

# Postgraduate Certificate Grief Management



## Postgraduate Certificate Grief Management

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

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/grief-management](http://www.techtitute.com/us/psychology/postgraduate-certificate/grief-management)

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# 01

# Introduction

Losing a loved one to cancer can cause a great deal of suffering for family members. Grief is a natural response to death that, in some cases, progresses in a healthy way, allowing them to resume their lives. However, on other occasions, the pain is so great that it complicates the recovery process. This program will address this issue, exploring the theories on how to support the grief process and help people to learn to live with loss. Students will also be presented with a clear distinction between healthy grief and complicated grief, so that a suitable intervention plan can be drawn up.





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*Meet the needs of family members after  
the loss of a loved one with cancer”*



Families that have lost a loved one to cancer react in different ways. Some may have already come to terms with the loss while others are taken by surprise. Although bereavement is not considered a disease, it should be given attention in order to prevent it from becoming a condition that affects the lives of survivors. In order to do so, psycho-oncologists need to learn how to express empathy or compassion in order to support the family.

This Postgraduate Certificate in Grief Management is a psychoeducational program aimed at helping mourners cope and improving their quality of life during bereavement. In addition, it will help to distinguish the difference between normal grief and complicated grief, and the contributing risk factors.

Emotional pain after a death from cancer makes it necessary to consider care for family members that goes beyond the disease process and the end of life. Given the delicacy of this situation, it is advisable for psychology professionals to have a strategy in place so that they can provide high-quality care when called upon to do so.

At the end of the program, students will be able to apply the appropriate techniques to help patients, and be equipped with the skills necessary to work in a private practice or directly in the oncology department of a hospital.

This **Postgraduate Certificate in Grief Management** contains the most complete and up-to-date educational program on the market. The most important features include:

- » Practical cases presented by experts in Psycho-Oncology
- » Graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice.
- » Practical exercises where self-assessment can be undertaken to improve learning
- » Special emphasis on innovative methodologies for psychological treatment for families of cancer patients
- » 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



*Help an oncology patient's family cope with death before it happens"*

“

*Avoid any action that puts the life of a cancer patient's family member at risk”*

The program's teaching staff includes professionals from the sector who pour their professional experience into this program, as well as renowned specialists from leading societies and prestigious universities.

Multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive learning designed to prepare them for real situations.

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Become familiar with the theoretical principles that help psycho-oncologists to support the grieving process for a patient's family members.*

*Determine the most appropriate intervention, in collaboration with the psycho-oncology team, after the loss of a child with cancer.*



# 02

# Objectives

This program will help students learn about techniques and models that help families affected by the death of a cancer patient to cope with their loss. Students will be able approach this situation appropriately, showing empathy and compassion. Likewise, they will learn to detect the physical signs that a person may exhibit when they are not coping well with a loss.

This will allow professionals to work in a private practice, or provide their services wherever they are required.





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*Grief should be a healthy process. To ensure this, family members should receive support from mental health professionals”*



## General Objectives

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- » Gain in-depth knowledge of the different therapeutic options in the psychological treatment of cancer
- » Contribute to the control of mood disorders using appropriate psychological strategies
- » Know how to assess and intervene for adaptive and maladaptive emotions and behaviors



*Communicate assertively with family members going through complicated grief"*





## Specific Objectives

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- » Prevent the onset of complicated grief prior to death as much as possible
- » Continue to prevent the onset of complicated grief after the death, providing emotional support and the tools that help the person to say goodbye to their loved one
- » Provide guidance in carrying out bereavement tasks
- » Develop the capacity for empathy, listening and compassion that allows us to be in tune with the patient's pain, without over-involvement and, at the same time, create a sufficiently strong therapeutic bond to face the difficulties that may arise in the process



# 03

## Course Management

This Postgraduate Certificate is delivered by a select group of professionals specialized in psychology and psycho-oncology, thus forming a multidisciplinary team qualified to provide the best education for students interested in developing their empathy and understanding to tune in to the patient's pain. Thanks to their many years of experience, they make an excellent team, capable of providing the best tools for the development of the program. They will therefore enable students to enhance their skills in order to provide better patient care.





