

# Postgraduate Certificate

## EMDR Therapy for Risk Professions



## Postgraduate Certificate EMDR Therapy for Risk Professions

- » 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/emdr-therapy-risk-professions](http://www.techtute.com/us/psychology/postgraduate-certificate/emdr-therapy-risk-professions)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

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*p. 24*

# 01

# Introduction

The world is largely complex due to the large amount of information that our brain must process. People's selection of certain events may be influenced by their own fears, causing their irrational beliefs to make them perceive their environment as a threat on many occasions. These ideas, which may be recurrent, repetitive in a short space of time, cause anxiety, stress and other disorders that must be attended by psychology professionals. This 100% online teaching provides students with the latest lines of research related to Third-Generation Therapies and the techniques most commonly used in consultations.





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*A program that will provide you with the most current and advanced knowledge in cognitive-analytic therapies and EMDR”*

This Postgraduate Certificate is aimed at psychology professionals who wish to be aware of the recent lines of research that address cognitive-analytic psychotherapy and EMDR from a theoretical-practical approach providing the most recent techniques used in these therapies.

A teaching taught in online mode, which will lead students to delve into the most relevant authors in cognitive-analytic psychotherapy as Aaron T. Beck, Albert Ellis or Ian B. Kerr and Anthony Ryle to, subsequently, delve into the field of practical application of reformulation or the latest techniques used to improve the therapeutic relationship.

EMDR is a therapy frequently used in patients who have suffered traumatic processes, which is why this university program will deepen in this field, the difficulties faced by the professional psychologist in addressing the problems arising from trauma, as well as the latest techniques used for evaluation. All of this will provide the psychology professional with the most recent content in this area.

Likewise, this program offers students the possibility of renewing their knowledge and broadening their professional horizons through a flexible teaching system, as there are no fixed schedules or attendance. The only thing the professional needs is a device with an internet connection to access all the multimedia content, distribute the teaching load according to their needs and start whenever and wherever they want to acquire knowledge that will expand their knowledge and will be very useful in their care of patients suffering from different mental health problems.

This **Postgraduate Certificate in EMDR Therapy for Risk Professions** 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, without fixed schedules and compatible with your professional responsibilities"*

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*With this online program, access the recent news about EMDR and its application in patients suffering traumatic processes”*

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.

*Patients with personality disorders, anxiety, trauma...a wide range of mental illnesses that you will delve into in this university program.*

*Delve in the most used techniques to improve the therapeutic relationship with this Postgraduate Certificate.*



# 02

# Objectives

The *Relearning* methodology applied by TECH Global University in all its programs and the simulations of practical cases will be two key tools for the psychology professional taking this program. With them, they will be able to keep abreast of recent developments in the field of cognitive-analytic psychotherapy and EMDR. In this way, students will be able to acquire a renewed knowledge in an area that has undergone a significant progression in recent years and where the lines of research will allow them to delve into the application of these therapies to address certain patients affected by different types of disorders.





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*This research program will allow you to stay abreast of the lines of research present in cognitive-analytic psychotherapy"*



## 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 and internalize the basics of Cognitive-Analytic Psychotherapy and EMDR
- Learn about current and new lines of research
- Know the concept of trauma, as well as its intervention from this perspective



*The case studies in this university program will be of great utility for the psychology professional seeking applicable knowledge in their practice"*

# 03

## Structure and Content

The syllabus of this Postgraduate Certificate has been prepared by the TECH Global University team in order to provide the psychology professional with a high level education. With a global perspective, the student will learn about cognitive-analytic psychotherapy, its origins, progress and evolution, as well as EMDR therapy and the current difficulties in dealing with certain patients who have suffered major traumas. Video summaries of each topic and specialized readings complete this teaching focused on providing the keys currently used by specialists in this area.



