

# Postgraduate Certificate

## Historical Evolution of Cognitive-Behavioral Psychology



## Postgraduate Certificate

### Historical Evolution of Cognitive-Behavioral Psychology

- » 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/historical-evolution-cognitive-behavioral-psychology](http://www.techtute.com/us/psychology/postgraduate-certificate/historical-evolution-cognitive-behavioral-psychology)

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# 01

# Introduction

Since Albert Ellis founded Rational Emotive-Behavioral Therapy, its evolution and transcendence in the field of Psychology have been fundamental in the care of patients suffering from certain disorders, many times based on beliefs and schemes that interfere in the person's daily life. This teaching emphasizes this historical journey, as well as the Cognitive-Behavioral model itself with the most updated syllabus in this area. All this in a program taught 100% online with access throughout the day to the most innovative multimedia content and at the forefront of academic education.



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*Renew your knowledge with this Postgraduate Certificate on the main contributions of James Watson, Thorndike or Skinner in the Cognitive-Behavioral Model”*

This Postgraduate Certificate in Historical Evolution of Cognitive-Behavioral Psychology is aimed primarily at the psychology professional who wishes to renew their knowledge in this model of therapy that has demonstrated over the years and with scientific support, its effectiveness in certain patients suffering from anxiety, stress or personality disorders.

During the 6 weeks of this program, students will deepen their knowledge of the main authors who have developed the Cognitive-Behavioral therapy, the formation of emotional patterns and limiting beliefs or the role of the therapist. Likewise, they will renew their knowledge in the different techniques used in clinical consultations with certain patients and they will learn about the trends and current evolution of this model. All this with a syllabus made up of quality multimedia content (video summaries, specialized readings), and according to the current times.

An excellent opportunity that TECH offers to all psychology professionals who wish to update their knowledge in a comfortable way. To access the content of this program, all they need is a device with an Internet connection. In this way, students will be able to consult the syllabus whenever and wherever they wish, therefore facilitating the completion of a high-level education at the same time that is compatible with professional and/or personal responsibilities.

This **Postgraduate Certificate in Historical Evolution of Cognitive-Behavioral Psychology** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical 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
- ♦ 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



*A Postgraduate Certificate that you can access 24 hours a day to a library of multimedia resources with your laptop or tablet"*

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*The Relearning system favors the updating of knowledge in a more natural and progressive way"*

The program's teaching staff includes professionals from sector who contribute their work experience to this 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 and experienced experts.

*Get closer to the most recent studies in the field of Cognitive-Behavioral Psychology with 100% online teaching.*

*Delve into the limiting beliefs and emotions that influence patients with anxiety disorders, thanks to this Postgraduate Certificate.*



# 02

## Objectives

The main objective of this Postgraduate Certificate is the updating of knowledge by the psychology professional in the Cognitive-Behavioral therapy model. Therefore, at the end of this course, students will have deepened in the most relevant authors, their theories and the importance of science in its progress. The Relearningsystem, based on the reiteration of content, offered by TECH in its programs will facilitate the acquisition of knowledge in a more natural and progressive way.







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*Enroll in a Postgraduate Certificate, which gives you the opportunity to keep abreast of advances in Cognitive-Behavioral Therapy”*



## General Objectives

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- ♦ Acquire complete and comprehensive education in Clinical and Health Psychology
- ♦ Provide the student with the conceptual and theoretical knowledge of Clinical and Health Psychology
- ♦ Differentiate illness from health
- ♦ Know the psychological models in clinical and health Psychology
- ♦ Conduct psychological evaluations
- ♦ Design prevention protocols for health Psychology and Health promotion
- ♦ Know the aspects that affect clinical practice
- ♦ Manage the knowledge, skills, techniques, resources, and strategies needed to perform clinical practice
- ♦ Understand professional guidelines for good practice within the psychology profession





## Specific Objectives

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- ◆ Understand the beginnings of psychology and the historical evolution of cognitive psychology
- ◆ Learn about each of the most famous theories within Psychology
- ◆ Synthesize notions of the historical chronology of psychology
- ◆ Know the importance of viewing psychology as a scientific discipline



*Delve into the historical chronology of psychology with innovative didactic material"*

# 03

## Course Management

TECH is continually committed to academic excellence. For this reason, each of its programs has teaching teams of the highest reputation. These experts have extensive experience in their professional fields and, at the same time, have achieved significant results with their empirical research and fieldwork. In addition, these specialists play a leading role within the university qualification, as they are in charge of selecting the most up-to-date and innovative content to be included in the syllabus. In addition, they participate in the elaboration of numerous multimedia resources of high pedagogical rigor.





