



### Postgraduate Certificate

### **Emotion-Based Psychotherapy**

» Modality: online

» Duration: 12 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

We b site: www.techtitute.com/us/psychology/postgraduate-certificate/emotion-based-psychotherapy

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Certificate

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### tech 06 | Introduction

For thousands of years, emotion has been a topic of interest to human beings, and we can find references to emotional states in early philosophers, but psychology has long underestimated the importance of emotion in human behavior. For a long time, it has been considered that thought, or the most cognitive part of the brain (the cortex) was the part that determined the behaviors and even the emotional states of the human being"



Expand your knowledge through the Postgraduate Certificate in Emotion-Based Psychotherapy, in a practical way and adapted to your needs"

This **Postgraduate Certificate in Emotion-Based Psychotherapy** contains the most complete and up-to-date program on the market. The most important features include:

- Clinical cases presented by experts in 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
- New diagnostic-therapeutic developments on the performance in Scientific Advances in the Study of Emotion
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- With special emphasis on evidence-based psychology and evidence-based research methodologies
- All of 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



This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Emotion-Based Psychotherapy you will obtain a qualification endorsed by TECH Technological University"

Forming part of the teaching staff is a group of professionals in the world of psychology who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

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

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this purpose, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

Continue your education with us and increase your decision-making confidence.

The program includes real clinical practical cases and exercises to bring the course closer to the psychologist's clinical practice.







### tech 10 | Objectives



### **General Objectives**

- Define the concept of emotion-based psychotherapy and its applications
- Learn how the brain and learning processes works
- Master the concept of emotion, its classification and functioning
- Acquire the knowledge and basic tools to generate a good therapeutic bond
- Understand health from the biopsychosocial model: what is Psychoneuroimmunology? What systems form it and how are they interrelated?
- Understand what a traumatic memory consists of and handle the different techniques of emotional processing



Make the most of this opportunity and take the step to get up to date on the latest developments in Emotion-Based Psychotherapy"





### Objectives | 11 tech



### **Specific Objectives**

- Learn about the role of emotion and its historical evolution
- Discover the scientific basis of emotion and its relevance
- Manage the different psychological orientations that work from emotion
- Understand and master the basics of emotional intelligence
- Understand what positive psychology is, where it comes from and what its theoretical foundations and practical applications are
- Learn about ECT (Emotional Consciousness Therapy), its founder and origins, as well as its indications for individuals and groups
- Get to know time-limited psychotherapy as a model of work based on emotion
- Understand how the three brain systems function from a physiological and functional perspective
- Learn how the brain functions throughout a person's development
- Relate brain functioning to the stress response and survival





### tech 14 | Course Management

#### **International Guest Director**

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of Health and Emotional Wellness. Throughout her career, she has been a key figure in the promotion of innovative Psychotherapies, specializing in personal management, coaching and the development of interpersonal projects to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of Burnout, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an Executive Coach by the International Coach Federation and has been trained in Individual Crisis Assistance and Group Crisis Intervention at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. She is also a supervisor and member of the advisory board of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the Asklepios Kliniken Central Services, where she has implemented integrated care areas throughout the Asklepios Group.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigious prize awarded by the Landesärztekammer Hessen (Hessen State Medical Association) for her outstanding commitment in the field of Psychosomatic Primary Care. Likewise, her involvement in associations and her contribution to the medical literature have consolidated her position as a leader in her field, as well as an advocate for the psychological and physical well-being of her patients.



### Dr. Claudia M, Christ

- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- · Director and Founder of the Akademie an den Ouellen
- Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
   Psychotherapist
- · Professional Coach from the International Coaching Federation (ICF)
- · Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- · Master's Degree in Public Health at the Technical University of Berlin
- · Medical Degree from the Free University of Berlin
- Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care

- · Member of:
- · German Society of Pain Medicine
- German Society of Cardiology
- · German Society for Psychotherapy based on Depth PsychologyWorld Association of
- · Positive and Transcultural Psychotherapy Associations
- · German Society for Positive and Transcultural Psychotherapy



Thanks to TECH you will be able to learn with the best professionals in the world"

#### Management



#### Ms. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos.
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies (IEPTL).
- · University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria.
- · Collaborator in different Red Cross programs
- · Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at Human Resources Consulting Services (HRCS)

#### Coordinator



#### Mr. Aguado Romo, Roberto

- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- President of the European Institute of Time-Limited Psychotherapy
- 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 by the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of the Basic Psychology course at the UNED

