

Postgraduate Certificate  
Intervention with  
Cognitive-Behavioral  
Techniques in Clinical  
Psychology



## Postgraduate Certificate

### Intervention with Cognitive-Behavioral Techniques in Clinical Psychology

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

Website: [www.techtute.com/in/psychology/postgraduate-certificate/postgraduate-certificate-intervention-cognitive-behavioral-techniques-clinical-psychology](http://www.techtute.com/in/psychology/postgraduate-certificate/postgraduate-certificate-intervention-cognitive-behavioral-techniques-clinical-psychology)

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# 01

# Introduction

The approach and management of patients suffering from anxiety, depression, stress, phobias or lack of self-esteem will obviously not be the same and requires the application of different techniques for the treatment to be more effective. The psychology professional is aware of the relevance of a correct diagnosis and the appropriate use of the different techniques available in the clinical practice. This 100% online program was created with the purpose of offering, through an exhaustive syllabus, an update of knowledge from the hand of a team of teachers with extensive experience in the area of Psychology.



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*With this 6-week Postgraduate Certificate, you will be immersed in an intensive teaching of the most widely used techniques in Cognitive-Behavioral Therapy”*



Cognitive-Behavioral techniques, in their relatively short history in Psychology, have demonstrated successful treatment in patients with various problems such as low self-esteem, depression or anxiety. These procedures are scientifically endorsed and require extensive knowledge on the part of psychology professionals who wish to put them into practice. This Postgraduate Certificate responds to the need to update knowledge in this field. For this purpose, the students will have a highly qualified teaching team with experience in the Cognitive-Behavioral model.

A program where the psychology professional will delve into Schultz's autogenic relaxation, its own author and clinical application of the technique, the procedure of suggestion and hypnosis, stress inoculation therapy or the most prominent authors in problem-solving therapy. Video summaries, specialized readings and interactive diagrams are just some of the multimedia content that students will find during the 150 teaching hours that make up this qualification. An exhaustive and detailed syllabus provided by a specialized teaching staff.

Likewise, in the course of this Postgraduate Certificate, students will renew their knowledge about cognitive restructuring and will be aware of recent developments in *Mindfulness* and its application in regular clinical practice. The simulations of clinical cases provided in this Postgraduate Certificate will be very useful for professionals who also wish to incorporate the techniques in their daily work. In addition, the syllabus of this program is completed with masterclasses given by a guest professor with an excellent professional career and great recognition in the field of Cognitive-Behavioral Psychology. Their knowledge is reflected in these sessions, which will provide a deep and advanced learning on recent intervention techniques in this type of therapy.

This **Postgraduate Certificate in Intervention with Cognitive-Behavioral Techniques in Clinical Psychology** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ 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 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



*The clinical cases provided in this university qualification will facilitate the acquisition of a closer and more current knowledge"*

“

*The Relearning system used by TECH will allow you to reduce the long hours of study”*

*An educational option designed for professionals who wish to renew their knowledge with a teaching of great clinical application.*

*Delve into Ellis' Rational-Emotive-Behavioral Therapy with this 100% online program.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading 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 professionals must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

Throughout the 6 weeks of this Postgraduate Certificate, the psychology professional will be introduced to the different Cognitive-Behavioral techniques in Clinical Psychology, renewing their knowledge not only in the intervention processes, but also in the main authors who developed each of them. The Relearning system, based on the reiteration of content, will allow students to reduce the long hours of study and achieve their goals in a more natural way.







