

# Postgraduate Certificate

## Mindfulness for the Oncology Patient



## Postgraduate Certificate Mindfulness for the Oncology Patient

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

Website: [www.techtitute.com/pk/psychology/postgraduate-certificate/mindfulness-oncology-patient](http://www.techtitute.com/pk/psychology/postgraduate-certificate/mindfulness-oncology-patient)

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# 01

# Introduction

Oncology patients go through different stages of their illness that cause different states of mind and have a significant influence on their mental health. Negative emotions and stress are therefore often present in these people. In this scenario, the work performed by the psychology professional is key in coping adequately with the situation and even in improving the quality of life. This 100% online teaching provides students with the latest advances and scientific studies that have been developed in this field, with quality multimedia content that can be accessed with a device with an internet connection.





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*A 100% program for you to maintain an updated knowledge of everything related to Mindfulness and its benefits in oncology patients”*

Symptoms of depression, anxiety, uncertainty, hopelessness, fear or stress are just some of the emotions or disorders that flourish in oncology patients at different times of their illness. A situation that causes instability in both the patient and their environment, further worsening their overall state of health. The figure of the psychology professional is key in the recovery process. This Certificate is aimed at personnel who wish to renew their knowledge about Mindfulness, mainly oriented to this type of patients.

This Certificate offers advanced knowledge in this field, where authors such as Thích Nhất Hạnh, Herbert Benson, Jon Kabat-Zinn, Richard J. Davidson or Sam Harris have marked the line in which mindfulness has developed and evolved. Likewise, students will find in this extensive syllabus the present and future of this therapy, through the most recent lines of research and its current application. This knowledge will also provide access to updates in the treatments indicated for chronic patients, as well as the most commonly used techniques and coping styles.

In addition to the multimedia teaching tools, students will have at their disposal simulations of clinical cases, which will provide them with a more real knowledge of situations and direct applications of Mindfulness techniques in their daily practice. The teaching team that teaches this degree will contribute their extensive knowledge with the sole purpose of providing the most advanced content in this field.

An excellent opportunity that TECH Technological University offers to all professionals who wish to reuse their knowledge comfortably. They only require an electronic device with an Internet connection to access the Virtual Platform where the complete syllabus is hosted. Without face-to-face, or fixed schedules, this Certificate is ideal for those seeking a quality education that allows them to combine their professional and / or work responsibilities.

This **Postgraduate Certificate in Mindfulness for Oncology Patients** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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 practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Access all the content of this postgraduate certificate whenever and wherever you want. TECH adapts to you”*



“

*In this course you will learn about the latest applications of Mindfulness in clinical psychology”*

*Reuse your knowledge about the most common relaxation techniques and the use of Mindfulness in patients with different characteristics.*

*Acquire a renewed knowledge in the application of Mindfulness techniques in children.*

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.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02

# Objectives

This six-week Certificate is aimed at professionals who wish to broaden their knowledge in their field, especially in Third-Generation Therapies. The case studies provided in this degree will give you the opportunity to renew your knowledge in mindfulness-based therapies focused especially on the oncology patient. All this in order to explain the most current techniques applied, their benefits and drawbacks depending on the characteristics of the patient.







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*This university teaching provides you with the keys and recent advances to reduce the level of stress and anxiety in oncology patients”*



## General Objectives

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- Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- Know the different types of Third Generation Therapies
- Delve into the past, present and future of this area in psychology
- Study the evolution of the different types of therapies
- Learn about the main developments and treatments related to Third-Generation Therapies





## Specific Objectives

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- ◆ Learn about the emergence of Mindfulness-Based Therapies
- ◆ In/depth study of the most common techniques and practices of Mindfulness-based therapy
- ◆ Master the benefits associated with the therapy

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*Delve into the most outstanding works of Mindfulness with enriched multimedia content in this Postgraduate Certificate”*

# 03

## Structure and Content

The syllabus of this high-level teaching is composed of video summaries, specialized readings of each point, interactive diagrams and a Relearning system, based on the reiteration of content, which will allow the psychology professional to advance in a much more agile way. A study plan that will take you into the origins of Mindfulness and will later enter fully into the techniques used in oncology patients. Having all the didactic material available from the start will allow the psychology professional to distribute the teaching load according to their needs.







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*Learn about the latest techniques applied in Mindfulness and the clinical importance of relaxation with this Certificate”*



## Module 1. Mindfulness

- 1.1. Introduction and History of Mindfulness
  - 1.1.1. Buddhist Beginnings
  - 1.1.2. Conceptualization and History of Mindfulness
- 1.2. The Psychology and Psychobiology of Mindfulness
  - 1.2.1. Psychological Foundations for Mindfulness
  - 1.2.2. Psychobiology Foundations for Mindfulness
- 1.3. Relaxation Techniques
  - 1.3.1. Basis for Relaxation Techniques
  - 1.3.2. The Clinical Relevance of Relaxation Techniques
  - 1.3.3. Most Common Techniques
- 1.4. Mindfulness and Practice
  - 1.4.1. Introduction to Practices Based on Mindfulness
  - 1.4.2. Theories and Techniques
- 1.5. Mindfulness in Clinical Psychology
  - 1.5.1. When and How to Use Mindfulness
  - 1.5.2. Mindfulness Applied to Clinical Psychology
  - 1.5.3. Most Relevant Works
- 1.6. Chronic Diseases and Mindfulness
  - 1.6.1. Definition of Chronic Disease
  - 1.6.2. Chronic Patient Characteristics
  - 1.6.3. An Approach from Mindfulness
- 1.7. Mindfulness Applied to Children
  - 1.7.1. Introduction to Child Psychopathology
  - 1.7.2. Most Common Conditions
  - 1.7.3. Practice from Mindfulness
- 1.8. Benefits and Considerations of Mindfulness
  - 1.8.1. Main Benefits in Using Mindfulness
  - 1.8.2. In Which Patients Should It Be Used?



- 1.9. Coping Styles and Techniques
  - 1.9.1. What Are Coping Styles?
  - 1.9.2. Measuring Tools
  - 1.9.3. Techniques for an Improved Approach
- 1.10. The Present and Future of Mindfulness
  - 1.10.1. Mindfulness Today
  - 1.10.2. Lines of Research and Use
  - 1.10.3. Future Lines of Work

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*Access the latest news on the application of Mindfulness in chronic diseases”*

04

# 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.





05

# Certificate

The Postgraduate Certificate in Mindfulness for the Oncology Patient 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 Mindfulness for the Oncology Patient** 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 the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Mindfulness for the Oncology Patient**

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.

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



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