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*Trust in the best teaching team to explain the latest insights into the grieving process”*



## Management



### Mr. Garrido Jiménez, Sergio

- ♦ Provincial Coordinator of the Section of Psycho-Oncology and Palliative Care of (Ilustre Colegio Oficial de Psicólogos de Andalucía Oriental - COPAO) in Jaén
- ♦ General Health Psychologist for the Junta de Andalucía. NICA 43384
- ♦ Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP)
- ♦ Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA
- ♦ Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- ♦ Member of the Spanish Society of Psycho-Oncology (SEPO)
- ♦ Degree in Psychology. University of Jaen (UJA)
- ♦ Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)



## Professors

### Dr. Montes Berges, Beatriz

- » Psychologist and Criminologist, University of Granada
- » PhD in Psychology, University of Granada
- » Professor of Social Psychology
- » Gestalt Therapist
- » Member of the Section of Psycho-Oncology and Palliative Care of the Western Andalusia Official College of Psychology
- » Professor of Psychology in the Nursing Degree

### Dr. Aranda López, María

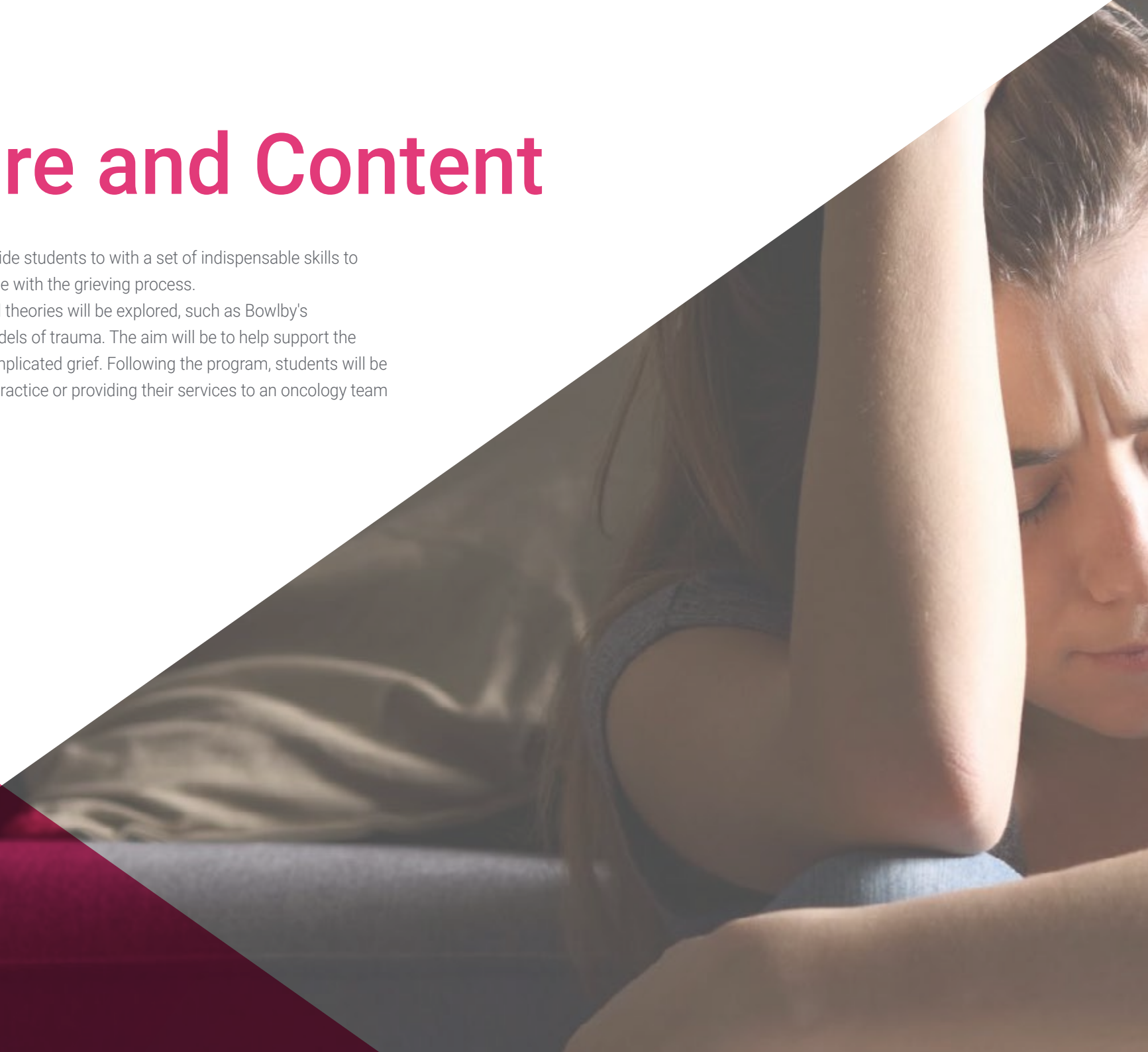
- » Assistant PhD Professor in the field of Social Psychology at the University of Jaén.
- » Member of the Psychology Cabinet of the University of Jaen.
- » Member of the group PAIDI "HUM651: Psychosocial Analysis of Behavior in the Face of a New Reality" and "HUM836: Psychological Assessment and Intervention"
- » PhD in Psychology
- » Expert psychologist in Emergencies and Disasters
- » Collaborator in various volunteer programs, health programs, programs for people at risk of social exclusion or vulnerable and employment guidance programs

