

Postgraduate Certificate

Psychological Analysis of the Causes of Stress in the Family





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Psychological Analysis of the Causes of Stress in the Family

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-certificate/psychological-analysis-causes-stress-family

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

p. 28

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 fundamental entity that is at the center of our individual, professional and social concerns and constitutes an element of major importance 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 research 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 program on the market. Its most notable features are:

- ♦ Clinical cases presented by experts in the different specialties
- ♦ 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.
- ♦ New developments in the 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 this will be complemented with theoretical lessons, course questions, discussion forums on controversial issues and individual reflection papers.
- ♦ 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 is the best investment you can make when selecting 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 qualification endorsed by TECH Global University"

Its teaching staff includes health professionals from the field of psychology, who bring their work experience to this Postgraduate Certificate, as well as renowned specialists belonging to leading scientific societies.

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

This program is designed around Problem-Based Learning, through which the psychologist must try to solve the different professional practice situations that arise during 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 program includes real clinical cases and exercises to bring the development of the Postgraduate Certificate closer to the psychologist's clinical practice.

Take the opportunity to learn about the latest advances in this field and apply it to your daily practice.



02

Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master in a practical and rigorous way the Psychological Analysis of the Causes of Stress in the Family.





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This updating program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”



General Objectives

- ♦ Master the current knowledge of psychic and social disorders in the family.
- ♦ Learn how to achieve a therapist-patient bond in the field of family therapy.
- ♦ Identify the agents who live with the child and adolescent, to discover their impact on family psychopathology
- ♦ 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
- ♦ Master the fields of medical-psychologist interaction in family intervention.
- ♦ Provide the professional with all the up-to-date references on the diagnosis, intervention and therapeutic process of the family.
- ♦ 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.





Specific Objectives

- Describe the emotional schemas of the family members.
- Redefine stress, differentiating normal anxiety from pathological anxiety, identifying stress, phobia and panic, among others
- Describe the main sources of distress or stressors in the natural environment
- Delve into the protective or health-promoting traits
- Understand occupational stress by grouping, classifying and forming categories and concepts
- Establish the different types of intervention according to the victim



Make the most of this 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”

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 from leading professionals, the latest advances in Psychological Analysis of the Causes of Stress in the Family"

International Guest Director

Dr. David H. Rosmarin is a renowned clinical psychologist and founder of the Center for Anxiety, where he has led a team of more than 80 physicians who treat more than 1,000 patients annually. His specialization encompasses intensive and outpatient treatment of anxiety disorder, as well as depression in all ages. In addition, his approach combines scientific evidence with spirituality, seeking to transform the pathology into a strength that contributes to personal growth.

He has also held prominent positions as Associate Director of Psychology in the Department of Psychiatry at Harvard Medical School and as Director of the Spirituality and Mental Health Program at McLean Hospital. These positions have allowed him to develop advanced skills in clinical treatment and mental health integration. Likewise, his ability to lead teams and train new professionals has been fundamental to the advancement of psychological practice.

Internationally, he has been recognized for his innovative contributions in the treatment of Anxiety and Depression. In this sense, he has received multiple awards for his clinical and academic work, standing out as a pioneer in mental health. Also, his approach, which has promoted the acceptance of human emotions as a way to overcome the stigmas associated with these disorders, has earned him invitations to prestigious conferences and events around the world.

In addition to his clinical practice, he has authored numerous peer-reviewed articles and publications. His research has focused on the relationship between spirituality and mental health, exploring how these elements can be integrated into the treatment of emotional disorders. Additionally, his commitment to professional development has been reflected in the APPIC-approved Anxiety Center Psychology program.



Dr. Rosmarin, David H.

