

Postgraduate Certificate

Psychological Intervention in Adults





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Psychological Intervention in Adults

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

6 ECTS Credits

Teaching Hours: **150 hours.**

Website: www.techtute.com/psychology/postgraduate-certificate/psychological-intervention-adults

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01

Introduction

Develop your skills and knowledge in Psychological Intervention in Adults with this high-level program. You will learn the most commonly used psychological intervention techniques for adult patients with mental disorders from professionals.



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A deep and comprehensive dive into strategies and approaches in Psychological Intervention in Adults”

Psychologists play a fundamental role in healthcare when it comes to improving people's physical, mental and social wellbeing. Today they are an essential component in resolving different psychological disorders.

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in this field of health. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different areas in which psychology has developed and in different sectors of the population.

Throughout this program, the student will go through all the current approaches in the work carried out by health psychologists. The correct approach to psychological assessments and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology. There will be some of the many topics of work and study that students will be able to integrate into their training with this comprehensive program.

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 think and 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 Psychological Intervention in Adults** has the most complete and up-to-date academic program on the market. The most important features of the program include:

- ◆ Developing 100 practical cases presented by experts in General Health Psychology
- ◆ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- ◆ News and innovations on research in the different fields 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 research 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 program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"

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Access deep knowledge on the Psychological Intervention in Adults and its multiple implications, in a complete Postgraduate Certificate created to propel you to another professional level”

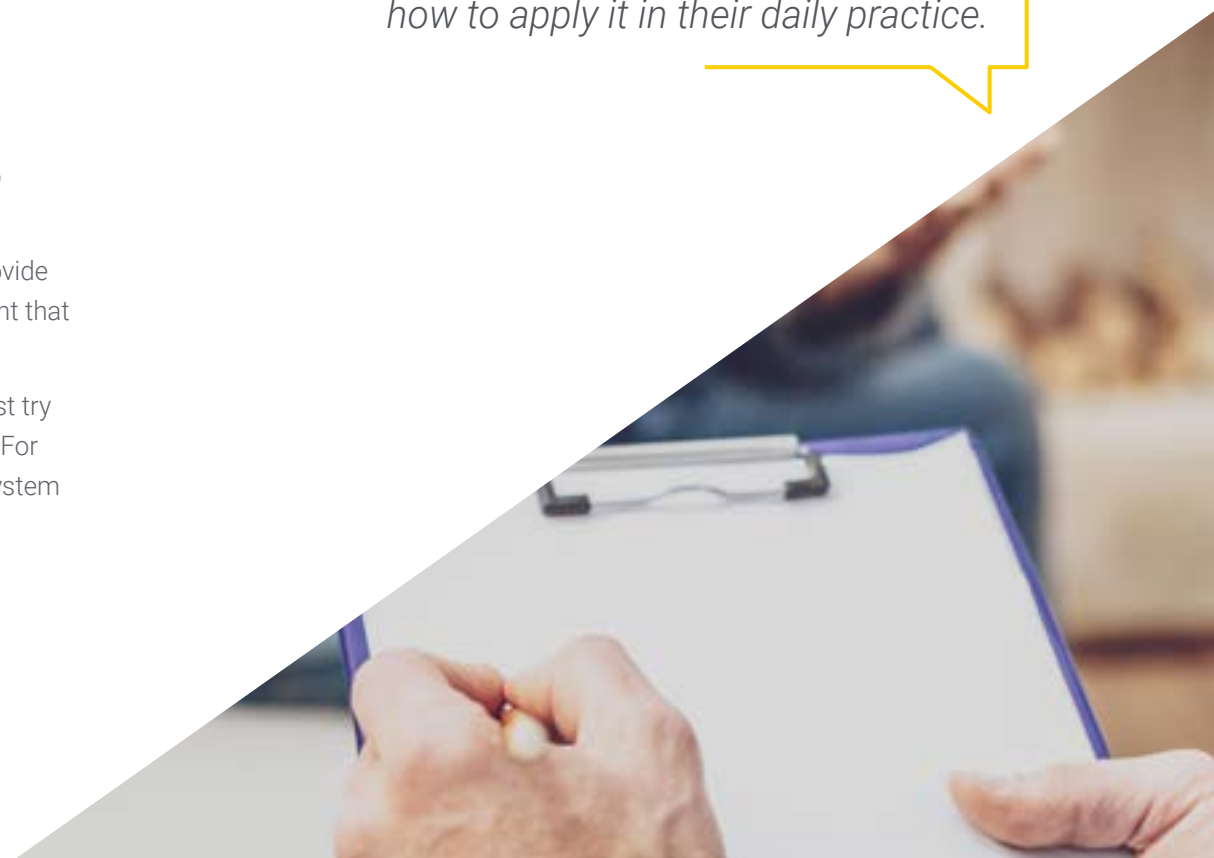
It includes a very broad teaching staff of professionals belonging to the field of psychology, who pour into this program the experience of their work, in addition to recognized specialists of reference societies and prestigious universities

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 training program designed to train 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 research experts.

Increase your confidence as a healthcare psychiatrist by updating your knowledge through this Postgraduate Certificate.

This Postgraduate Certificate marks the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in their daily practice.



02

Objectives

This program is aimed at healthcare psychologists, so that they can acquire the necessary tools to develop in the field, learning about the latest trends and delving into the issues that are at the forefront of this branch of knowledge. Only with the right preparation, you will be able to successfully achieve your objectives.





