

# Postgraduate Certificate

## The Implication of Emotion in Psychoneuroimmunology





## Postgraduate Certificate

### The Implication of Emotion in Psychoneuroimmunology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/implication-emotion-psychoneuroimmunology](http://www.techtute.com/us/psychology/postgraduate-certificate/implication-emotion-psychoneuroimmunology)

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# 01

# Introduction

Professionals who complete this program will acquire the knowledge required to offer their patients a more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated; emotion. You will also be able to conduct preventive and personal growth therapies, since the program is not only oriented towards the clinical area, but also at being able to help others to grow emotionally and lead a more fulfilling life.





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*Supported by the latest scientific research, this program gives emotion the value it really has in psychological distress and illness and in the functioning of the person in general”*

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” Today, thanks to scientific research, we know that information coming from a stimulus reaches the limbic structures of the brain before it reaches the neocortex.



*Expand your knowledge through the Postgraduate Certificate in The Implication of Emotion in Psychoneuroimmunology, in a way that is both practical and adapted to your needs”*

The **Postgraduate Certificate in The Implication of Emotion in Psychoneuroimmunology** contains the most complete and up-to-date program 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 and therapeutic developments in the Implication of Emotion in Psychoneuroimmunology
- ♦ 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 research methodologies in psychology
- ♦ 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



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*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 The Implication of Emotion in Psychoneuroimmunology, 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.

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

*Make the most of the opportunity to update your knowledge in the Implications of Emotion in Psychoneuroimmunology using classical methods to improve your patient care.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master the subject of the Postgraduate Certificate in The Implication of Emotion in Psychoneuroimmunology in a way that is both practical and rigorous.







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*This program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Provide the student with the necessary knowledge to be able to offer real Emotional Well-Being to their patients.
- ♦ Get trained to generate a good therapist-patient bond.
- ♦ In-depth knowledge and understanding about the functioning of the human being and the importance of emotional management in it
- ♦ Discover the different therapies and models based on emotion
- ♦ Develop intervention protocols adapted to the patient and reason for consultation
- ♦ Master the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health



*Make the most of this opportunity and take the step to get up to date on the latest developments in The Implication of Emotion in Psychoneuroimmunology”*





## Specific Objectives

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- ♦ Discover the path of emotion throughout the history of psychology and its different models.
- ♦ Know the scientific research related to emotions
- ♦ Discover how emotional schemes are formed
- ♦ Know what a basic emotion is and its function
- ♦ Understand how emotion affects different cognitive processes.
- ♦ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- ♦ Identify the role of Psychoneuroimmunology and its correct application for emotional well-being



# 03

# Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of the Implication of Emotion in Psychoneuroimmunology, and who pour into this training the experience of their work.

Additionally, renowned specialists, members of prestigious scientific communities, are involved in designing and preparing the program.





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*Learn from leading professionals, the latest advances in the Implication of Emotion in Psychoneuroimmunology"*



## 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. Christ, Claudia M.

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- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- Director and Founder of the Akademie an den Quellen
- 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 Psychology, World Association of Positive and Transcultural Psychotherapy Associations, German Society for Positive and Transcultural Psychotherapy

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*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 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 Almería
- 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 Quirón Salud Marbella

### Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert 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
- ♦ 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

# 04

## Structure and Content

The structure of the contents has been designed by a team of professionals who are knowledgeable about the implications of training in the daily practice of the psychologist in the Implication of Emotion in Psychoneuroimmunology and are aware of the relevance of current specialization to treat the patient with emotional disorders and committed to quality teaching using new educational technologies.







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*The Postgraduate Certificate in The Implication of Emotion in Psychoneuroimmunology contains the most complete and up-to-date program the market”*

## Module 1. A Multifactorial View of Health. Psychoneuroimmunology

- 1.1. What is Psychoneuroimmunology?
  - 1.1.1. Definition
  - 1.1.2. Origins
- 1.2. Communication Routes
- 1.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (1) The Nervous System
- 1.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (2) Endocrine System
- 1.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (3) the Immune System
- 1.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (4) Interaction Between Systems
- 1.7. Emotion, Personality and Illness
- 1.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 1.9. Healthy Living

