

# Postgraduate Certificate

## Pain as a Core Problem of Psychophysiological Disorders





## Postgraduate Certificate

### Pain as a Core Problem of Psychophysiological Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/pain-core-problem-psycho-physiological-disorders](http://www.techtute.com/us/psychology/postgraduate-certificate/pain-core-problem-psycho-physiological-disorders)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

01

# Introduction

There are diseases, such as fibromyalgia or headaches, that require a multidisciplinary approach. Among them, psychology is clearly framed as a tool to treat pain, often chronic, of the patient. This program offers professionals an advanced education, where they can delve and keep abreast of the latest developments in treatments and techniques applied to these persons who suffer every day, and seek to improve their quality of life. The innovative multimedia content and the 100% online modality will facilitate the recycling of this knowledge to students, who also wish to combine their work and personal responsibilities with a quality program.



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*Thanks to this teaching, the professionals will be able to renew their knowledge in an agile way and with a Relearning system that allows them to reduce the long hours of study”*

About 6.3% of the world's population suffers from fibromyalgia, figures in which a high percentage of women are detected, but men and children are also diagnosed. Pain is common in this disease, but is present in many others, impairing the quality of life of the person.

A program in which the students will be able to delve into the psychological variables in the perception of pain, the latest developments in the diagnosis and treatment of headaches, fibromyalgia. All this with an innovative multimedia content that will allow you to be aware of the psychological techniques for the treatment of chronic pain, the pros and cons, in the use of drugs in long-term treatments, as well as the appropriate use of third generation therapies.

An online program where the professionals will also have access to the most recent studies that demonstrate the suitability of the new existing treatments for the reduction or elimination of chronic pain in the patient. The practical clinical cases to which students will have access will be very useful to achieve a more direct and closer update to the present reality.

A completely online program that provides the professionals with the ease of taking it comfortably, wherever and whenever they want. They will only need an electronic device with internet access to recycle their knowledge. A modality according to the present time, with the facility of accessing the complete syllabus 24 hours a day, without sessions with fixed schedules and with a Relearning learning system, based on the reiteration of content, which reduces the long hours of study more frequent in other teaching methods.

This **Postgraduate Certificate in Pain as a Core Problem of Psychophysiological Disorders** contains the most complete and up-to-date 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
- ♦ 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



*Over 6 weeks, you will delve into the most effective treatments to address pain in patients and the risks of long-term pharmacological treatments"*

“

*A program designed for professionals who wish to have easy access to the most up-to-date syllabus, whenever and wherever they wish”*

*Delve into the evaluation and diagnosis of patients with fibromyalgia and headaches.*

*A program with which you can expand your knowledge about the psychological variables in the perception of pain.*

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 the professional 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

This Postgraduate Certificate offers the psychology professionals an intensive university program with which they will be able to update their knowledge on the bases of pain in physiological disorders, expand their knowledge in the evaluation and the most recent scientifically based treatments used in this type of patients. The specialized teaching team of this 6-week program will provide you with the most effective techniques to decentralize pain.