- ♦ Director of the Mental Health Program at McLean Hospital, Massachusetts, United States
- ♦ Associate Director of Psychology in the Department of Psychiatry at Harvard Medical School
- ♦ Director of the Spirituality and Mental Health Program at McLean Hospital
- ♦ Assistant, Department of Psychiatry, Harvard University
- ♦ Postdoctoral Fellowship in Clinical Psychology at Harvard University
- ♦ Ph.D. in Clinical Psychology from Bowling Green State University
- ♦ Master's Degree in Counseling Psychology from the University of Toronto

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Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Aguado Romo, Roberto

- ◆ President of the European Institute for Time-Limited Psychotherapy Psychologist in private practice
- ◆ Researcher in Time Limited Psychotherapy
- ◆ Guidance team coordinator for many schools
- ◆ Author of several books on Psychology
- ◆ Communicator and expert in Psychology in the media.
- ◆ University courses and postgraduate studies teacher.
- ◆ President of the European Institute of Time-Limited Psychotherapies
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist

Professors

Dr. Martínez Lorca, Manuela

- ◆ Health Psychologist.
- ◆ Professor in the Department of Psychology at the University of Castilla La Mancha CLM
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute
- ◆ of Time-Limited Psychotherapies (I.E.P.T.L.).
- ◆ Specialist in Clinical Hypnosis and Relaxation
- ◆ Degree in Psychology

- ◆ Doctor of Medicine

Ms. González Agüero, Mónica

- ◆ Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital of Marbella
- ◆ Psychologist at Avatar Psychologists

- ♦ Psychologist and teacher at the European Institute of Limited Time Psychotherapies (I.E.P.T.L.).
- ♦ Degree in Psychology, UNED

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirónsalud Hospital in Marbella.
- ♦ Director of the Clinical and Health Area of Iridia Hispania
- ♦ Trainer at the Spanish Red Cross
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ EFT Specialist by the World Center for EFT
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ Degree in Psychology from the Complutense University Madrid
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP) by *Richard Bandlers Society of Neuro-Linguistic Programming*.

Ms. Roldán, Lucía

- ♦ Health Psychologist.

