaching will provide you with a theoretical framework with a multidisciplinary approach, which will give you the opportunity to learn about the recent lines of research in this field. The Relearning system offered by TECH Technological University, based on the reiteration of content, will allow you to consolidate knowledge more easily.





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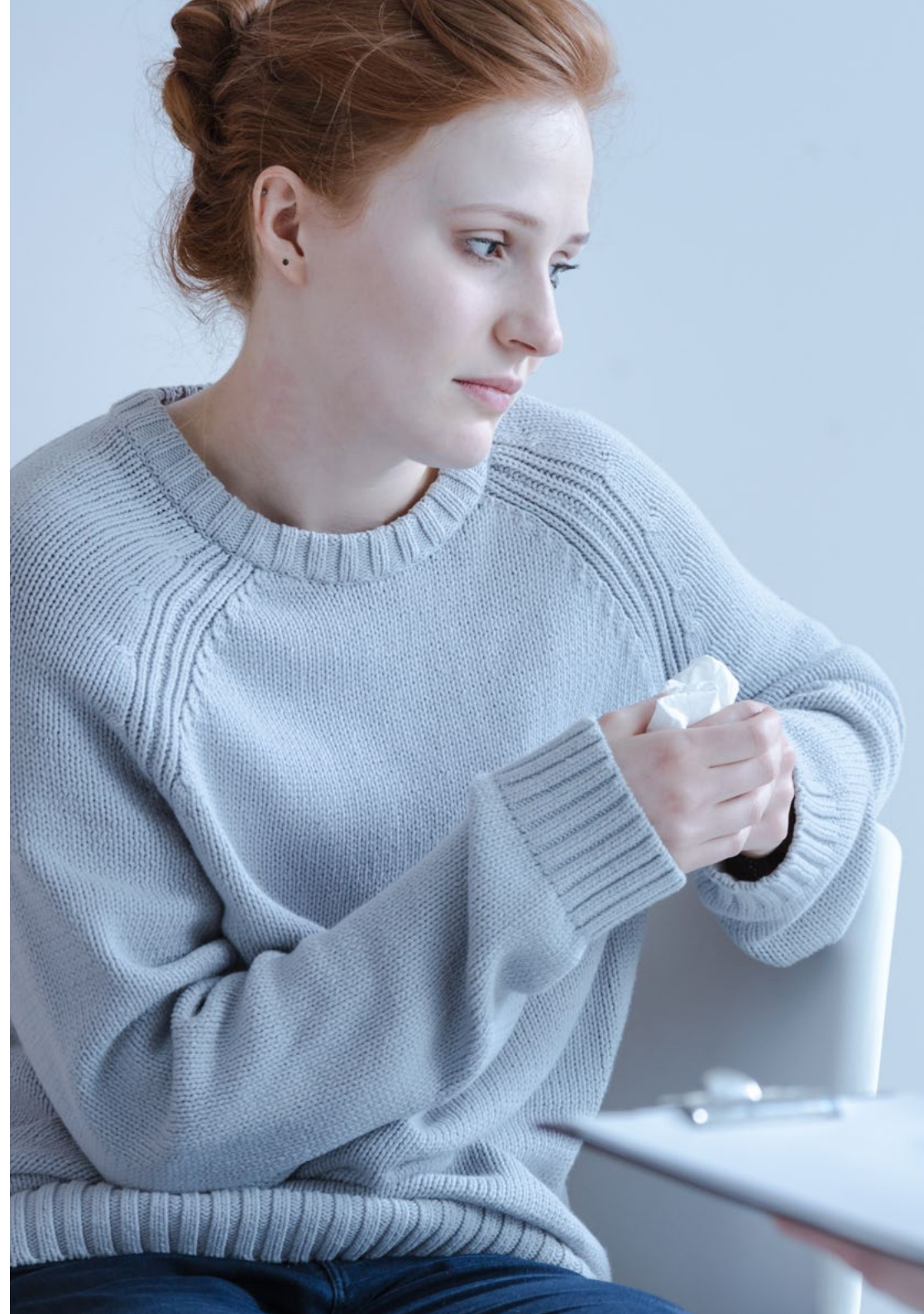
*A 100% online program that will give you the opportunity to keep abreast of recent advances in Dialectical Behavioral Therapy”*



## General Objectives

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- ♦ Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- ♦ Know the different types of Third Generation Therapies
- ♦ Delve into the past, present and future of this area in psychology
- ♦ Study the evolution of the different types of therapies
- ♦ Learn about the main developments and treatments related to Third Generation Therapies





## Specific Objectives

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- Learn about the basics of DBT
- Master the most common techniques within the therapy
- Contextualize the origin and emergence of therapy

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*A university program that will provide you with practical simulation cases so that you can apply the latest practices in your practice"*



# 03

## Structure and Content

The syllabus of this Postgraduate Certificate has been prepared by the TECH Technological University team in order to provide the psychology professional with a high quality and high level education. Therefore, students will deepen in the main authors of Dialectical Behavioral Therapy from the beginning of this program, to make a tour of the different strategies and treatments applied depending on the characteristics of the patient. Likewise, you will be able to conclude this program with a vision of the future of this Third-Generation Therapy. The video summaries of each topic and the specific readings will be provided resources that will facilitate the foundation of knowledge.