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



General Objective

- ◆ Train professionals qualified to practise a Psychological Intervention in Adults, according to current legislation, with the ability to carry out effective assessments and treatments in people's behavior and activity in order to promote and improve their general state of health

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





Specific Objectives

- ◆ Describe the etiology, course, and prevalence of major mental and behavioral disorders in adults
- ◆ Know the most commonly used psychological intervention techniques for adult patients with mental disorders
- ◆ Discover the latest recommendations of scientific evidence for treating adults with different psychological problems
- ◆ Review the characteristics of the most important physical health problems and the psychological factors related to their onset and continuation
- ◆ Know the main psychological intervention techniques for patients with different physical health problems
- ◆ Present the latest recommendations from scientific evidence for the treatment of adults with different physical health problems

03

Structure and Content

The structure of the contents has been designed by a team of professionals in Psychological Intervention in Adults, who are aware of the importance of up-to-date to be able to delve deeper into this field of knowledge and produce publications of academic quality.



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This Postgraduate Certificate in Psychological Intervention in Adults has the most complete and up-to-date scientific program on the market”

Module 1. Psychological Intervention in Adults

- 1.1. Psychological Intervention in Psychotic Disorders
 - 1.1.1. Psychotic Disorders: Etiology, Course, and Prevalence
 - 1.1.2. Psychotic Disorders: Scientific Evidence
 - 1.1.3. Psychotic Disorders: Psychological Intervention Techniques
- 1.2. Psychological Intervention in Depressive and Bipolar Disorders
 - 1.2.1. Intervention in Depressive Disorders
 - 1.2.1.1. Depressive Disorders: Etiology, Course, and Prevalence
 - 1.2.1.2. Depressive Disorders: Scientific Evidence.
 - 1.2.1.3. Depressive Disorders: Psychological Intervention Techniques
 - 1.2.2. Intervention in Bipolar Disorder
 - 1.2.2.1. Bipolar Disorder: Etiology, Course, and Prevalence
 - 1.2.2.2. Bipolar Disorder: Scientific Evidence
 - 1.2.2.3. Bipolar Disorder: Psychological Intervention Techniques
- 1.3. Psychological Intervention in Anxiety Disorders
 - 1.3.1. Anxiety Disorders: Etiology, Course, and Prevalence
 - 1.3.2. Anxiety Disorders: Scientific Evidence
 - 1.3.3. Anxiety Disorders: Psychological Intervention Techniques
- 1.4. Psychological Intervention in OCD, PTSD, and Related Disorders
 - 1.4.1. Intervention in OCD and Related Disorders
 - 1.4.2. Intervention in PTSD and Related Disorders
- 1.5. Psychological Intervention in Eating Disorders
 - 1.5.1. Eating Disorders: Etiology, Course and Prevalence
 - 1.5.2. Eating Disorders: Scientific Evidence
 - 1.5.3. Eating Disorders: Psychological Intervention Techniques
- 1.6. Psychological Intervention in Sleep Disorders
 - 1.6.1. Sleep Disorders: Etiology, Course and Prevalence
 - 1.6.2. Sleep Disorders: Scientific Evidence
 - 1.6.3. Sleep Disorders: Psychological Intervention Techniques
- 1.7. Psychological Intervention in Sexual Dysfunctions
 - 1.7.1. Sexual Dysfunctions: Etiology, Course and Prevalence
 - 1.7.2. Sexual Dysfunctions: Scientific Evidence
 - 1.7.3. Sexual Dysfunctions: Psychological Intervention Techniques
- 1.8. Psychological Intervention in Addictive Disorders
 - 1.8.1. Addictive Disorders: Etiology, Course and Prevalence
 - 1.8.2. Addictive Disorders: Scientific Evidence
 - 1.8.3. Addictive Disorders: Psychological Intervention Techniques
- 1.9. Psychological Intervention in Personality Disorders
 - 1.9.1. Personality Disorders: Etiology, Course and Prevalence
 - 1.9.2. Personality Disorders: Scientific Evidence
 - 1.9.3. Personality Disorders: Psychological Intervention Techniques
- 1.10. Psychological Intervention in Physical Health Problems
 - 1.10.1. Physical Health Problems: Etiology, Course and Prevalence
 - 1.10.2. Physical Health Problems: Scientific Evidence
 - 1.10.3. Physical Health Problems: Psychological Intervention Techniques



Our curriculum has been designed with teaching effectiveness in mind: so that you learn faster, more efficiently, and on a more permanent basis"



04

Methodology

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

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 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

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 abundant 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.



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 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 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).

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 high socioeconomic profile and an average age of 43.5 years old.

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 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 multimedia content presentation training Exclusive system 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 & Re-testing

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 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 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 Psychological Intervention in Adults** guarantees you, in addition to the most rigorous and updated training, access to a **Postgraduate Certificate** issued by **TECH Technological University**.



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Include in your training a Postgraduate Certificate in Psychological Intervention in Adults: A huge step forward in your competitiveness in the sector”

This **Postgraduate Certificate in Psychological Intervention in Adults** has the most complete and up-to-date program on the market.

After students have passed the assessments, they will receive by certified mail their **Postgraduate Certificate** issued by **TECH Technological University**.

The certificate issued by **TECH Technological University** will express the qualification obtained in the **Postgraduate Certificate**, and will meet the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Psychological Intervention in Adults**

ECTS: **6**

Official Number of Hours: **150**





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