## Module 2. Psychotherapy

- 2.1. What is an Emotion?
  - 2.1.1. Definition
  - 2.1.2. Difference Between Emotion, Feeling and State of Mind
  - 2.1.3. Function, Are there Positive and Negative Emotions?
- 2.2. Different Classifications of Emotions
- 2.3. Fear
  - 2.3.1. Function
  - 2.3.2. Platform for Action
  - 2.3.3. Neurological Structures
  - 2.3.4. Associated Biochemistry
- 2.4. Anger
  - 2.4.1. Function
  - 2.4.2. Platform for Action
  - 2.4.3. Neurological Structures
  - 2.4.4. Associated Biochemistry
- 2.5. Blame
  - 2.5.1. Function
  - 2.5.2. Platform for Action
  - 2.5.3. Neurological Structures
  - 2.5.4. Associated Biochemistry
- 2.6. Disgust
  - 2.6.1. Function
  - 2.6.2. Platform for Action
  - 2.6.3. Neurological Structures
  - 2.6.4. Associated Biochemistry
- 2.7. Sadness
- 2.8. Surprise
  - 2.8.1. Function
  - 2.8.2. Platform for Action
  - 2.8.3. Neurological Structures
  - 2.8.4. Associated Biochemistry
- 2.9. Curiosity

- 2.9.1. Function
- 2.9.2. Platform for Action
- 2.9.3. Neurological Structures
- 2.9.4. Associated Biochemistry
- 2.10. Safety
  - 2.10.1. Function
  - 2.10.2. Platform for Action
  - 2.10.3. Neurological Structures
  - 2.10.4. Associated Biochemistry
- 2.11. Admiration
  - 2.11.1. Function
  - 2.11.2. Platform for Action
  - 2.11.3. Neurological Structures
  - 2.11.4. Associated Biochemistry
- 2.12. Joy
  - 2.12.1. Function
  - 2.12.2. Platform for Action
  - 2.12.3. Neurological Structures
  - 2.12.4. Associated Biochemistry
- 2.13. Influence of Emotion in Cognitive Processes
- 2.14. Brain and Emotion in the Child
- 2.15. Brain and Emotion in the Adolescent



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

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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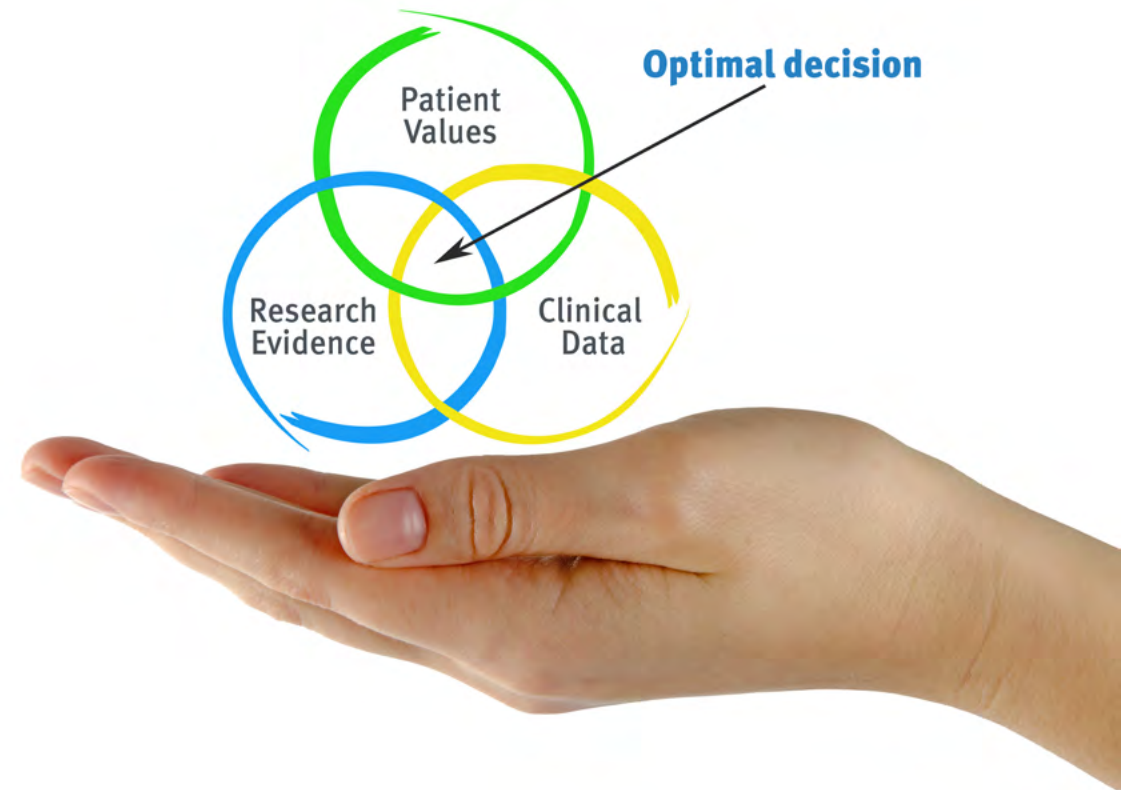
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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