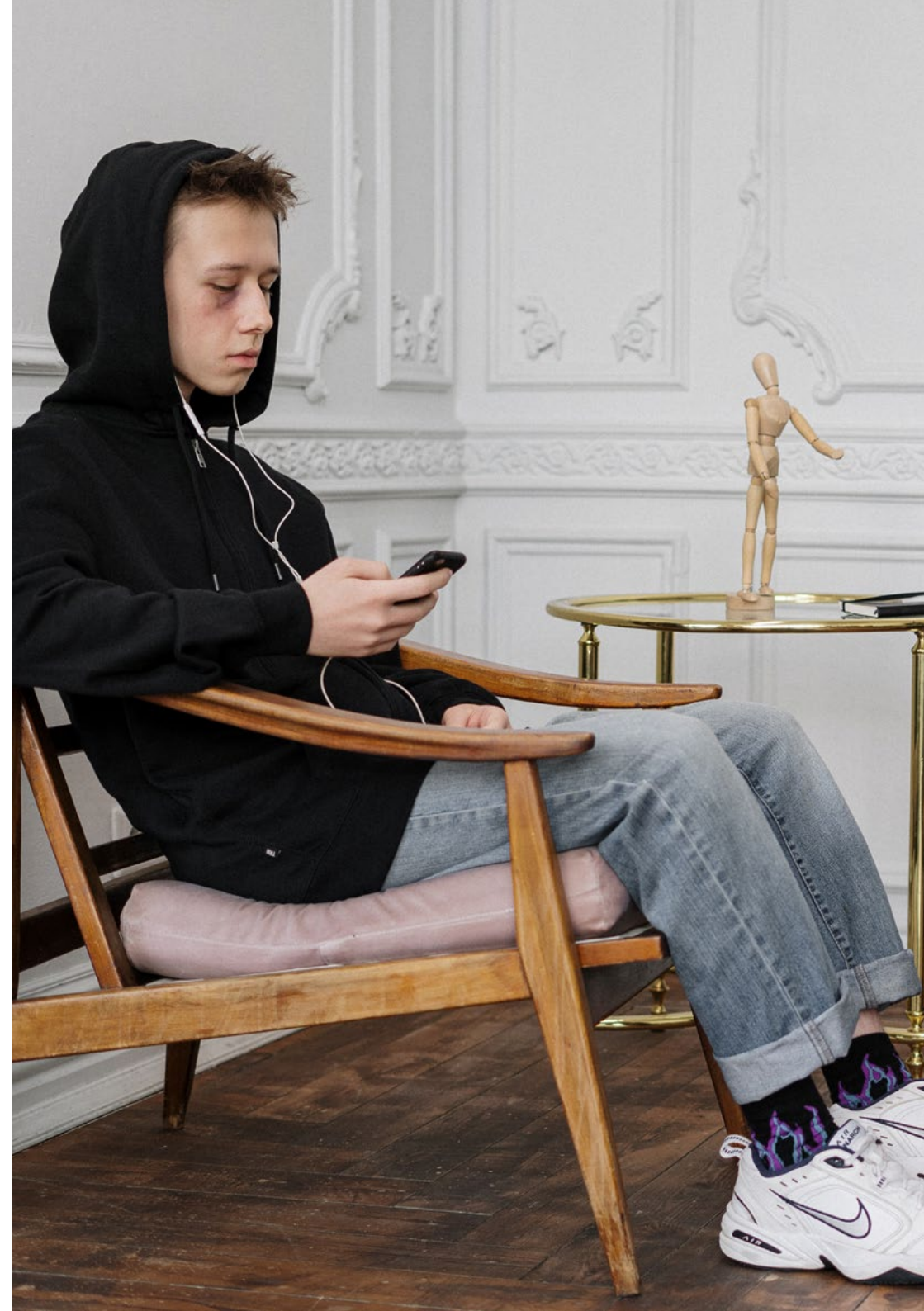


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*This Postgraduate Certificate will provide you with the latest techniques used to work on Dialectical Behavioral Therapy skills"*

## Module 1. Dialectical Behavioral Therapy (DBT)

- 1.1. The Introduction and History of DBT
  - 1.1.1. The Introduction and Beginnings of DBT
  - 1.1.2. The Emergence of DBT
  - 1.1.3. Most Representative Authors
- 1.2. Therapeutic Stages, Strategies and Objectives
  - 1.2.1. Stages and Strategies
  - 1.2.2. Formulating Therapeutic Objectives
- 1.3. DBT in Personality Disorders
  - 1.3.1. Interpreting Personality Disorders in DBT
  - 1.3.2. Personality Disorder Intervention and Treatment
  - 1.3.3. DBT and Borderline Personality Disorder
- 1.4. Group Therapy vs Individual Therapy
  - 1.4.1. Introduction to Group Therapy
  - 1.4.2. Advantages and Disadvantages
  - 1.4.3. What to Use It?
- 1.5. Beginnings and Considerations of Group Therapy
  - 1.5.1. The Origins of Group Therapy
  - 1.5.2. Group DBT
  - 1.5.3. Considerations to Consider
- 1.6. Group Therapy: Capacity Modules
  - 1.6.1. Capacity Work in DBT
  - 1.6.2. How to Put It into Practice?
- 1.7. DBT in Families
  - 1.7.1. The Concept of Family
  - 1.7.2. Attachment as a Foundation
  - 1.7.3. Using DBT in Families
- 1.8. DBT Applied to Other Disorders
  - 1.8.1. Other Disorders Worth Mentioning
  - 1.8.2. Working from a Dialectical Behavioral Perspective





- 1.9. Interdisciplinary Treatment
  - 1.9.1. Forming Interdisciplinary Teams
  - 1.9.2. The Figure of the Psychologist
  - 1.9.3. Advantages and Disadvantages
- 1.10. The Current Situation and Future of DBT
  - 1.10.1. Current Lines of Research
  - 1.10.2. The Future of DBT

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*Access current advances and future lines of research in the field of dialectical behavioral therapies”*



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 Dialectical Behavioral Therapy in Suicide 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 qualification without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Dialectical Behavioral Therapy for Suicide** 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 Dialectical Behavioral Therapy for Suicide**

Official N° of Hours: **150 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  
online training  
development language  
virtual classroom



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