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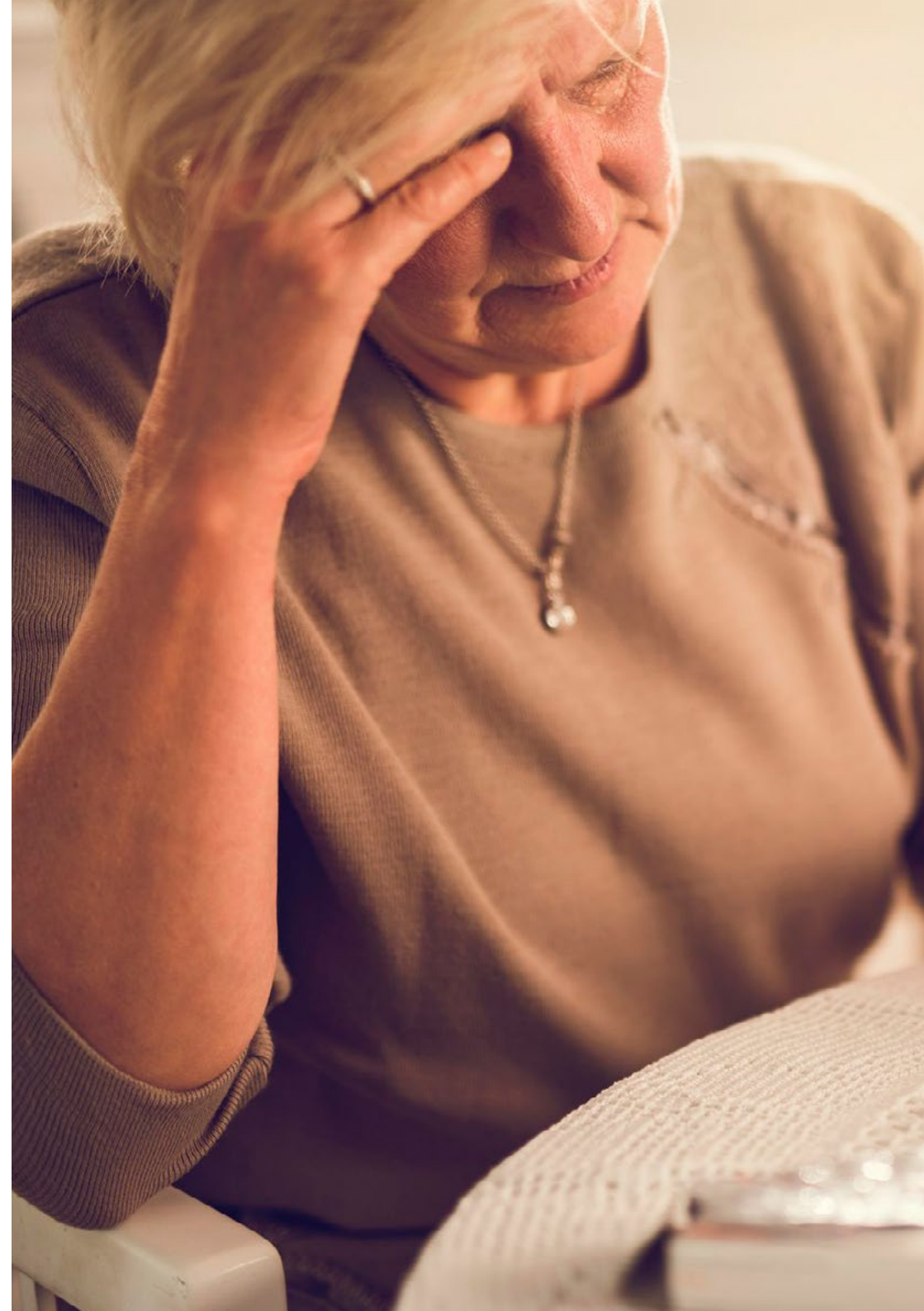
*A program with which you will be able to keep abreast of the latest developments in techniques applied to decentralize pain”*



## General Objectives

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- ♦ Acquire complete and comprehensive education in Clinical and Health Psychology
- ♦ Provide the students with the conceptual and theoretical knowledge of Clinical and Health Psychology
- ♦ Differentiate illness from health
- ♦ Know the psychological models in Clinical and Health Psychology
- ♦ Conduct psychological evaluations
- ♦ Design prevention protocols for health psychology and health promotion
- ♦ Know the aspects that affect clinical practice
- ♦ Manage the knowledge, skills, techniques, resources, and strategies needed to perform clinical practice
- ♦ Understand professional guidelines for good practice within the psychology profession





## Specific Objectives

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- Know and internalize the basis of pain in physiological disorders
- Analyze the evaluation and treatment of physiological disorders
- Know how to apply techniques to decentralize pain

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*With this program, you will be able to renew your knowledge about the affection of pain in the patients”*



# 03

## Course Management

TECH is continually committed to academic excellence. For this reason, each of its programs has teaching teams of the highest reputation. These experts have extensive experience in their professional fields and, at the same time, have achieved significant results with their empirical research and fieldwork. In addition, these specialists play a leading role within the university qualification, as they are in charge of selecting the most up-to-date and innovative content to be included in the syllabus. In addition, they participate in the elaboration of numerous multimedia resources of high pedagogical rigor.





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*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”*

## International Guest Director

Dr. Bunmi Olatunji has a long career in research in the area of Psychology, and his main area of study focuses on Cognitive Behavioral Theory and Anxiety Disorder Therapy. In his position as Director of Clinical Training in the Department of Psychological Sciences, at Vanderbilt University, he has examined the role of basic emotions, with one of his main lines of study being the relationship between the experience of disgust and the specific symptoms of anxiety disorder.