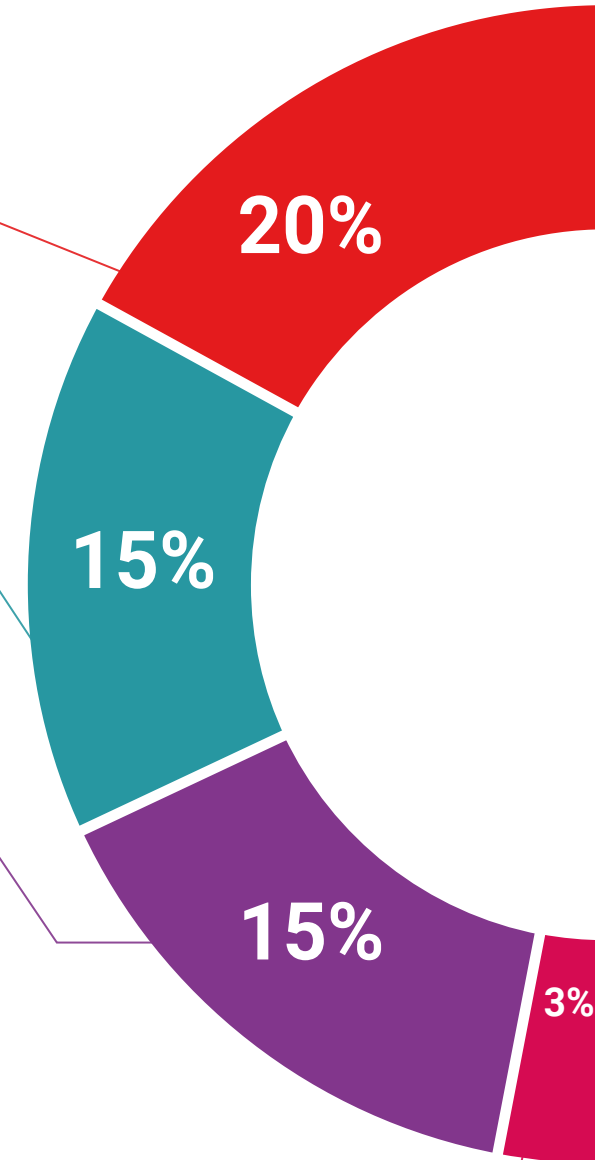
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

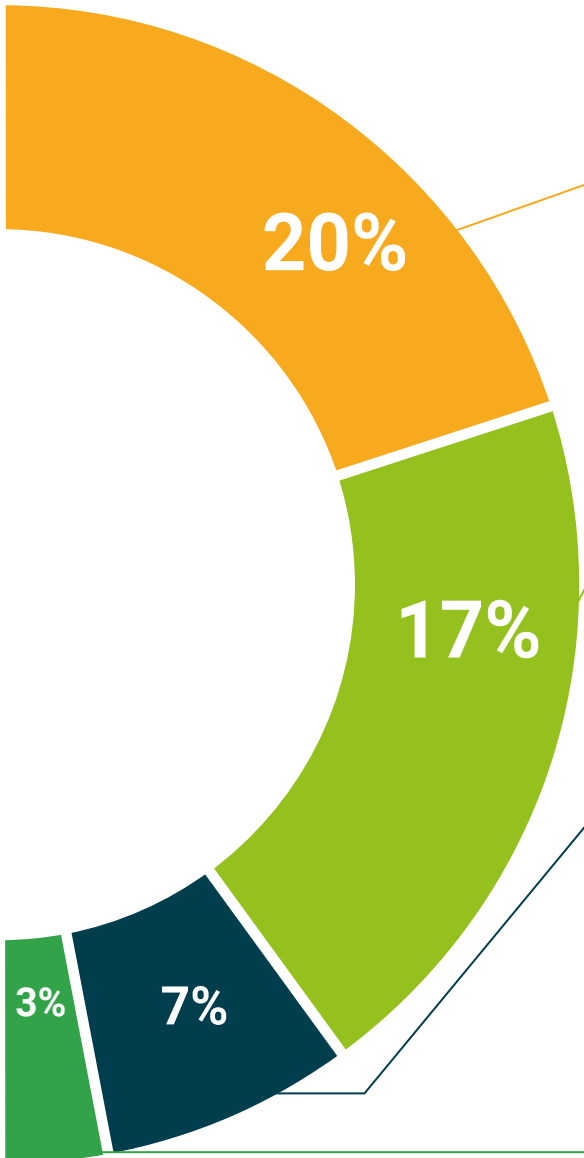


#### Additional Reading

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 The Implication of Emotion in Psychoneuroimmunology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

The **Postgraduate Certificate in The Implication of Emotion in Psychoneuroimmunology** contains the most complete and up-to-date program the market.

After the students have passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma 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 The Implication of Emotion in Psychoneurimmunology**  
Official N° of Hours: **325 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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  
online training  
development languages  
virtual classroom



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