

Postgraduate Certificate

Psychological Analysis of the Causes of Stress in the Family





Postgraduate Certificate

Psychological Analysis of the Causes of Stress in the Family

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

Website: www.techitute.com/pk/psychology/postgraduate-certificate/psychological-analysis-causes-stress-family

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01

Introduction

One of the most commonly studied factors of familial pathology has been their economic situation. Different research has brought to light that economics has a negative influence on psychological well-being and family relationships. In addition, there has been an increase in the number of studies which show the influence of economic stress on children and adolescents is shaped by the type of relationship that exists between parents and children.



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Role conflict, personal characteristics of some of its members, inadequate communication patterns or the implications of parental pathologies on children are some of the most discussed aspects"

Family plays a decisive role in the socialization process of an individual and in the transmission of values, knowledge and beliefs. The modern family is still a living and essential entity which is in the center of our individual, professional and social concerns. It is an extremely important element in the development and maturation of each person. In this sense, the protective effect of family relationships has traditionally been highlighted in the face of certain adverse situations. These are as diverse as work problems, economic difficulties or the loss of loved ones. But the family can also be a source of stress, and it has been pointed out in this regard that family stress has a particularly powerful capacity as a pathogenic element. This is because stress factors originating in the family tend to be, unlike others, frequent and recurrent.

Gradually, it has begun to be recognized that family dynamics not only protects its members against certain adversities or certain personal disorders, but also that certain aspects of family functioning can help to improve inappropriate behaviors (especially in children and adolescents). This not only applies in the family environment, but also in other areas and other disorders, as is the case of emotional or psychosomatic disorders.

This Postgraduate Certificate is unique in that it addresses those aspects that have received the most attention in the research carried out on the subject. To this end, we develop some questions regarding the relationship between external stress factors, family interaction and psychological problems in children and adolescents.

This **Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family** contains the most complete and up-to-date scientific program on the market.

The most important features of the course are:

- ♦ Clinical cases presented by experts in the different specialties. The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Latest information on Psychological Analysis of the Causes of Stress in the Family.
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology.
- ♦ All of this will be complemented by 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.



Expand your knowledge through the Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family in a practical way and adapted to your needs”

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This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Psychological Analysis of the Causes of Stress in the Family, you will obtain a Postgraduate Certificate from TECH Technological University"

Forming part of the teaching staff is a group of professionals in the world of Psychology, who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

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 program to train in real situations.

Problem-Based Learning underpins this program design, and the educator must use it to try and solve the different professional practice situations that arise throughout the Postgraduate Certificate. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.

The course includes real clinical cases and exercises to bring the development of the course closer to the clinical practice of a Psychologist.



02

Objectives

The main objective of the program is the development of theoretical and practical learning, so that the doctor is able to master the latest techniques in the field in a practical and rigorous manner.





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This refresher program will generate a sense of confidence when practising psychology which will help you grow both personally and professionally”



General Objectives

- ♦ Develop understanding of the dynamics between the parents and the consequences on the family.
- ♦ Describe, in relation to protocols, the intervention programs, taking into account the characteristics and aspects of the systemic relationship in the family.
- ♦ Identify the evolution of the different disorders listed in the DSM-5 or ICD-10
- ♦ Describe with decision protocols the individualized study of family members to perform a rigorous psychopathological study
- ♦ Use decision trees to make a permanent differential diagnosis.
- ♦ Organize all the information within a multidisciplinary framing model in the study of the biopsychosocial framework of the family in this century.



Make the most of the opportunity and take the step to get up-to-date on the latest developments in Psychological Analysis of the Causes of Stress in the Family”





Specific Objectives

- ◆ Perform and adapt intervention protocols within an interdisciplinary framework.
- ◆ Address the family, school and social environment.
- ◆ Manage the dynamics of therapeutic time.
- ◆ Implement silence into family intervention.
- ◆ Manage the emotional crises within a session and children or adolescents and adults.
- ◆ Master assessment and intervention tools using all senses.
- ◆ Use the intervention to determine when it is necessary for other professionals to join the analysis process.
- ◆ Develop and understanding mutations and new forms of disease.
- ◆ Develop knowledge that discriminates an important problem of natural evolution within the process of family coexistence.
- ◆ Master knowledge of current systemic psychopathology.
- ◆ Develop monitoring models that express the changes in stress pathologies.