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*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”*

## International Guest Director

Dr. Bunmi Olatunji has a long career in research in the area of Psychology, and his main area of study focuses on Cognitive Behavioral Theory and Anxiety Disorder Therapy. In his position as Director of Clinical Training in the Department of Psychological Sciences, at Vanderbilt University, he has examined the role of basic emotions, with one of his main lines of study being the relationship between the experience of disgust and the specific symptoms of anxiety disorder.

Throughout his professional career, he has published more than 160 articles in scientific journals and book chapters specialized in Psychology. In addition, he has participated in more than 100 conferences on this subject. In fact, his relevant contributions have positioned him as a reference in this area of study. For this reason, he has received several awards, such as the Distinguished Scientist Award from the American Psychological Association.

In addition, Dr. Bunmi Olatunji has delved into the analysis of anxiety and behavioral changes. In particular, he has conducted a study in which he has observed the psychological predictors of anxiety and fear of contagion during the Swine Flu pandemic. Moreover, he has conducted research on obsessive-compulsive disorders and post-traumatic stress disorders in war veterans.

As a leading specialist in this field of study, he is on the editorial board of several journals, such as the International Journal of Cognitive Therapy and the Journal of Obsessive-Compulsive and Related Disorders. In this way, his commitment to excellence has been key in his career, disseminating his findings. In particular, his abilities to contribute to advances in clinical care and treatment of psychological conditions affecting individuals stand out.



## Dr. Olatunji, Bunmi

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- ♦ Director of Clinical Training at Vanderbilt University, Nashville, United States
- ♦ Clinical Therapist
- ♦ Researcher specialized in Clinical Psychology
- ♦ Associate Editor of the Journal of Consulting and Clinical Psychology
- ♦ Ph.D. in Clinical Psychology from the University of Arkansas
- ♦ Graduate in Psychology from the University of Wisconsin-Stevens Point

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

# 04

## Structure and Content

The study plan of this Postgraduate Certificate has been designed to offer the psychology professional the most updated content in the field of Cognitive-Behavioral Psychology. Cognitive-Behavioral Psychology, for this purpose, a tour through the historical evolution of this model of therapy, aided by modern and innovative didactic material (video summaries, complementary readings, interactive summaries) will be made. A content that can be accessed from the first day, with the students distributing the teaching load according to their needs.







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*A syllabus where you will be able to update your knowledge in the position of the therapist in Cognitive-Behavioral therapies"*

## Module 1. Historical Evolution of Cognitive-Behavioral Psychology

- 1.1. Psychology as a Scientific Discipline
  - 1.1.1. Psychology Origins and Beginnings
  - 1.1.2. Philosophy as Base
  - 1.1.3. A New Discipline
  - 1.1.4. Psychology Intervention
- 1.2. Classical and Operant Conditioning
  - 1.2.1. The Beginnings of Conditioning
  - 1.2.2. Classical conditioning
  - 1.2.3. Operant Conditioning
- 1.3. Behavioral Therapy
  - 1.3.1. Beginnings of Behavioral Therapy
  - 1.3.2. Most Relevant Authors and Theories
- 1.4. Development and Characteristics the Cognitive-Behavioral Model
  - 1.4.1. Basis of the Cognitive-Behavioral Model
  - 1.4.2. Characteristics and Advantages of the Model
- 1.5. Main Authors and Models within the Cognitive-Behavioral Paradigm
  - 1.5.1. Driving Authors of the Movement
  - 1.5.2. Main Theories and Models
- 1.6. The Therapist Role
  - 1.6.1. Importance of the Therapist
  - 1.6.2. Their Position Within Cognitive-Behavioral Therapy
- 1.7. What Is Rapport?
  - 1.7.1. Introduction to the Concept of Rapport
  - 1.7.2. Relevance in Psychology
  - 1.7.3. Main Authors who Support the Concept





- 1.8. Formation of Emotional Schemes and Limiting Beliefs
  - 1.8.1. What are the Emotional Patterns?
  - 1.8.2. Types of Patterns
  - 1.8.3. Definition of Beliefs
  - 1.8.4. Limiting Beliefs
- 1.9. Cognitive Psychology Today
  - 1.9.1. Current Cognitive Psychology
  - 1.9.2. Most Relevant Authors and Theories
  - 1.9.3. Tendencies and Evolution
- 1.10. Normality and Pathology
  - 1.10.1. The Concept of Normality
  - 1.10.2. Normality vs Pathology

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*A program that will take you through the trends and evolution of Cognitive-Behavioral therapy”*

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. 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.



06

# Certificate

The Postgraduate Certificate in Historical Evolution of Cognitive-Behavioral Psychology 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 Historical Evolution of Cognitive-Behavioral Psychology** 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 Historical Evolution of Cognitive-Behavioral Psychology**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





## Postgraduate Certificate Historical Evolution of Cognitive-Behavioral Psychology

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

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