

# Postgraduate Certificate

## Mindfulness





## Postgraduate Certificate Mindfulness

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

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

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# 01

# Introduction

The developmental work that involves the intervention from mindfulness has acquired enormous relevance in the labor landscape of the psychologist. This Postgraduate Certificate is an opportunity to access this way of working and grow in the fields in which it is applied in a safe and complete way, incorporating all the advances and new theories that have reached the sector. With the quality of The World's Largest Online University.





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*Join the broad labor landscape that involves the intervention from mindfulness. A unique opportunity to combine intensity and flexibility with total quality assurance”*

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in mindfulness work. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this program, you will learn the current and newest approaches on this topic. Learn the characteristics and fundamental aspects of pharmacology.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic and more efficient. We will work to keep you motivated and to develop your passion for learning, helping you to analyze and to develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

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

- ◆ The development of 100 practical cases presented by experts
- ◆ The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for Psychologist
- ◆ New developments and innovations in the different areas of psychology
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ◆ Special emphasis on cutting-edge 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



*A training created for professionals who aspire to excellence and that will allow you to acquire new skills and strategies in a fluent and effective way”*

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*An approach totally focused on efficiency, which will allow you to learn in a real, constant and efficient way”*

*Forget the obsolete ways of studying the traditional way and make your learning easier and more motivating.*

*This Postgraduate Certificate makes a difference in the labor market by placing you among the most qualified professionals.*

It includes a very broad teaching staff of professionals belonging to the field of psychology, who pour into this specialization the experience of their work, in addition to recognized specialists of reference 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 an immersive program designed to learn in real situations.

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



# 02

# Objectives

The objectives of this program have been established as a guide for the development of the entire specialization, with the specific mission of offering the students a very intensive specialization that really boosts their professional progression. A journey of personal growth that will take you to the top in your intervention as a psychologist.







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*If your goal is to improve in your profession and acquire a qualification that will enable you to compete with the best, then look no further. This program will give your career the boost it needs”*



### General Objective

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- ♦ Train qualified professionals in the Mindfulness environment, who can intervene with real working capacity and with optimal results, supported by the most updated and useful theoretical and practical knowledge for their profession



*This Postgraduate Certificate is aimed at all psychologists who want to achieve a high degree of specialization in the field of Mindfulness”*





## Specific Objectives

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- ◆ Understand the concept of meditation and how it differs from mindfulness
- ◆ Understand the formal and informal practice of mindfulness
- ◆ Distinguish the fields of application of mindfulness
- ◆ Relate mindfulness to TDH, eating disorders and stress
- ◆ Understand the link between Mindfulness and psychotherapy

03

# Structure and Content

The structure of the contents has been designed by a team of professionals in Mindfulness aware of the relevance of the current specialization in order to deepen the area of knowledge and make publications of academic quality.



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*This Online Postgraduate Certificate in Mindfulness contains the most complete and up-to-date scientific program on the market”*

## Module 1. Mindfulness

- 1.1. From the Origin Meditation
  - 1.1.1. Definition: What is Meditation
  - 1.1.2. Meditation as a State of Consciousness
  - 1.1.3. Meditation as a Technique to Develop Consciousness
- 1.2. What is Mindfulness
  - 1.2.1. The Beginnings
  - 1.2.2. What is Mindfulness
  - 1.2.3. Benefits and Scientific Evidence
  - 1.2.4. Formal and Informal Practice
  - 1.2.5. Mindfulness Exercises for Today
- 1.3. Attitudes in Mindfulness
  - 1.3.1. Don't Judge
  - 1.3.2. Patience
  - 1.3.3. Beginner's Mind
  - 1.3.4. Trust
  - 1.3.5. No Effort
  - 1.3.6. Acceptance
  - 1.3.7. Release
- 1.4. Compassion and Self-Compassion
  - 1.4.1. Introduction
  - 1.4.2. Compassion
  - 1.4.3. Self-Compassion
- 1.5. Directing Attention
  - 1.5.1. Find a Comfortable Posture
  - 1.5.2. Focus on Your Breathing
  - 1.5.3. Feel Your Body
  - 1.5.4. Allows Entry to Feelings and Emotions
  - 1.5.5. Stop Fighting Your Thoughts





- 1.6. Fields of Application
  - 1.6.1. Mindfulness in the West
  - 1.6.2. Mindfulness in Companies
  - 1.6.3. Mindfulness in the Educational Context
  - 1.6.4. Mindfulness in the Sports Context
  - 1.6.5. Mindfulness and Health
- 1.7. Mindfulness for Children
  - 1.7.1. Application and Benefits of Mindfulness in the Child Population
  - 1.7.2. The Role of the Mindfulness Mentor or Companion for Children
- 1.8. Mindfulness and ADHD
  - 1.8.1. Justifying the Use of Mindfulness in Patients with ADHD
  - 1.8.2. A Mindfulness Program for ADHD
- 1.9. Stress, Anxiety and Mindfulness
  - 1.9.1. Stress and Anxiety in the Society of the 21st Century
  - 1.9.2. Mindfulness as a Technique to Decrease Stress and Anxiety
  - 1.9.3. Mindfulness-Based Stress Reduction Program (REBAP)
- 1.10. Mindfulness and Impulse Dyscontrol Related Disorders
  - 1.10.1. Mindfulness and Addictions
  - 1.10.2. Mindfulness and Obsessive Compulsive Disorder
- 1.11. Mindfulness and Eating Disorders
  - 1.11.1. The Complexity of Eating Disorders
  - 1.11.2. Benefits of Using Mindfulness
- 1.12. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
  - 1.12.1. Introduction and Fundamental Objectives
  - 1.12.2. Intervention Protocol
- 1.13. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
  - 1.13.1. Relational Frame Theory (RFT)
  - 1.13.2. Experiential Avoidant Disorder (EAD)
  - 1.13.3. Acceptance and Commitment Therapy Research
- 1.14. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy
  - 1.14.1. Dialectical Behavioral Therapy and Borderline Personality Disorder
  - 1.14.2. The Three Fundamentals of Dialectical Behavior Therapy
  - 1.14.3. Treatment

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 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** 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**

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 quality

online training

development languages

virtual classroom

**tech** technological  
university

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