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*Delve into the neurobiology of trauma and the methods currently used to assess it, with this Postgraduate Certificate"*

## Module 1. Cognitive-Analytic Psychotherapy and EMDR

- 1.1. Introduction to CAT
  - 1.1.1. Introduction and History of CAT
  - 1.1.2. The Emergence of CAT
  - 1.1.3. Most Relevant Authors
- 1.2. Evaluation Principles in CAT
  - 1.2.1. Patient Evaluation Basis in CAT
  - 1.2.2. Interview
  - 1.2.3. Assessment Tools
- 1.3. Reformulation
  - 1.3.1. What Is Reformulation?
  - 1.3.2. Practical Application of Reformulation
- 1.4. Intervention in CAT
  - 1.4.1. Intervention Basis in CAT
  - 1.4.2. Techniques Applied to Clinical Psychology
- 1.5. The Therapeutic Relationship in CAT
  - 1.5.1. Importance of the Therapeutic Relationship
  - 1.5.2. What Is *Rapport*?
  - 1.5.3. Techniques to Improve Therapeutic Relationships
- 1.6. Introduction to the Concept of Trauma
  - 1.6.1. Concept of Trauma
  - 1.6.2. Historical Basis
  - 1.6.3. Relevance in Psychology





- 1.7. The Neurobiology of Trauma
  - 1.7.1. The Somatic Impact of Trauma
  - 1.7.2. The Neurobiological Foundations of Trauma
- 1.8. Trauma Assessment
  - 1.8.1. Assessment Principles and Objectives
  - 1.8.2. Evaluation Methods
- 1.9. Trauma Intervention
  - 1.9.1. Basis for Trauma Intervention
  - 1.9.2. Self-help Groups
  - 1.9.3. EMDR
- 1.10. Intervention Difficulties
  - 1.10.1. Main Problems when Working with Trauma
  - 1.10.2. Intervention Difficulties in EMDR

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*Access the latest studies  
addressing difficulties in  
EMDR intervention”*

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. 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.

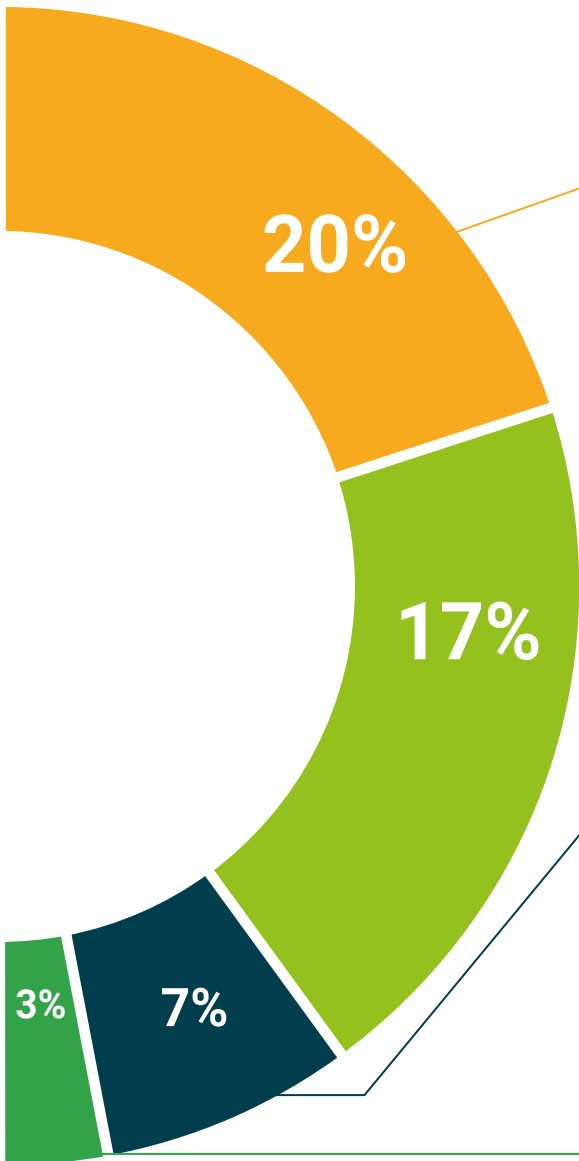
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



05

# Certificate

The Postgraduate Certificate in EMDR Therapy for Risk Professions 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 EMDR Therapy for Risk Professions** 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 EMDR Therapy for Risk Professions**

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  
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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