#### **Professors**

#### Dr. Villar Martín, Alejandro

- Doctor in Biology from the University of Oviedo
- Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux
- Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has trained
- Creator of Integrative Meditation, developed from the Big Mind model
- He has written a chapter in the book "Evolución Integral" published by Kairós

#### Mr. De Dios González, Antonio

- Director of Avatar Psychologists
- Director of the Psychology Department of Quirón Hospital in Marbella
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Transpersonal Therapist by the Spanish School of Transpersonal Development
- EFT Specialist by the World Center for EFT
- Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation
- Specialist in Clinical Hypnosis and Relaxation

#### Ms. Roldán, Lucía

- Health Psychologist
- Cognitive-behavioral intervention specialist
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Expert in Energy Therapy Intervention

#### Ms. Mazza, Mariela

- Responsible for the Transpersonal Development Area in Avatar Psicólogos
- Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- Expert in Regressive Therapy, Brian Weiss Method
- Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- Expert in Mindfulness and Meditation, and facilitator of these techniques at Hospital Ouirón Salud Marbella

#### Ms. Berbel Jurado, Tamara

- Expert Psychologist in childhood and adolescence at Hospital Quirón Salud Marbella and at Avatar Psicólogos
- Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Specialist in Health, Justice and Social Welfare from the University of Córdoba
- $\bullet \ \ \text{Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville} \\$
- Trainer in Avatar Psychologists in courses for educational centers and companies.
   Collaborator at HRCS
- Member of the psychosocial ERIES of the Spanish Red Cross





### tech 20 | Structure and Content

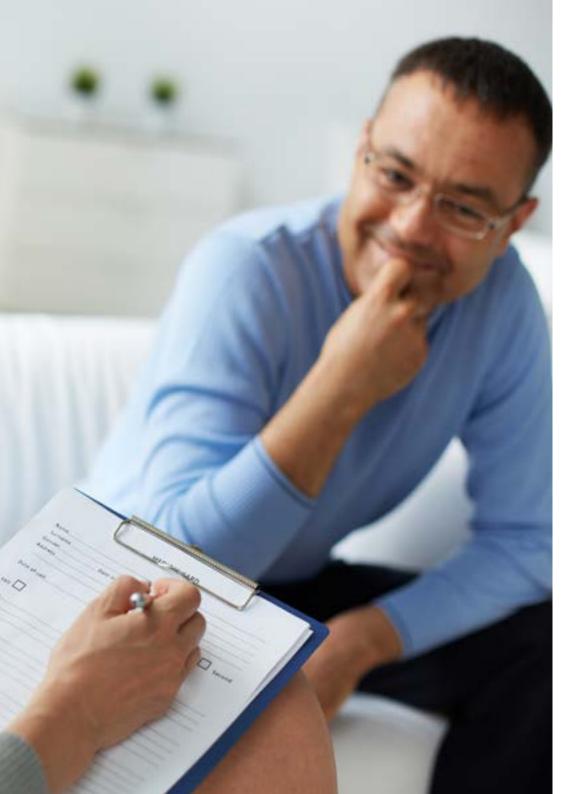
#### Module 1. Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

#### Module 2. The Brain and Learning

- 2.1. The Three Brains
  - 2.1.1. The Reptilian Brain
  - 2.1.2. The Mammal Brain
  - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
  - 2.2.1. Basic Intelligence
  - 2.2.2. Pattern Intelligence
  - 2.2.3. Parameter Intelligence
- 2.3. The Intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Fight-or-Flight Response
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires, Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept







A unique, key, and decisive training experience to boost your professional development"



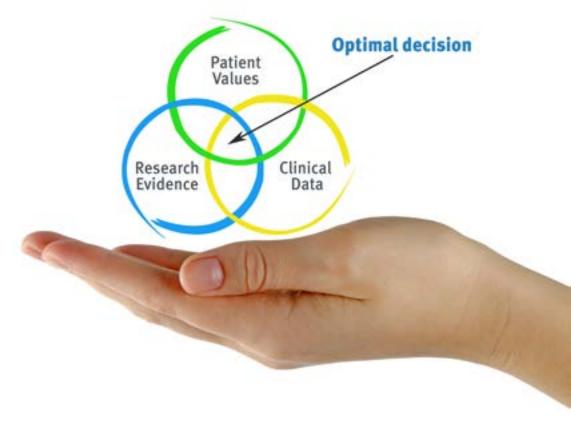


### tech 24 | Methodology

#### 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.



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.



