

# Postgraduate Certificate

## Group Intervention Techniques with First Responders





## Postgraduate Certificate Group Intervention Techniques with First Responders

- » 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/group-intervention-techniques-first-responders](http://www.techtute.com/us/psychology/postgraduate-certificate/group-intervention-techniques-first-responders)

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# 01

# Introduction

Self-care is fundamental for those professionals who dedicate their work activity to intervention in critical or emergency situations. It is a matter of learning to manage their own emotions, implementing mental health care habits in their routine to control and reduce stress, as well as to mental health care habits to control and reduce stress, as well as to avoid the appearance of long-term disorders. This type of therapy is currently in high demand, both individually and in groups, so TECH has considered it necessary to launch a qualification that allows psychology specialists to know in detail the advances made in this field. Through a dynamic and intensive qualification, presented in a convenient 100% online format, graduates will be able to learn in detail about the most innovative and effective *defusing* and debriefing and *debriefing* strategies, perfecting their professional competences in the intervention with interveners.





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*The best program on the current educational market to improve your skills in psychological intervention with emergency or crisis responders”*



Psychological intervention with crisis or emergency responders has become, at present, one of the most demanded services in the field of psychology. And it is that numerous studies have shown that in workers who dedicate their work activity to the field of emergencies (especially the bodies security guards and health care specialists), mental health deteriorates more easily. Hence the need to have the support of a professional who knows and knows how to transmit the best strategies for managing emotions.

As a result, they will be able to work on their own in the prevention and reduction of stress, avoiding the onset of mental disorders such as depression or anxiety caused by continuous exposure to traumatic contexts and reduction of stress, avoiding the appearance of mental disorders such as depression or anxiety caused by continuous exposure to traumatic contexts. And for the psychologist who wants to dedicate their activity to this therapeutic field, TECH has developed this very complete program in order to bring them up to date with the most effective individual and group intervention techniques.

It is a 6-week course that includes 180 hours of the best content, developed by a team of experts in the sector. Thanks to its comprehensive syllabus, graduates will be able to work intensively on updating their knowledge of *Peer Support* systems, as well as on new developments related to *defusing* and *debriefing*. They will also be able to delve into the most effective cognitive-behavioral techniques for stress management, implementing the latest concepts in their practice for a specialized intervention according to the type of patient.

For this purpose, they will be provided with diverse material apart from the theoretical, from real clinical cases with which they will be able to put their skills into practice, to detailed videos, research articles, complementary readings, self-knowledge exercises and dynamic summaries. All framed in a convenient and accessible 100% online format thanks to which they will be able to immerse themselves in this highly empowering educational experience without schedules or face-to-face classes.

This **Postgraduate Certificate in Group Intervention Techniques with First Responders** 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 Emergency Services
- ◆ 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
- ◆ Practical exercises where the self-assessment 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



*You will delve into the characteristics of the different types of crisis interventionists, as well as the most effective psychological strategies for the management of each of them"*

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*Do you want to know the advantages and disadvantages of group intervention techniques versus individual ones? Enroll in this postgraduate certificate and specialize in both"*

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

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in professionals a situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare in 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 educational course. For this, the student will be aided by an innovative system of interactive videos produced by renowned experts.

*A 100% online program with which you will be able to deepen, through 180 hours of diverse content, in the new physiological techniques of stress management.*

*No strict schedules or face-to-face classes: an academic experience adapted to you, your needs educational experience adapted to you, your needs and those of the psychology sector.*



# 02

# Objectives

Given the importance of psychological intervention with interveners for the care of their mental health and for the prevention of the onset of long-term illnesses, TECH has brought together in a single program the information necessary to master this area and its most effective strategies. That is why the objective of this program is to ensure that psychology professionals can know in detail individual and group therapeutic treatments that best results are currently having to apply them efficiently in your practice.







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*You will be able to implement in your practice the most effective therapeutic strategies to achieve effective relaxation in your patients"*



## General Objectives

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- ◆ Develop a broad and specialized knowledge of group intervention techniques with emergency responders
- ◆ Know in detail the main individual and group strategies for stress management and prevention of illnesses affecting mental health

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*A qualification that will teach you the keys to know when group intervention with first responders is appropriate”*





## Specific Objectives

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- ◆ Know and study the main group techniques for intervention with first responders
- ◆ Know and study the main individual techniques for intervention with first responders
- ◆ Differentiate group techniques from individual techniques
- ◆ Know about *Peer Support Systems*
- ◆ Know the consequences of poor intervention



# 04

## Structure and Content

TECH and its team of experts have developed this Diploma taking into account the latest developments in the field of psychology, more specifically in the field of intervention with participants in crisis or emergency situations. Thanks to this, it has been possible to create a dynamic, modern, multidisciplinary and highly capacitating program, with which professionals will be able to implement the most effective individual and group therapeutic techniques in their practice. All this through 180 hours of the best theoretical, practical and additional content framed in a convenient and flexible 100% online format, compatible with any device with internet connection.





