

# Postgraduate Certificate

## Establishment of the Therapeutic Bond





## Postgraduate Certificate

### Establishment of the Therapeutic Bond

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [techtitute.com/us/psychology/postgraduate-certificate/establishment-therapeutic-bond](https://techtitute.com/us/psychology/postgraduate-certificate/establishment-therapeutic-bond)

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# 01

# Introduction

Therapeutic Bonding in Time Limited Psychotherapy has gained significant relevance in the mental health field. Therapists face the challenge of developing trust and mutual understanding in a short period of time, which is crucial to maximize therapeutic impact in a short period of time. Therefore, recent research underscores the importance of empathic communication skills and intervention techniques that promote collaboration and active patient engagement. In this area, TECH has introduced a completely digital and highly flexible program, so graduates will only require an electronic device with an Internet connection to access educational resources. In addition, is based on the innovative learning methodology known as Relearning.



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*With this 100% online Postgraduate Certificate, you will investigate how interpersonal dynamics influence the therapeutic process, fundamental to facilitate the patient's recovery and personal growth”*

As therapeutic approaches evolve and diversify, the importance of a strong connection between therapist and client is increasingly recognized, even in contexts where time is a limiting factor. Therefore, professionals are exploring innovative strategies to cultivate this bond from the early stages of the therapeutic process, taking advantage of techniques such as active empathy, authenticity and the construction of goals and expectations.

It is in this context that this Postgraduate Certificate is born, which will delve into the relevance of active listening as the foundation of the therapeutic relationship. In this way, the importance of listening will be emphasized, not only as a technique, but as an essential vehicle to understand patients, their experiences and emotions. In addition, psychologists will cultivate a genuine and constant presence, creating a safe space where patients can feel understood and valued.

Emphasis will also be placed on the ability to change the patient's beliefs into verifiable facts through evidence-based strategies and critical thinking, helping the patient to distinguish between subjective perceptions and objective reality. Therefore, this aspect will be crucial to facilitate cognitive restructuring and to promote a more adaptive and less distorted thinking.

Finally, it will address how to foster in those affected the ability to imagine and verbalize their desires, along with the ability to offer non-judgmental and non-judgmental admiration. This will allow therapists to build a bond of total acceptance, encouraging the patient to explore their thoughts and feelings without fear of censure or disapproval.

Therefore, TECH has implemented a fully online and adaptable program, created to respond to the needs of the student body, avoiding the need to attend a physical facility or adhere to a rigorous schedule. Additionally, the program incorporates the advanced Relearning methodology, which focuses on the repetition of key concepts to improve understanding and retention of content.

This **Postgraduate Certificate in Establishment of the Therapeutic Bond** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Establishment of the Therapeutic Bond
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used 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 equip yourself with essential skills, such as empathy, active listening and the ability to establish a trusting and confident relationship with the patient from the very first sessions. With all the TECH quality guarantees!"*

“

*This Postgraduate Certificate is presented as a pillar that will underpin all interactions within the therapeutic setting, allowing you to position yourself effectively to guide the process of change in the patient”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Thanks to the best didactic materials, at the forefront of technology and education, you will be prepared to use the most advanced techniques and deepen the therapeutic bond, optimizing the results of the treatment.*

*You will delve into methods to gently challenge the patient's irrational assumptions and beliefs, replacing them with concrete evidence, through a vast library of innovative multimedia resources.*



# 02

# Objectives

The main objective of this Postgraduate Certificate will be to enable therapists to develop and strengthen critical interpersonal skills necessary to form effective and empathic therapeutic relationships. Therefore, professionals will be instructed in the art of active listening and genuine presence, ensuring that they can offer a safe and non-judgmental space. In addition, they will focus on techniques to help patients replace distorted beliefs with verifiable facts and foster their ability to imagine and pursue their desires, enhancing their healing process and personal development.





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*You will be up to date on the theory behind therapeutic bonding and apply foundational skills effectively in clinical practice, significantly improving the outcomes of your interventions”*



## General Objectives

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- ♦ Describe and develop intervention models for Time Limited Psychotherapy
- ♦ Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- ♦ Describe the arsenal of technology that allows the patient to change his or her traumatic memories into memories of remembrance
- ♦ Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)





## Specific Objectives

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- ♦ Change the patient's beliefs for verifiable facts
- ♦ Admire unconditionally, without judgment, without criticism, just contemplating
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Make listening the bridge to build therapeutic relationships
- ♦ Know how to be always present



*You will keep your clinical practice up to date in empathy, active listening and authenticity, all for the construction of an environment of trust and security where the patient feels understood and valued”*

03

# Structure and Content

The contents of the program will range from the fundamentals of empathy and active listening to advanced methods of cultivating therapeutic presence and unconditional acceptance. Psychologists will use their emotional and cognitive understanding to challenge and replace the sufferer's beliefs with verifiable facts, therefore improving the accuracy of their perception of reality. Additionally, the importance of teaching patients to articulate and visualize their desires, a process that strengthens their autonomy and motivation, will be emphasized.





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*You will analyze strategies for establishing and maintaining healthy boundaries within the therapeutic relationship, as well as understanding transference and counter-transference. What are you waiting for to enroll?"*

### Module 1. Establishment of the Therapeutic Bond

- 1.1. Accompaniment
- 1.2. Containment
- 1.3. Escort
- 1.4. The Impossibility Not to Influence
- 1.5. Influencing Only the Problem
- 1.6. Not Influencing Personality Structure
- 1.7. Getting Patients to Influence Change
- 1.8. Influence Not So Much What Happens As What the Patient Does with What Happens to Them
- 1.9. Integrate Emotions and Affective Experiences within Current Reality
- 1.10. Focus on Solutions and Healthy Aspects in Subjects
- 1.11. Address the Cause for Consultation and for Basic Conflicts
- 1.12. Use the Cause for consultation as a Guide for Therapy
- 1.13. Get the Model itself to Place the Basic Conflict in Front of the Patient and the Therapist





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*Don't miss this unique TECH opportunity! You will develop skills to work with resistance and ambivalence in patients, applying evidence-based approaches to promote positive change”*

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 Establishment of the Therapeutic Bond 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 private qualification will allow you to obtain a **Postgraduate Certificate in Establishment of the Therapeutic Bond** 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** private qualification 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 Establishment of the Therapeutic Bond**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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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