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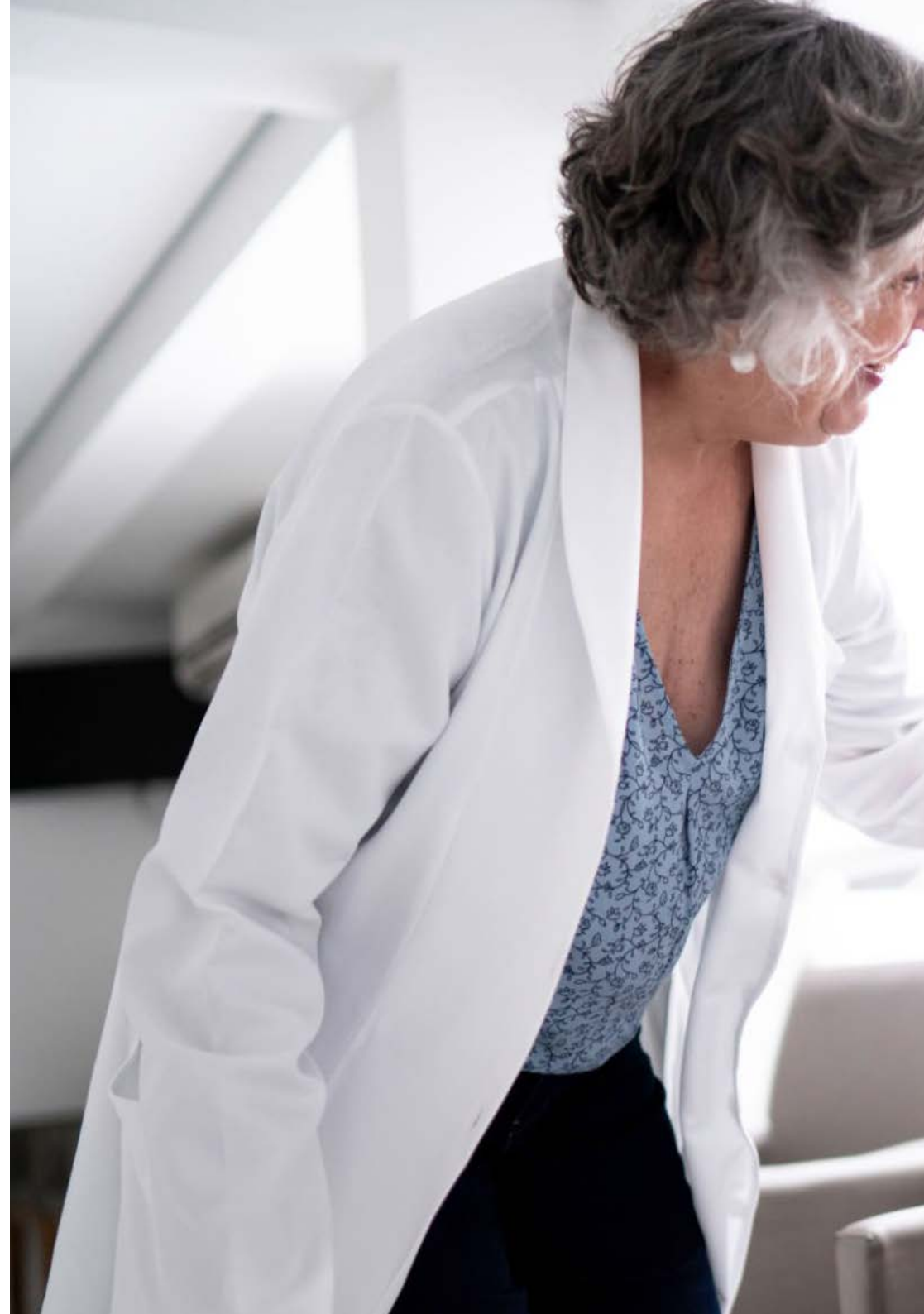
*A university program that will lead you throughout the 150 teaching hours to the most exhaustive knowledge of Cognitive-Behavioral techniques”*



## General Objectives

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- ◆ Provide students with academic and technical knowledge in their professional work from the cognitive-behavioral approach
- ◆ Update knowledge in the design of Psychological Assessment from the Cognitive-Behavioral approach
- ◆ Update the knowledge and tools of Psychological Intervention for a good design of the therapeutic process
- ◆ Introduce the student to the therapeutic relationship tools that favor the establishment of a good therapeutic relationship
- ◆ Promote the knowledge and management of technical tools to know how to contain the patients emotional state
- ◆ Encourage the psychology professional to maintain a continuous training and development of their scientific knowledge
- ◆ Master the code of ethics in order to perform their work within professional ethics





## Specific Objectives

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- ◆ Acquire basic and key knowledge about the different cognitive-behavioral techniques
- ◆ Know and learn how to carry out an intervention with the cognitive-behavioral model
- ◆ Learn the basics of therapies based on the cognitive-behavioral model
- ◆ Get to know the authors of cognitive-behavioral techniques



*A Postgraduate Certificate with a theoretical-practical approach for you to delve into the fundamentals of therapies based on the Cognitive-Behavioral model"*

03

# Course Management

In its philosophy of offering students the highest quality teaching in accordance with the current times, TECH rigorously selects all the directors and teaching teams that make up each of its university qualifications. In this program, the psychology professional will have at their disposal a highly qualified and experienced faculty in the Cognitive-Behavioral model. Likewise, its proximity will allow students to have teachers who will resolve any doubts that may arise about the syllabus during the course of this Postgraduate Certificate.