### tech 26 | Methodology

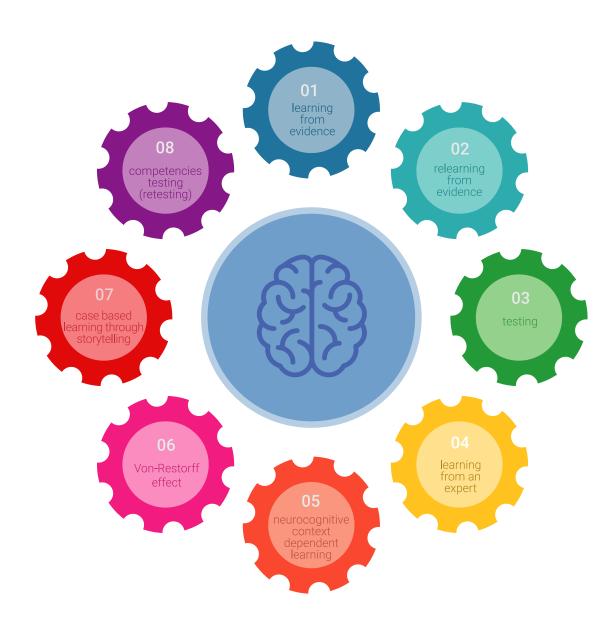
### Relearning Methodology

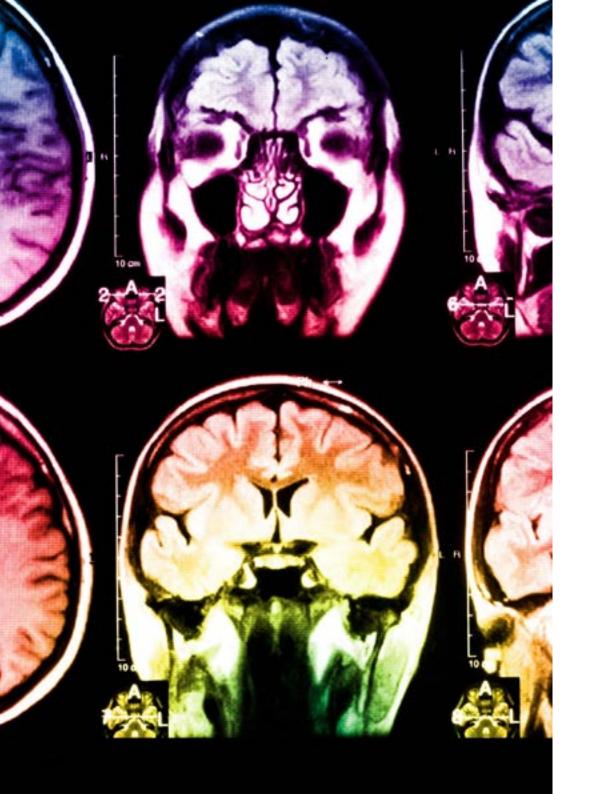
At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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.





### Methodology | 27 tech

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.

### tech 28 | Methodology

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**

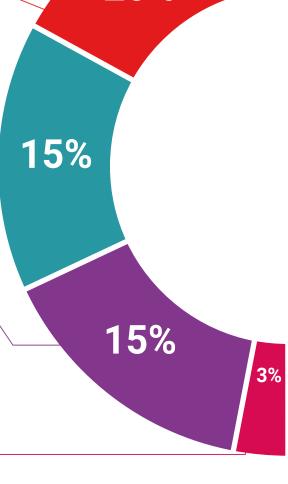
TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times 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.



**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

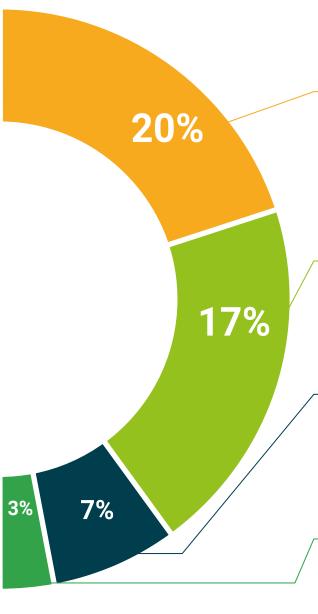
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







### tech 32 | Certificate

This **Postgraduate Certificate in Emotion-Based Psychotherapy** 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 Emotion-Based Psychotherapy Official N° of hours: 300 h.



<sup>\*</sup>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.

technological university

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