03

Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.



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Learn the latest advances in Psychological Analysis of the Causes of Stress in the Family from leading professionals”

Management



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 Psynapsis
- ♦ Master's Degree in Clinical and Health Psychology from the Spanish Society of Psychosomatic Medicine and Health Psychology
- ♦ Tutor of the Basic Psychology course at the UNED

Professors

De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital of 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
- ♦ E.F.T. Specialist by the World Center for EFT
- ♦ Master's degree in Neuro-Linguistic Programming (N.L.P.) by Richard Bandler's Society of Neuro-Linguistic Programming.
- ♦ Specialist in Clinical Hypnosis and Relaxation

Furelos, Maribel

- ♦ Psychologist specializing in Clinical Psychology
- ♦ Sexologist in Osakidetza at the Santurce outpatient clinic
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

Gandarias, Gorka

- ♦ Health Psychologist
- ♦ European specialist psychologist in Psychotherapy by the EFPA in Vitoria, Spain.
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in intervention in bizarre behavior and drug addiction

González, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital and Avatar Psychologists in Marbella.
- ♦ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy.

Casado, Maria

- ♦ Health Psychologist
- ♦ Specialist in Family and Couple Intervention in the Spanish Police Confederation in Madrid
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist.
- ♦ Lecturer in the Department of Psychology at the UCLM Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Clinical Hypnosis and Relaxation

Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

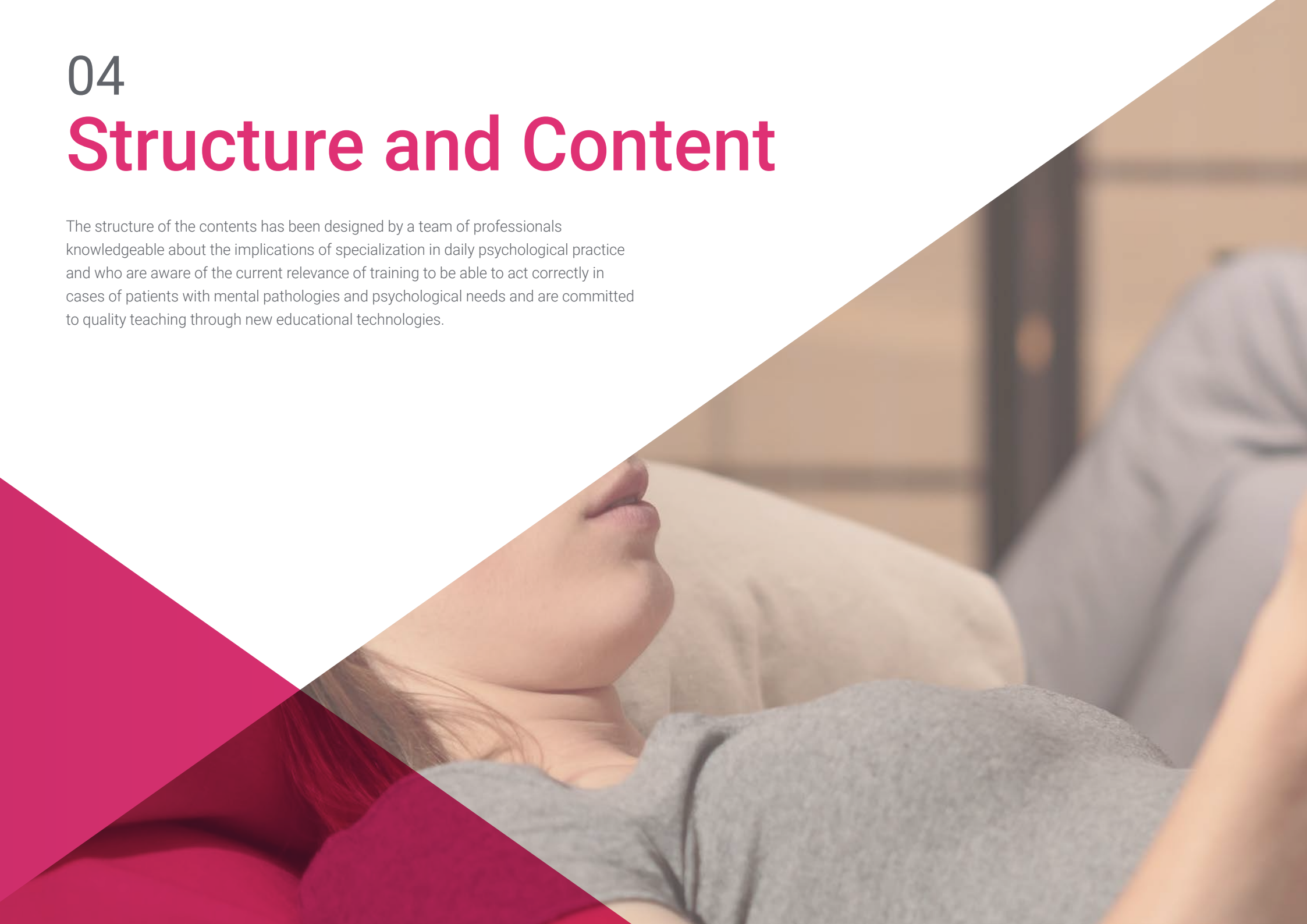
Soria, Carmen

- ♦ European specialist psychologist in Psychotherapy at the Spanish Police Confederation health center Madrid
- ♦ Head of Psychosocial Unit
- ♦ Health Psychologist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in chronic patients
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in daily psychological practice and who are aware of the current relevance of training to be able to act correctly in cases of patients with mental pathologies and psychological needs and are committed to quality teaching through new educational technologies.





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Module 1. Family Stress

- 1.1. New Ways to Define Stress
- 1.2. Common Stressors in the Family
 - 1.2.1. Relationship
 - 1.2.2. Living Conditions / Environment
 - 1.2.3. Economic
 - 1.2.4. Emotional
 - 1.2.5. Pathologies of Family Members
 - 1.2.6. Abuse and Violence
 - 1.2.7. Separation and/ or Abandonment
- 1.3. Interpersonal Stress
- 1.4. Toxicity and Family
 - 1.4.1. With Substances
 - 1.4.2. Without Substances
 - 1.4.3. Dependency
- 1.5. Academic Stress
- 1.6. Unemployment and Work Stress
- 1.7. Occupational Stress
- 1.8. Family Events as Stressors
- 1.9. Family Crises
- 1.10. Mental Health of Family Members
- 1.11. Change of House
- 1.12. Birth of a New Family Member
- 1.13. Family Stress and Psychological Development
- 1.14. Myths of the Perfect Family
- 1.15. Family Rigidity





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

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.



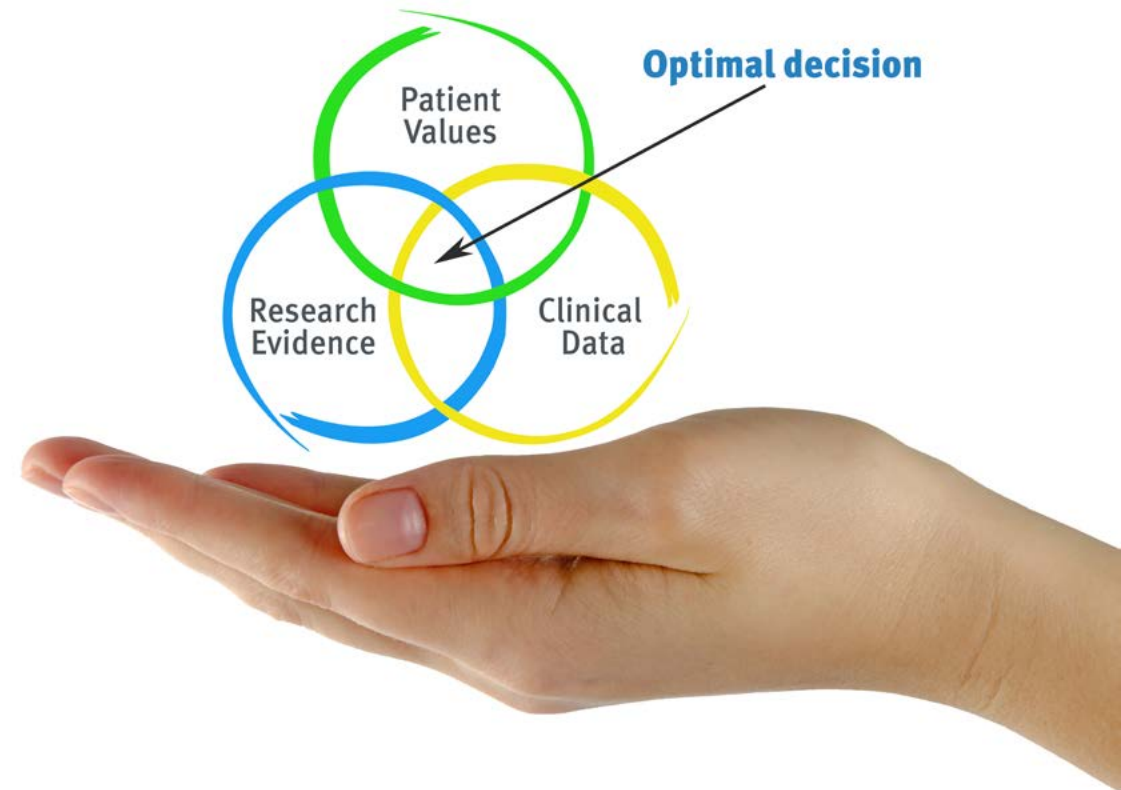
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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Psychologists learn better, faster, and more sustainably over time.