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*This program completes its syllabus with masterclasses given by a guest professor who is a point of reference in the field of Cognitive-Behavioral Psychology”*

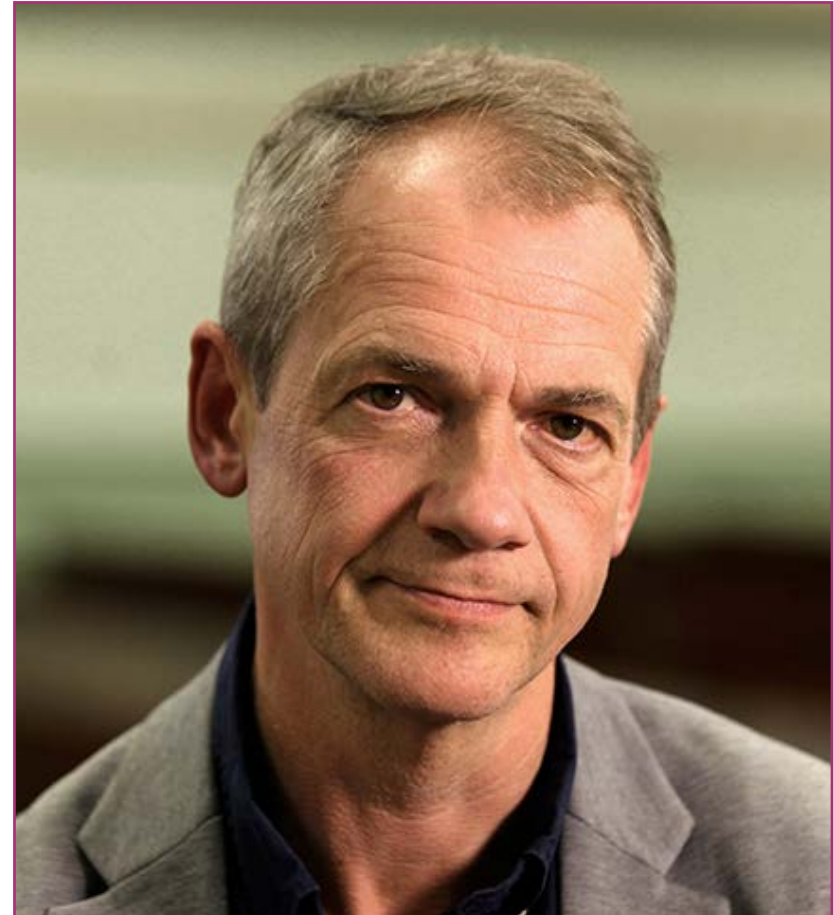


## International Guest Director

Alexander von Humboldt Professor of Translational Clinical Psychology and the Department of Clinical Psychology at Philipps University Marburg, Germany, and Professor of Clinical Psychology in the Department of Psychological and Brain Sciences at Boston University.

He has served as president of numerous professional organizations and is currently editor-in-chief of Cognitive Therapy and Research. In addition, he has been included in the list of Highly Cited Researchers and has received the Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy and the Humboldt Research Award.

He has also been an advisor to the DSM-5 development process and has been a member of the DSM-5 Anxiety Disorder sub-working group and a member of the DSM-5-TR cross-cultural review group. Dr. Hofmann has published more than 400 journal articles and 20 books on anxiety disorders, depression, emotions, the mechanism of treatment change, the translation of neuroscience findings into clinical applications, emotion regulation, and cultural expressions of psychopathology.



## D. G. Hofmann, Stefan

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- Specialist in Cognitive-Behavioral Therapy and Anxiety Disorders
- Editor-in-Chief of the journal Cognitive Therapy and Research
- Professor of the Department of Psychological and Brain Sciences, Boston University
- Consultant in the creation of the DSM-5
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Professor in Clinical Translational Psychology

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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 syllabus of this Postgraduate Certificate has been developed following the strict guidelines of a specialized teaching team that has sought to reflect in the syllabus the main intervention techniques carried out in Cognitive-Behavioral therapies. An exhaustive knowledge, which can be accessed by students 24 hours a day, without fixed schedules. A syllabus that will delve into the direct application of the different techniques, as well as the scientific studies that support them and have recently deepened in some of them. A quality multimedia content according to the current academic teachings so that the psychology professional can update their knowledge in a more agile way.





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*Access the syllabus when you need it, without fixed class schedules. A flexible university education that adapts to psychology professionals”*



**Module 1. Intervention with Cognitive-Behavioral Techniques in Clinical Psychology**

- 1.1. Types of Techniques
  - 1.1.1. Introduction to Cognitive-Behavioral Techniques
  - 1.2.1. Why Is It Important to Avoid Relapses?
- 1.2. Schultz's Autogenous Relaxation (1901)
  - 1.2.1. Who Is Schultz?
  - 1.2.2. Autogenous Therapy
  - 1.2.3. Clinical Use
- 1.3. Suggestion and Hypnosis Techniques
  - 1.3.1. Origin of Hypnosis
  - 1.3.2. Suggestion and Hypnosis Procedure
  - 1.3.3. Applicability and Efficacy Data
- 1.4. Ellis Rational-Emotive-Behavioral Therapy
  - 1.4.1. Who Is Ellis?
  - 1.4.2. Fundamentals of Rational-Emotive-Behavioral Therapy
  - 1.4.3. Clinical Use
- 1.5. Stress Inoculation Therapy
  - 1.5.1. Introduction to Stress Inoculation Therapy
  - 1.5.2. Relevant Authors
  - 1.5.3. Clinical Use
- 1.6. Beck's Cognitive Therapy
  - 1.6.1. Who Is Beck?
  - 1.6.2. Fundamentals of Cognitive Therapy
  - 1.6.3. Clinical Application