Throughout his professional career, he has published more than 160 articles in scientific journals and book chapters specialized in Psychology. In addition, he has participated in more than 100 conferences on this subject. In fact, his relevant contributions have positioned him as a reference in this area of study. For this reason, he has received several awards, such as the Distinguished Scientist Award from the American Psychological Association.

In addition, Dr. Bunmi Olatunji has delved into the analysis of anxiety and behavioral changes. In particular, he has conducted a study in which he has observed the psychological predictors of anxiety and fear of contagion during the Swine Flu pandemic. Moreover, he has conducted research on obsessive-compulsive disorders and post-traumatic stress disorders in war veterans.

As a leading specialist in this field of study, he is on the editorial board of several journals, such as the International Journal of Cognitive Therapy and the Journal of Obsessive-Compulsive and Related Disorders. In this way, his commitment to excellence has been key in his career, disseminating his findings. In particular, his abilities to contribute to advances in clinical care and treatment of psychological conditions affecting individuals stand out.



## Dr. Olatunji, Bunmi

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- Director of Clinical Training at Vanderbilt University, Nashville, United States
- Clinical Therapist
- Researcher specialized in Clinical Psychology
- Associate Editor of the Journal of Consulting and Clinical Psychology
- Ph.D. in Clinical Psychology from the University of Arkansas
- Graduate in Psychology from the University of Wisconsin-Stevens Point

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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 Psychology professional will have, during the 150 teaching hours of duration of this program, a syllabus based on multimedia content (video summaries, videos in detail, interactive diagrams and specialized readings) with which you can delve into the techniques and treatments used in patients with chronic pain. In addition, the students will have simulations of clinical cases provided by the expert teaching team in this field, which will be very useful for their implementation in the usual consultation.







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*Update your knowledge with innovative content and improve the quality of life of your patients with pain as the core problem of Psychophysiological Disorders”*

## Module 1. Pain as a Core Problem of Psychophysiological Disorders

- 1.1. Chronic Pain
  - 1.1.1. Basis and Fundamentals of Chronic Pain
  - 1.1.2. How Does Chronic Pain Affect a Person?
- 1.2. Evaluating Patients Suffering from Pain. Medical History
  - 1.2.1. Evaluation Phase
  - 1.2.2. Medical History
- 1.3. The Role of Psychological Variables in Pain Perception
  - 1.3.1. Basis of Pain Perception
  - 1.3.2. Modulating Variables
- 1.4. Fibromyalgia
  - 1.4.1. Introduction and History of Fibromyalgia
  - 1.4.2. Characteristics and Conceptualization of the Disease
- 1.5. Headaches
  - 1.5.1. Characteristics and Conceptualization of the Disease
  - 1.5.2. Evaluation and Treatment
- 1.6. Pharmacological Treatment for Chronic Pain
  - 1.6.1. Basis of Radiotherapy Treatment
  - 1.6.2. Treatment Results
  - 1.6.3. Risks of Long-Term Treatment
- 1.7. Psychological Treatment for Chronic Pain
  - 1.7.1. Psychological Techniques in Chronic Pain Treatment
  - 1.7.2. Third Generation Therapies and New Treatments





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*Access the latest studies on third-generation therapies and new treatments available to address chronic pain”*

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.