With TECH, psychologists can experience 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 grasp concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. The learning is solidly focused on practical skills that allow the psychologist to better integrate the 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 represent a real revolution with respect to simply studying and analyzing 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 150,000 psychologists with unprecedented success, in all clinical specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 to success.

In our program, learning is not a linear process, but rather a spiral (we 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.



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, with the latest educational advances, and to the forefront of psychology. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

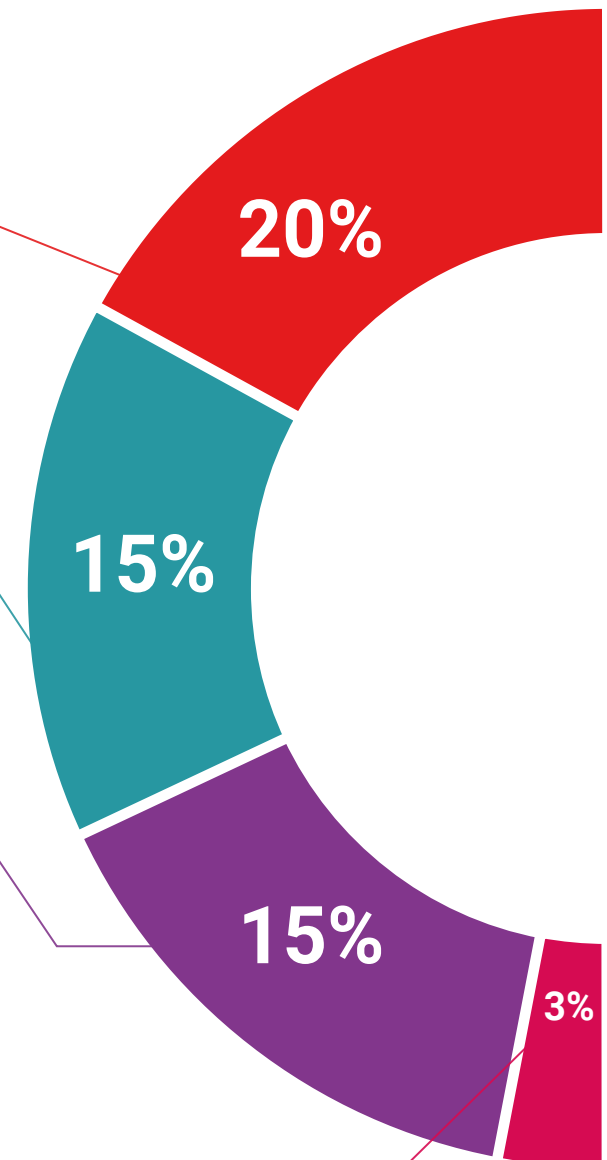
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-Testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

Certificate

The **Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family** guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.





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Successfully complete this Postgraduate Certificate and receive your university title without the hassle of travel or paperwork”

This **Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family** contains the most complete and up-to-date scientific 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 specify the qualification obtained through the University Course, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family**

Official Number of Hours: **200**



*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 languages
classroom



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