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

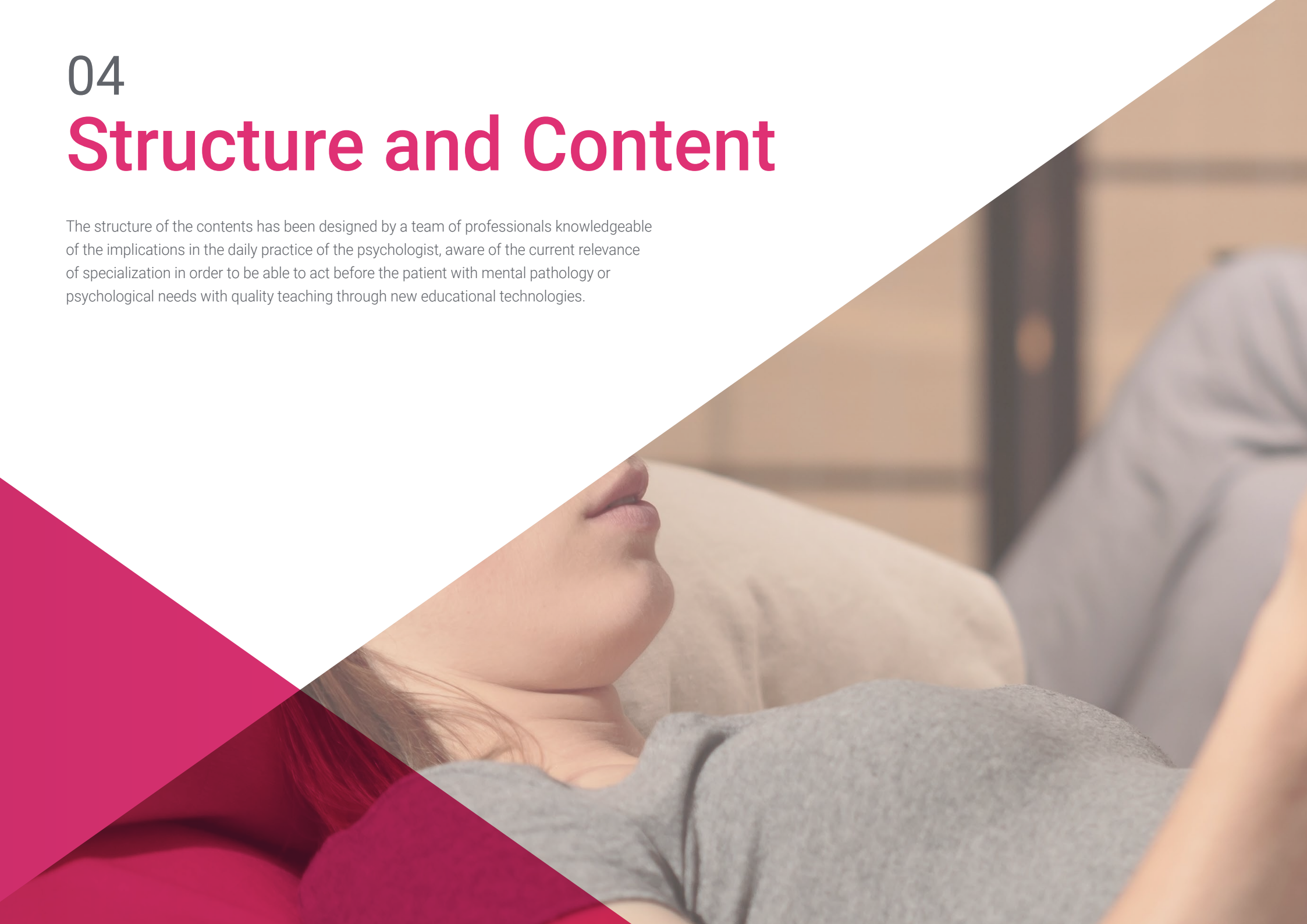
Dr. Gandarias Blanco, Gorka

- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations).
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca (Álava) where he deals with numerous cases of Secondary School students with Learning Difficulties.
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC).
- ♦ Founder of Uraska, Psychology and Psychotherapy, a psychology and psychotherapy practice.

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable of the implications in the daily practice of the psychologist, aware of the current relevance of specialization in order to be able to act before the patient with mental pathology or psychological needs with 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. The Information Retrieval Process: The Transfer of Learning
- 1.6. Occupational Stress
- 1.7. Learning and Family Events
- 1.8. Family Crises





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

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.



