

Postgraduate Certificate Mindfulness-Based Emotional Intervention





Postgraduate Certificate

Mindfulness-Based Emotional Intervention

- » 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/mindfulness-based-emotional-intervention

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01

Introduction

Mindfulness is a beneficial technique for the psychological well-being of human beings, especially for people suffering from mental health pathologies such as depression or anxiety. In this case, psychology professionals will delve into the world of Mindfulness as a tool to intervene in emotion.





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This Postgraduate Certificate is unique because it offers a comprehensive vision and complete training, both for therapeutic and preventive treatment and personal growth, from an integral and multifactorial vision of the human being”

For thousands of years, emotion has been a topic of interest to human beings, and we can find references to emotional states in early philosophers, but psychology has long underestimated the importance of emotion in human behavior.

Professionals who complete this program in Mindfulness-Based Emotional Intervention will acquire the knowledge required to offer their patients 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 this 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.

In particular, this program introduces the medical professional to the knowledge of *Mindfulness*, allowing them to discover the benefits of this technique in patients. Although this is an activity performed mostly by adult patients, the advantages of *Mindfulness* in children and patients with ADHD will also be shown, as well as the application of this technique in patients with different disorders such as impulse control disorder or eating disorders.

The **Postgraduate Certificate in Mindfulness-Based Emotional Intervention** contains the most complete and up-to-date academic program 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 development.
- ♦ New 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 Intervention on Emotion
- ♦ 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.



This program will enable you to help your patients grow emotionally"

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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 Mindfulness-Based Emotional Intervention, you will obtain a Postgraduate Certificate endorsed by TECH Technological University”

The teaching staff includes professionals from the psychology sector, who bring their experience to this 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 training programmed to train in real situations.

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

Continue your education with us and increase your decision-making confidence”

Don't miss the opportunity to improve your skills in Mindfulness-Based Emotional Intervention at the world's largest online university”



02

Objectives

The Postgraduate Certificate in Mindfulness-Based Emotional Intervention is designed to enhance the professionals' performance, so that they can keep their knowledge up to date in order to exercise their professional practice with total certainty.





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This Postgraduate Certificate will allow you to update your knowledge in Mindfulness-Based Emotional Intervention, with the use of the latest educational technology, to contribute with quality and safety to decision-making, diagnosis, treatment and patient support"



General Objectives

- ♦ Provide the student with the necessary knowledge to be able to offer real emotional wellness 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 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

- 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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Make the most of this opportunity and take the step to get up to date on the latest developments in Mindfulness-Based Emotional Intervention”

03

Course Management

The program includes in its teaching staff leading experts in Emotional Well-Being Therapy, who contribute their work experience to this program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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Leading professionals in the field have come together to teach you the latest advances in Mindfulness-Based Emotional Intervention”

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 content has been designed by the best professionals in the Emotional Well-Being Therapy sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new technologies applied to psychology.





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The Postgraduate Certificate in Mindfulness-Based Emotional Intervention contains the most complete and up-to-date program the market”

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

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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.

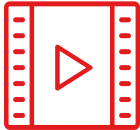
Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