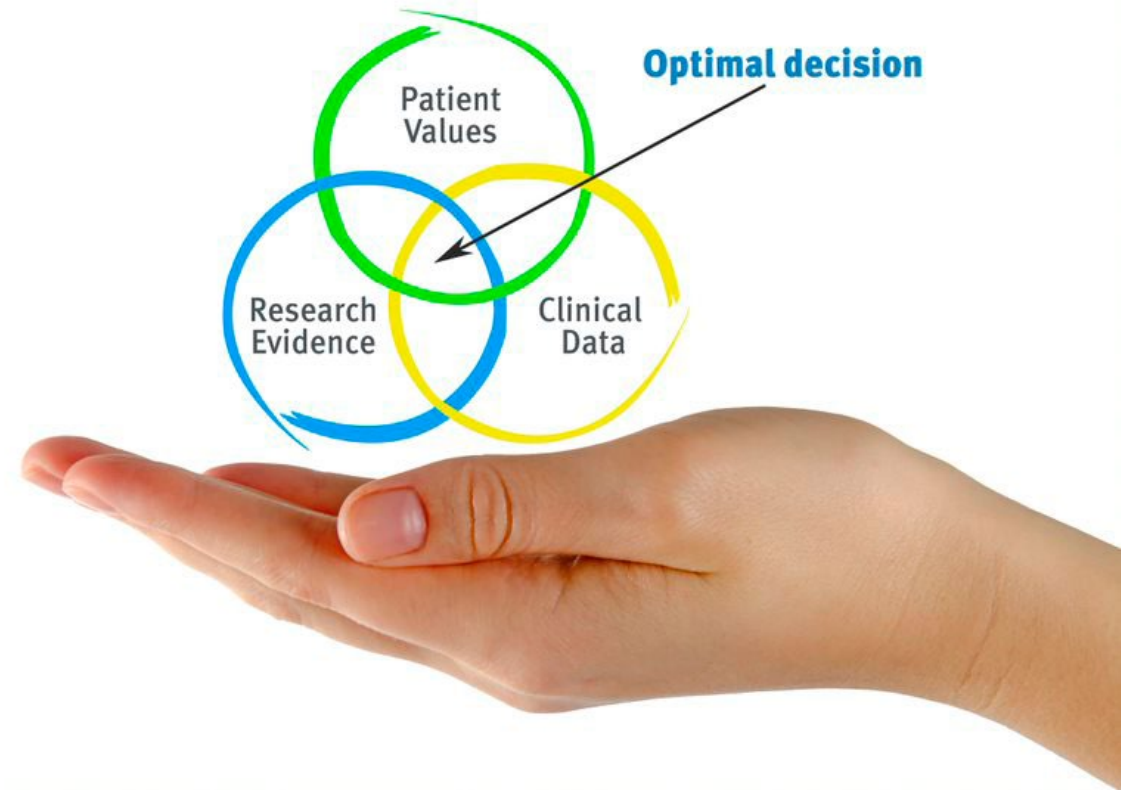
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

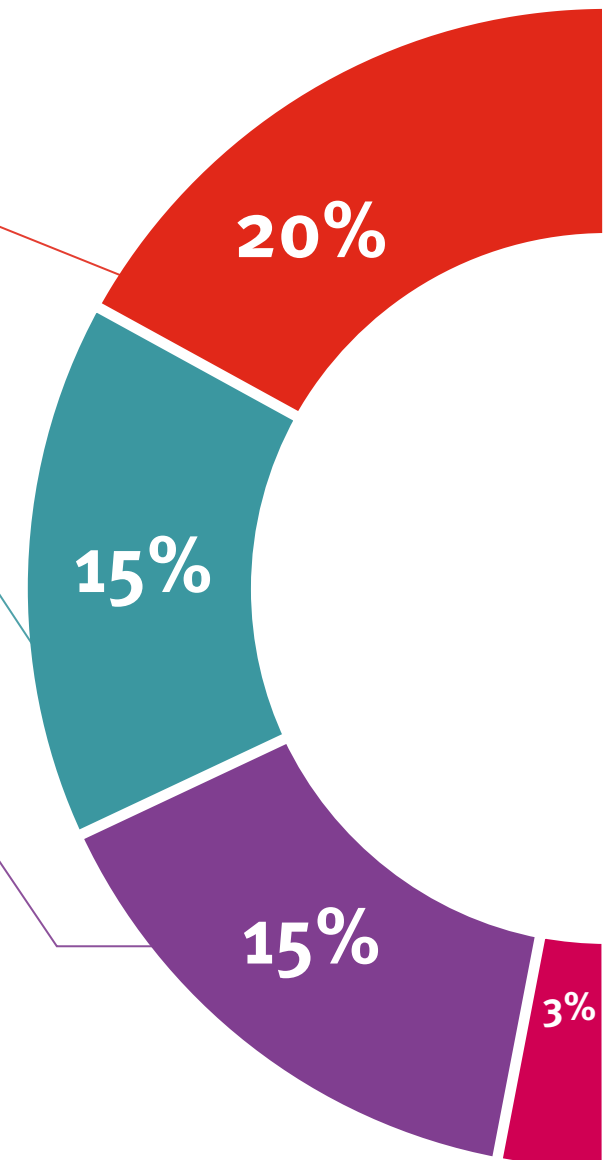
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

