

# Postgraduate Certificate Mindfulness-Based Emotional Intervention





## Postgraduate Certificate Mindfulness-Based Emotional Intervention

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/mindfulness-based-emotional-intervention](http://www.techtute.com/us/psychology/postgraduate-certificate/mindfulness-based-emotional-intervention)

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# 01

# Introduction

The World Health Organization has acknowledged in a recent report that the practice of Mindfulness has a positive impact on people's well-being. In fact, several companies use this tool to promote a healthier and more productive work environment. Therefore, they call on the services of psychology professionals to apply this technique to help employees better manage stress, enhance their ability to concentrate and improve their capacity to face work challenges more effectively. Faced with this demand, professionals require a high level of understanding about this meditation method. For this reason, TECH introduces an innovative online university program that will also allow them to develop practical skills in this area.





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*With this 100% online Postgraduate Certificate, you will master the Mindfulness technique and integrate it into your clinical practice to successfully address a wide range of emotional problems"*

Mindfulness is an ancient practice with roots in the Buddhist tradition, which has gained recognition in recent years as an effective tool for optimizing people's emotional well-being. Its focus on full awareness of the present moment and non-judgmental acceptance of experiences make this meditation technique a useful therapeutic strategy to address a variety of psychological disorders (including Anxiety, Stress or Depression). However, specialists need to stay at the forefront of this field of expertise to optimally combine this procedure with the rest of the treatment approaches and adapt to the specific needs of their patients.

In this context, TECH presents a pioneering and revolutionary Postgraduate Certificate in Mindfulness-Based Emotional Intervention. Designed by experts in this field, the academic itinerary will delve into the scientific evidence of this technique and emphasize its many advantages (such as its ability to improve sleep quality or strengthen emotional resilience). In this way, students will effectively apply this tool to their therapeutic interventions. In this line, the program will delve into the different fields of application of this instrument, including disorders related to impulse dyscontrol or eating disorders. Thanks to this, graduates will acquire skills to develop effective coping strategies for their patients to manage their emotional problems in a healthy way. In addition, a renowned International Guest Director will give a master class that will help students to master aspects such as the mind-body relationship.

The university qualification will consolidate the concepts through the innovative teaching methodology of Relearning, developed by TECH. Likewise, the program will not be subject to rigid schedules or continuous evaluation chronograms. Psychologists will only need an electronic device with an Internet connection to access the Virtual Campus and enjoy the most complete and dynamic teaching materials.

The **Postgraduate Postgraduate Certificate in Mindfulness-Based Emotional Intervention** contains the most complete and up-to-date scientific 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
- ♦ The latest developments in Mindfulness-Based Emotional Intervention
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in Mindfulness-Based Emotional Intervention
- ♦ 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 prestigious International Guest Director will give a thorough Masterclass with which you will get the most out of the Mindfulness technique”*

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*You will delve into how Mindfulness can be used to strengthen children's ability to focus and improve their academic performance”*

The program's teaching staff includes professionals from the field 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 prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will effectively master techniques such as Mindfulness Meditation, Sensory Exploration or Conscious Breathing.*

*With the Relearning system you will forget about investing a great amount of study hours and you will focus on the most relevant concepts. You will enjoy a progressive learning process.*



# 02

# Objectives

Thanks to this Postgraduate Certificate, psychology professionals will have a comprehensive approach to the practice of Mindfulness. In this way, graduates will gain skills to successfully implement this innovative meditation technique in their daily practice and adapt it to the specific characteristics of their patients. Along the same lines, they will plan advanced strategies aimed at helping users regulate their emotions and increase both their emotional awareness and resilience. Also, specialists will employ Mindfulness to provide people with techniques to cultivate mindfulness and awareness of the present moment.







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*You will acquire skills to carry out Mindfulness practices effectively, tailoring interventions to the individual needs of your patients”*



## General Objectives

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- ♦ Provide the student with the knowledge required to be able to offer real emotional wellness to their patients
- ♦ Get qualified to be able to generate a good therapist-patient bond
- ♦ Know and understand 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





## Specific Objectives

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- ♦ In-depth knowledge about the concept of Mindfulness and its application from different therapeutic models
- ♦ Master the Mindfulness technique and apply it to the different motives for consultation

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*You will develop a deep understanding of the principles of meditation including mindfulness of the present moment, acceptance and self-compassion”*

03

# Course Management

TECH's priority is to provide students with the most complete and up-to-date university programs in the academic field, in order to contribute to their professional development. For this reason, it carries out a rigorous process to select the experts who make up its teaching staff. In this Postgraduate Certificate, the institution brings together leading experts in the field of Mindfulness-Based Emotional Intervention. These professionals have an extensive work background, where they have been part of recognized health institutions to optimize the mental well-being of numerous patients. Thanks to this, graduates will enjoy an educational experience that will optimize their clinical practice.





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*Leading Mindfulness experts have come together in this program to share with you their solid knowledge of Mindfulness. You will learn with the best!”*

## 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, 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 **medical literature** have consolidated her position as **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



### Dr. Mónica González Agüero

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and at Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

## Professors

### Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many educational centers
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media.
- ♦ Courses and postgraduate studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist





# 04

## Structure and Content

Through this university program, psychologists will have a comprehensive understanding of the theoretical and practical foundations of Mindfulness. In order to achieve this, the syllabus will examine in detail the scientific evidence of this meditation technique, as well as its numerous benefits. In this sense, the teaching materials will delve into its different fields of application, among which are eating disorders, stress or Attention Deficit Hyperactivity Disorder. As a result, graduates will acquire advanced skills to integrate this tool as a complementary therapeutic approach to address multiple mental disorders (such as Anxiety, Depression or Trauma).





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*You will develop effective strategies to increase both emotional awareness and resilience in your patients, significantly optimizing their mental health”*

## Module 1. Mindfulness

- 1.1. Meditation
- 1.2. What is Mindfulness?
  - 1.2.1. Full Attention
  - 1.2.2. Benefits and Scientific Evidence
  - 1.2.3. Formal and Informal Practice
- 1.3. The 7 Attitudes in Mindfulness
- 1.4. Directing Attention
- 1.5. Fields of Application
- 1.6. Mindfulness for Children
- 1.7. Mindfulness and ADHD
- 1.8. Stress, Anxiety and Mindfulness
- 1.9. Mindfulness and Impulse Disorder Related Disorders
- 1.10. Mindfulness and Eating Disorders
- 1.11. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
- 1.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 1.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy





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*TECH provides you with a university qualification of excellence, which will allow you to make a significant leap in quality in your professional career as a psychologist. Enroll now!”*

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 Mindfulness-Based Emotional Intervention 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 private qualification will allow you to obtain a **Postgraduate Certificate in Mindfulness-Based Emotional Intervention** 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** private qualification 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 Mindfulness-Based Emotional Intervention**

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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classroom



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