- 1.7. Problem-Solving Therapy
  - 1.7.1. Introduction to Problem-Solving Therapy
  - 1.7.2. Relevant Authors
  - 1.7.3. Clinical Use
- 1.8. Exposure Therapy
  - 1.8.1. Types of Exposure
  - 1.8.2. Relevant Authors
  - 1.8.3. Clinical Use
- 1.9. Cognitive restructuring
  - 1.9.1. What Is Cognitive Restructuring?
  - 1.9.2. Clinical Use
- 1.10. Mindfulness
  - 1.10.1. Origin of Mindfulness
  - 1.10.2. Mechanisms of Action
  - 1.10.3. Clinical Use



*Learn about the latest advances in Cognitive-Behavioral techniques such as mindfulness or cognitive restructuring"*

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.



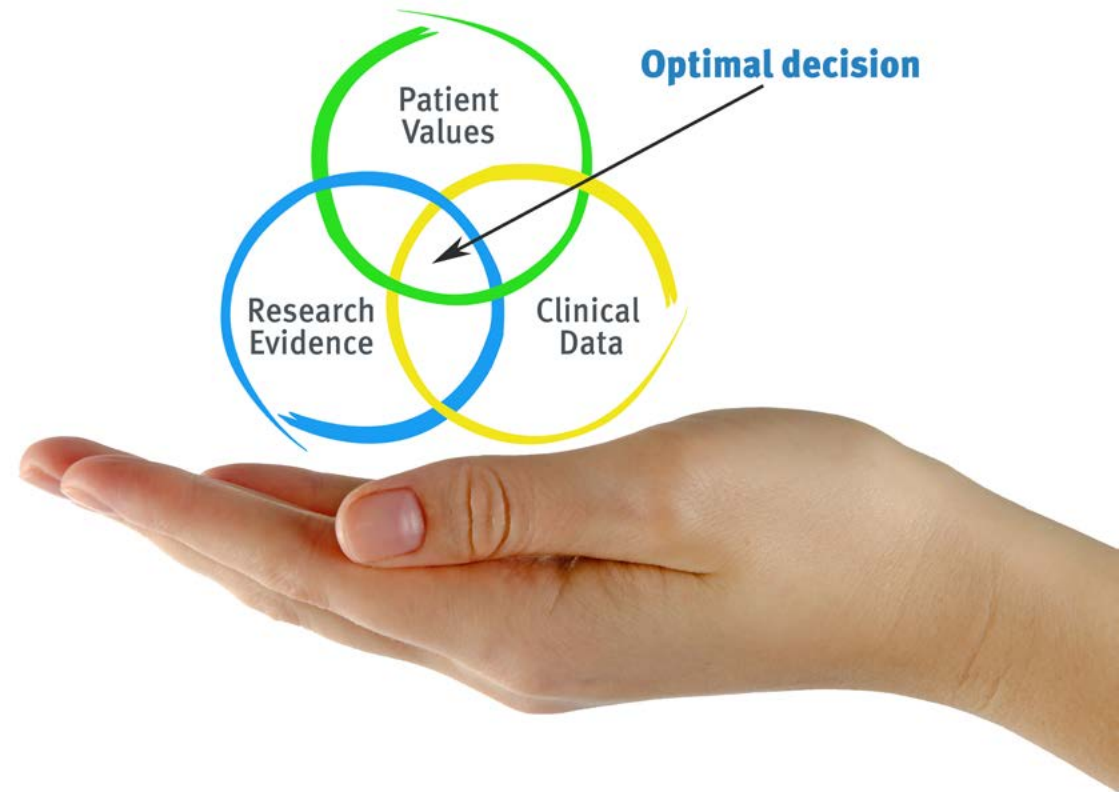
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.



*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 Intervention with Cognitive-Behavioral Techniques in Clinical Psychology 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”*

This **Postgraduate Certificate in Intervention with Cognitive-Behavioral Techniques in Clinical Psychology** contains the most complete and up-to-date program on the market.

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

The certificate issued by **TECH Technological University** will reflect the qualification obtained in Postgraduate Certificate, and meets the requirements commonly demanded by job markets, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Intervention with Cognitive-Behavioral Techniques in Clinical Psychology**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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institutions technology learning



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