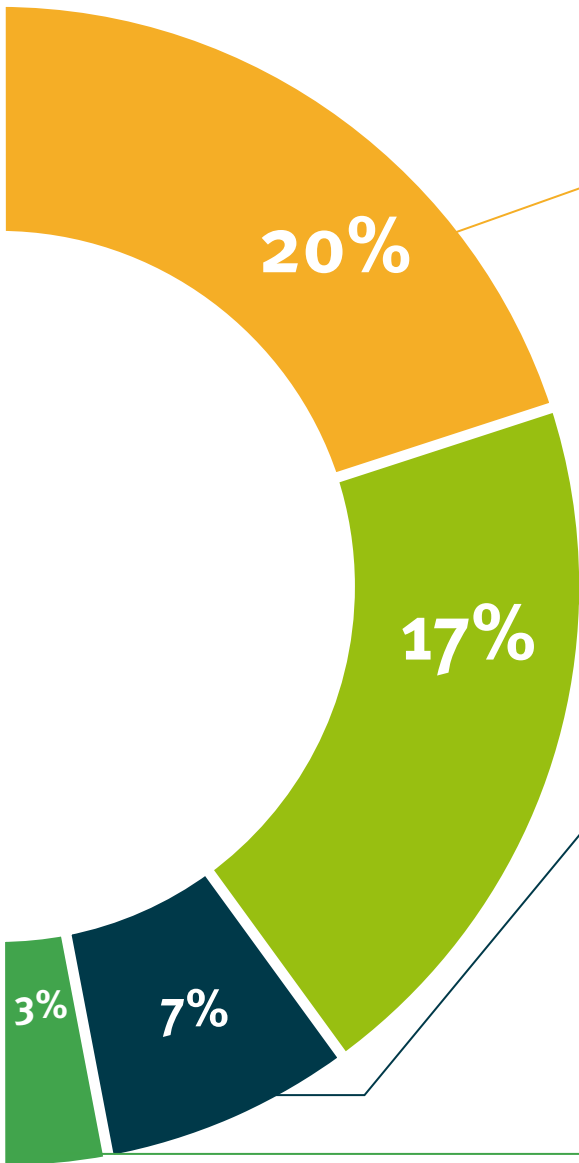
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Pain as a Core Problem of Psychophysiological Disorders 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 Postgraduate Certificate without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your Postgraduate Certificate in **Pain as a Core Problem of Psychophysiological Disorders** endorsed by TECH Global University, the world's largest online university.

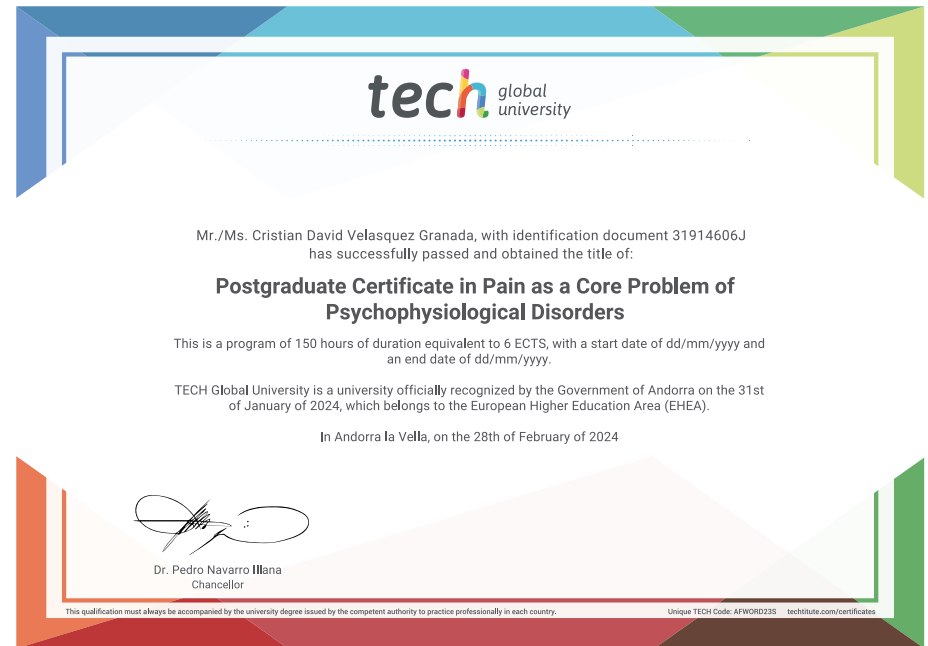
TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international 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 title 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 Pain as a Core Problem of Psychophysiological Disorders**

Modality: **online**

Duration: **6 weeks**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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 languages  
virtual classroom



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