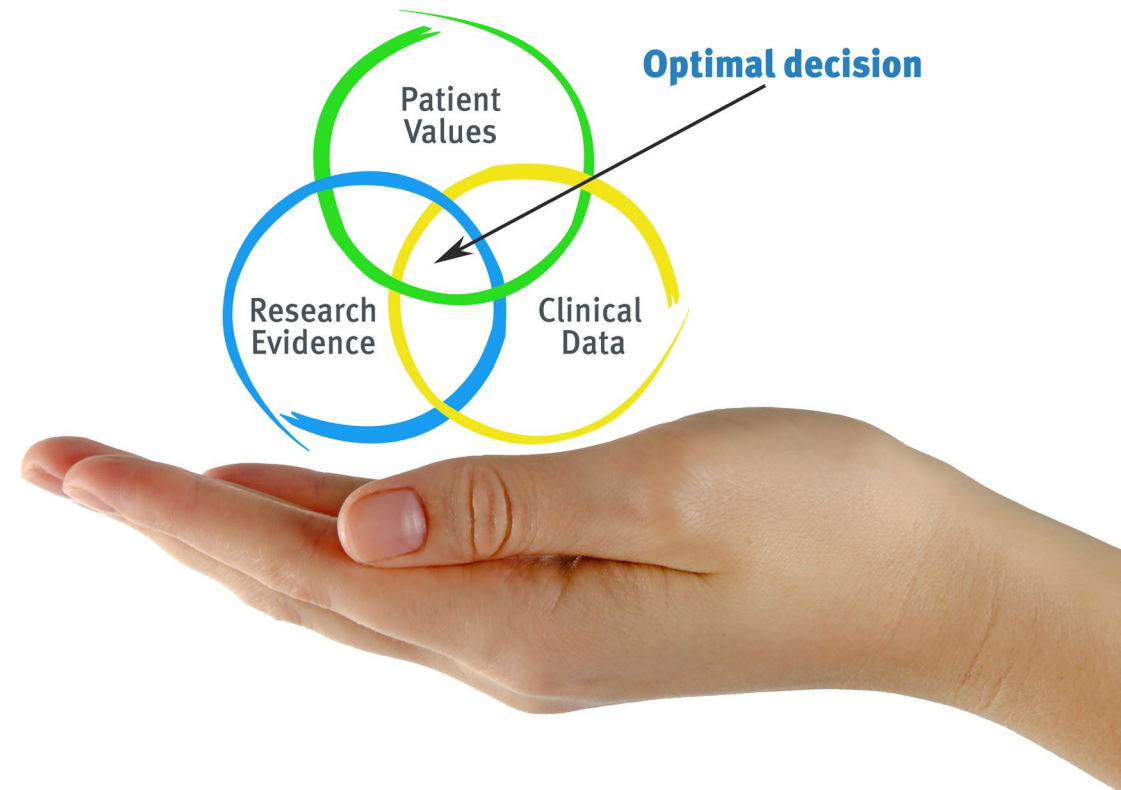
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 adapted in 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 assess and re-assess 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 Psychological Analysis of the Causes of Stress in the Family 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 university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Postgraduate Certificate in Psychological Analysis of the Causes of Stress in the Family** 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.

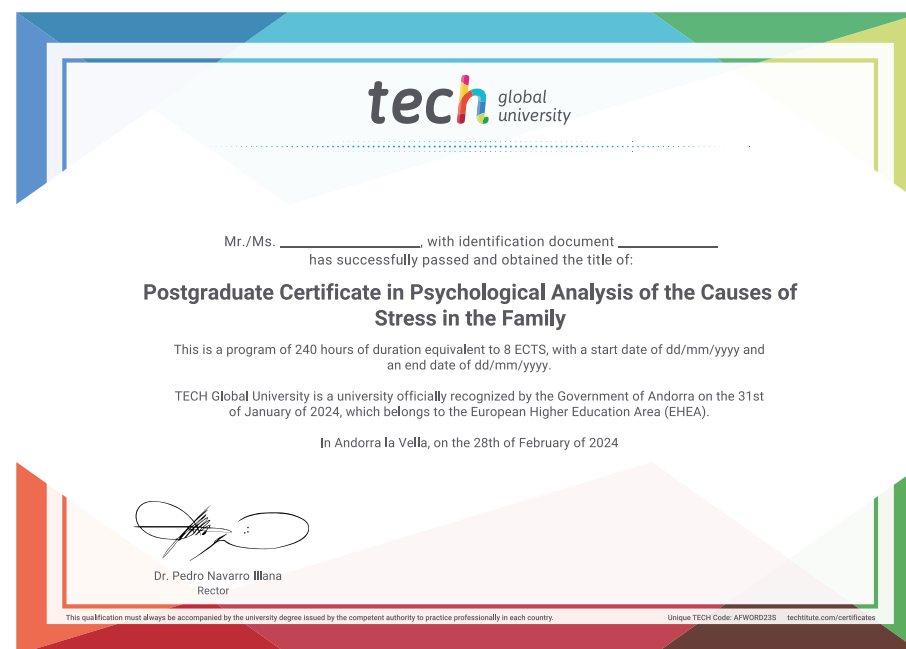
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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