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*Would you like to specialize in defusing and debriefing techniques? Choose this Postgraduate Certificate and implement the most effective PTSD prevention strategies to your psychological activity in just 6 weeks"*



## Module 1. Group Intervention Techniques with First Responders

- 1.1. The First Responders
  - 1.1.1. The First Responder
  - 1.1.2. Types of First Responders
  - 1.1.3. The Importance of Intervention
- 1.2. Group Techniques vs. Individual Techniques
  - 1.2.1. Introduction to the Concept of Group Techniques vsw
  - 1.2.2. Main Group Techniques for Intervention with First Responders
  - 1.2.3. Main Individual Techniques for Intervention with First Responders
- 1.3. Physiological Stress Management Techniques
  - 1.3.1. Main Physiological Stress Management Techniques
  - 1.3.2. Efficacy of Physiological Stress Management Techniques
  - 1.3.3. New Physiological Stress Management Techniques
- 1.4. Cognitive-Behavioral Techniques for Stress Management
  - 1.4.1. Introduction to Cognitive-Behavioral Techniques
  - 1.4.2. Main Cognitive-Behavioral Techniques for Stress Management
- 1.5. When to To Do Group Intervention with First Responders
  - 1.5.1. The Importance of Group Intervention
  - 1.5.2. Advantages of Group Intervention
  - 1.5.3. When is Group Intervention with First Responders Appropriate?
  - 1.5.4. Risks of Group Intervention
- 1.6. Peer Support Systems
  - 1.6.1. Introduction to the Concept of Peer Support Systems
  - 1.6.2. Types of Peer Support Systems
  - 1.6.3. Application in Children and Teenagers





- 1.7. *Defusing*
  - 1.7.1. What is *Defusing*?
  - 1.7.2. Technique Objectives
  - 1.7.3. Advantages and Disadvantages of *Defusing*
- 1.8. *Debriefing*
  - 1.8.1. What is *Debriefing*?
  - 1.8.2. Technique Objectives
  - 1.8.3. Technique Stages
  - 1.8.4. Advantages and Disadvantages of *Debriefing*
- 1.9. Relaxation
  - 1.9.1. What is Relaxation?
  - 1.9.2. Technique Objectives
  - 1.9.3. Advantages and Disadvantages.
- 1.10. Demobilization
  - 1.10.1. What is Demobilization?
  - 1.10.2. Technique Objectives
  - 1.10.3. Advantages and Disadvantages



*Don't hesitate any longer and bet on a program that is guaranteed to elevate your professional talent to the top of the psychology sector. Your patients will thank you for it"*



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 adapted in 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.

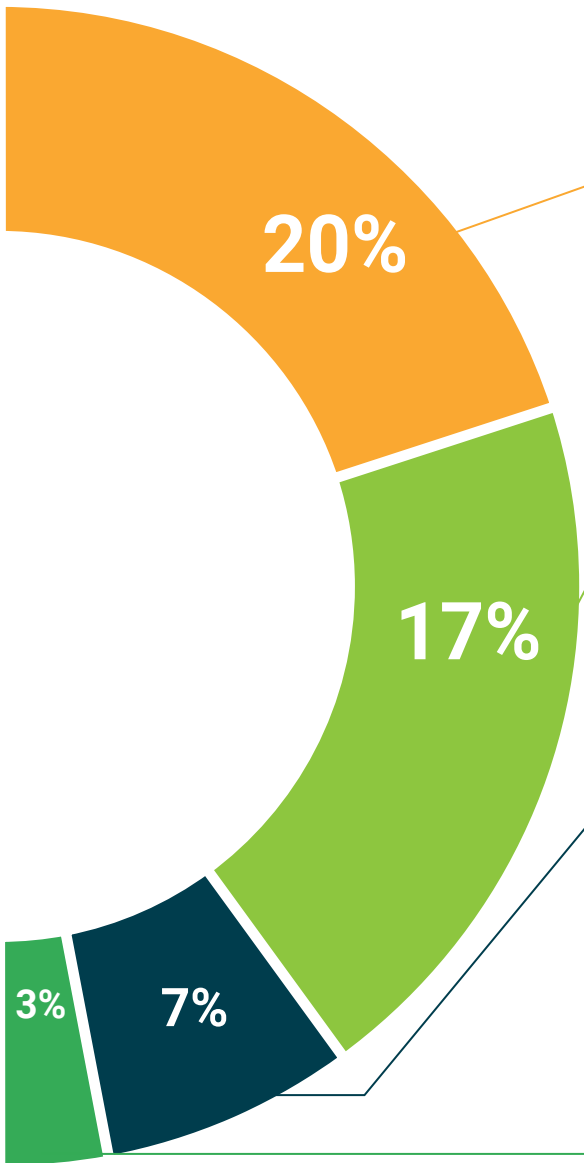
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 assess and re-assess 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 Intervention Techniques with First Responders 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 Intervention Techniques with First Responders** 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 Intervention Techniques with First Responders**

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.



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