04

# Structure and Content

The content of this program will provide students with a set of indispensable skills to help patients' family members cope with the grieving process.

For this purpose, a range of empirical theories will be explored, such as Bowlby's attachment theory or conceptual models of trauma. The aim will be to help support the grief process and help to prevent complicated grief. Following the program, students will be able to work in a private practice or providing their services to an oncology team in a hospital.





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*Grief for children is different from grief for adults. Learn how to work with them and help them understand what's going on around them"*



## Module 1. Grief Management

- 1.1. Death, Culture and Society
  - 1.1.1. Health Professionals in the Face of Death
- 1.2. Psychological Evaluation of Grief
  - 1.2.1. Interview and Specific Instruments for Assessment
- 1.3. Common Reactions to Grief
  - 1.3.1. Normal Grief and Complicated Grief
  - 1.3.2. Vulnerability Factors
  - 1.3.3. Differential Diagnosis Between Grief and Depression
- 1.4. Main Theoretical Models on Grief
  - 1.4.1. Bowlby's Attachment Theory
  - 1.4.2. Nuclear Beliefs and Meaning Reconstruction
  - 1.4.3. Conceptual Models on Trauma
- 1.5. Objectives of Intervention in Grief and Recommended Interventions
  - 1.5.1. Facilitating the Normal Grief Process Prevention of Complicated Grief
  - 1.5.2. Suggestions for Intervention Before and After the Death
  - 1.5.3. Bereavement Psychotherapy from an Integrative Relational Model
- 1.6. Group Intervention in Attention to Grief
  - 1.6.1. Psychological Intervention for Grief Due to the Loss of a Child
- 1.7. Stages of Grief
  - 1.7.1. Bereavement Tasks
- 1.8. Grief in Children
- 1.9. Suicide and Cancer
- 1.10. Psychopharmacology in Attention to Grief







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*Provide appropriate individual and group support to prevent life-threatening actions”*

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. 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