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

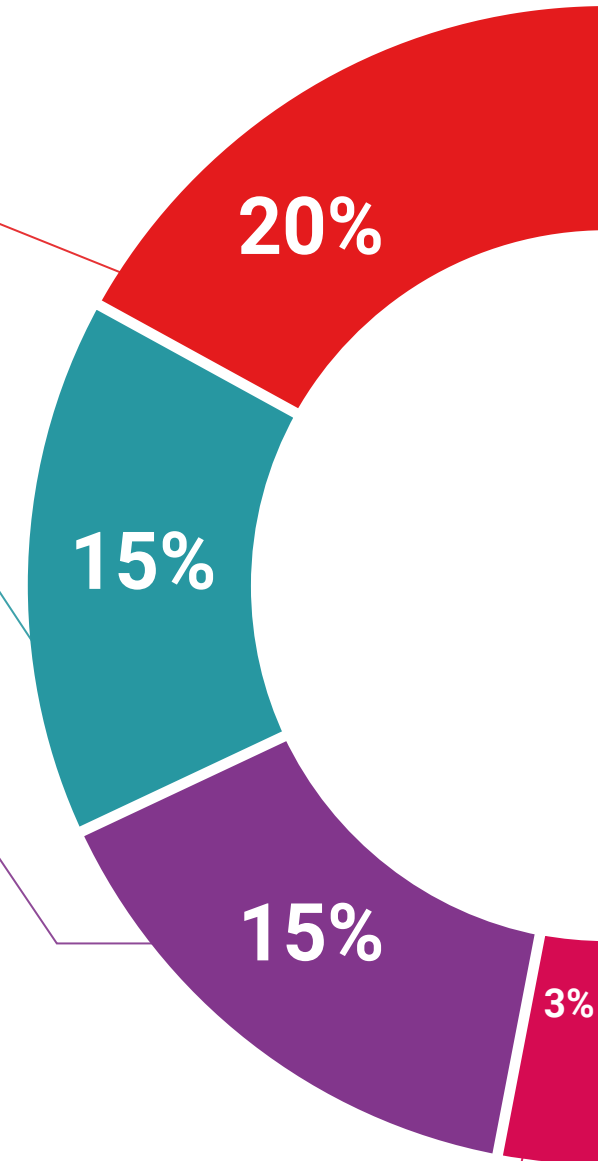
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

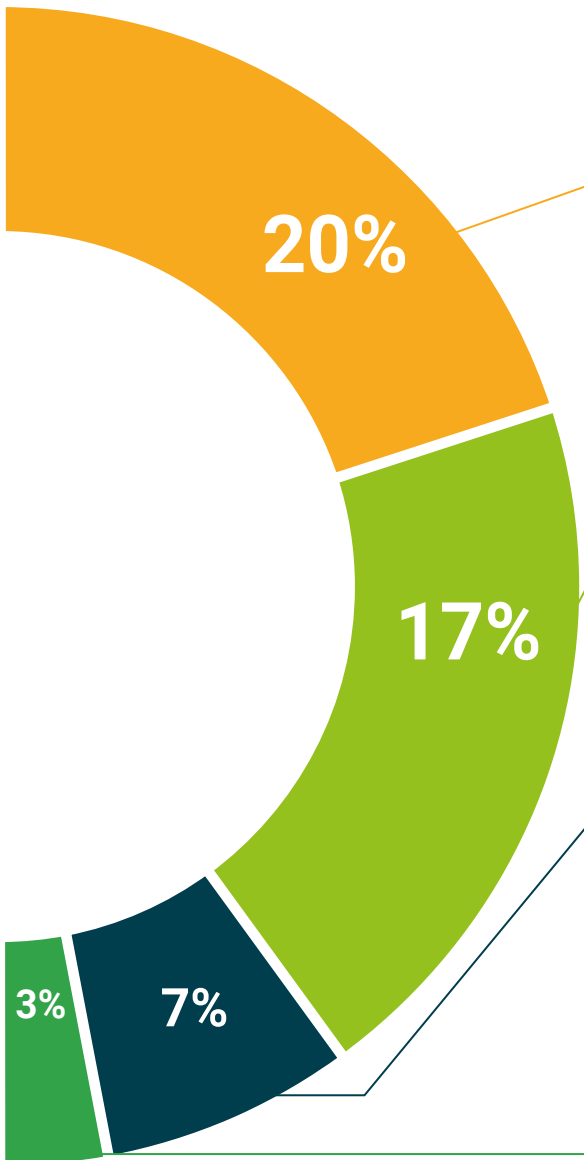
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 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 Mindfulness-Based Emotional Intervention** contains the most complete and up-to-date program 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 the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Mindfulness-Based Emotional Intervention**

Official N° of Hours: **175 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.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



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