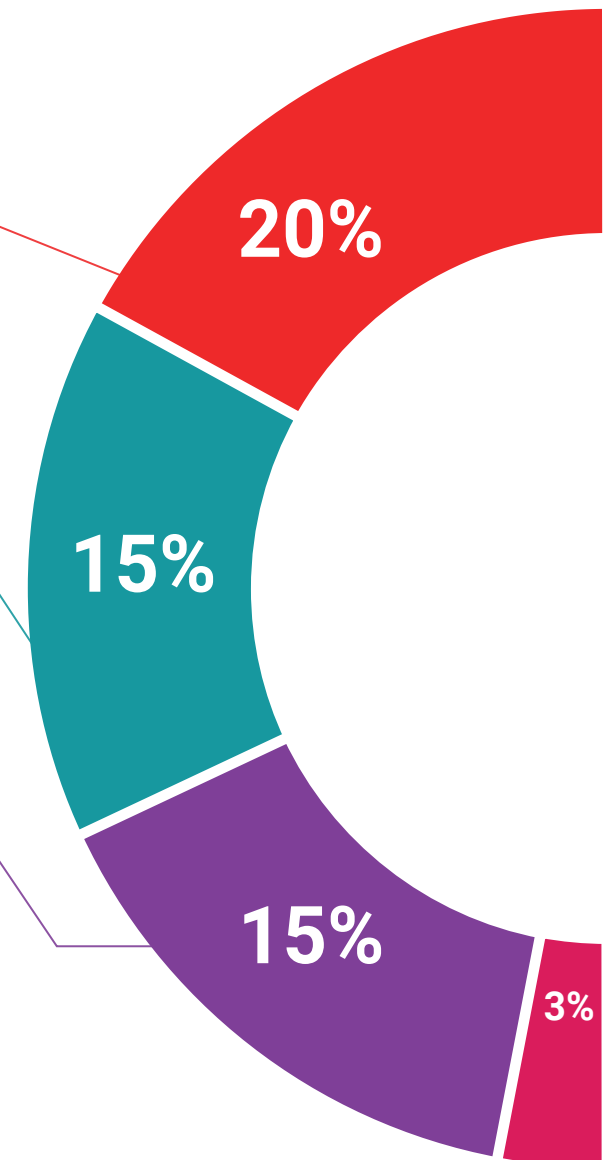
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

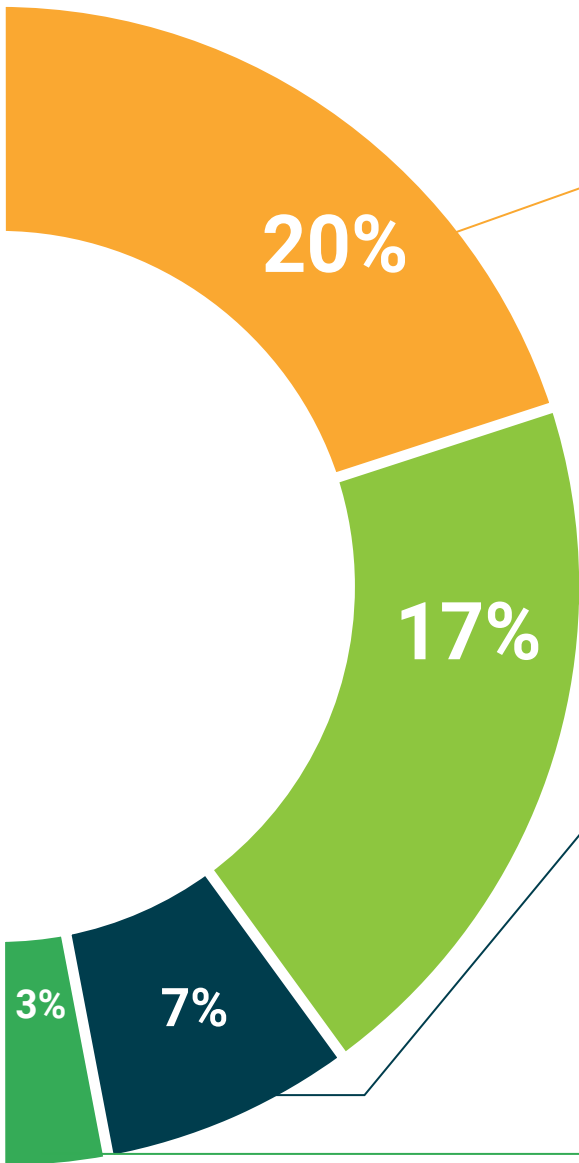
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





06

# Certificate

The Postgraduate Certificate in Grief Management 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 Postgraduate Certificate without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Grief Management** 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 Grief Management**

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 quality

online training

development languages

virtual classroom

**tech** global  
university

Postgraduate Certificate

Grief Management

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



# Postgraduate Certificate Grief Management

