

# Postgraduate Certificate

## Psychological Intervention for Stress and Emotional Management





## Postgraduate Certificate Psychological Intervention for Stress and Emotional Management

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/psychology/postgraduate-certificate/psychological-intervention-stress-emotional-management](http://www.techtute.com/pk/psychology/postgraduate-certificate/psychological-intervention-stress-emotional-management)

# Index

01

Introduction

---

p. 4

02

Objectives

---

p. 8

03

Structure and Content

---

p. 12

04

Methodology

---

p. 16

05

Certificate

---

p. 24

01

# Introduction

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. Stress is one of the most recurring problems faced by individuals due to the multitude of external factors that can cause it.



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*One of the most commonly studied factors of familial pathology has been their economic situation. Different research has brought to light that economic stress has a negative influence on psychological well-being and the quality of family relationships”*

Traditionally, the protective effect of family relationships has traditionally been highlighted in helping to deal with certain adverse situations. These situations 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.

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.

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 carried out on the subject. To this end, we develop some questions regarding the relationship between external stress factors, family interaction.

This **Postgraduate Certificate in Psychological Intervention for Stress and Emotional Management** contains the most complete and up-to-date scientific program on the university landscape. The most important features of this course include:

- ♦ Practical cases presented by experts in 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 professional practice.
- ♦ Latest information on psychological intervention for stress and emotional management.
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Special emphasis on innovative methodologies in psychological intervention for stress and emotional management.
- ♦ 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 Intervention for Stress and Emotional Management in a practical way and adapted to your needs”*

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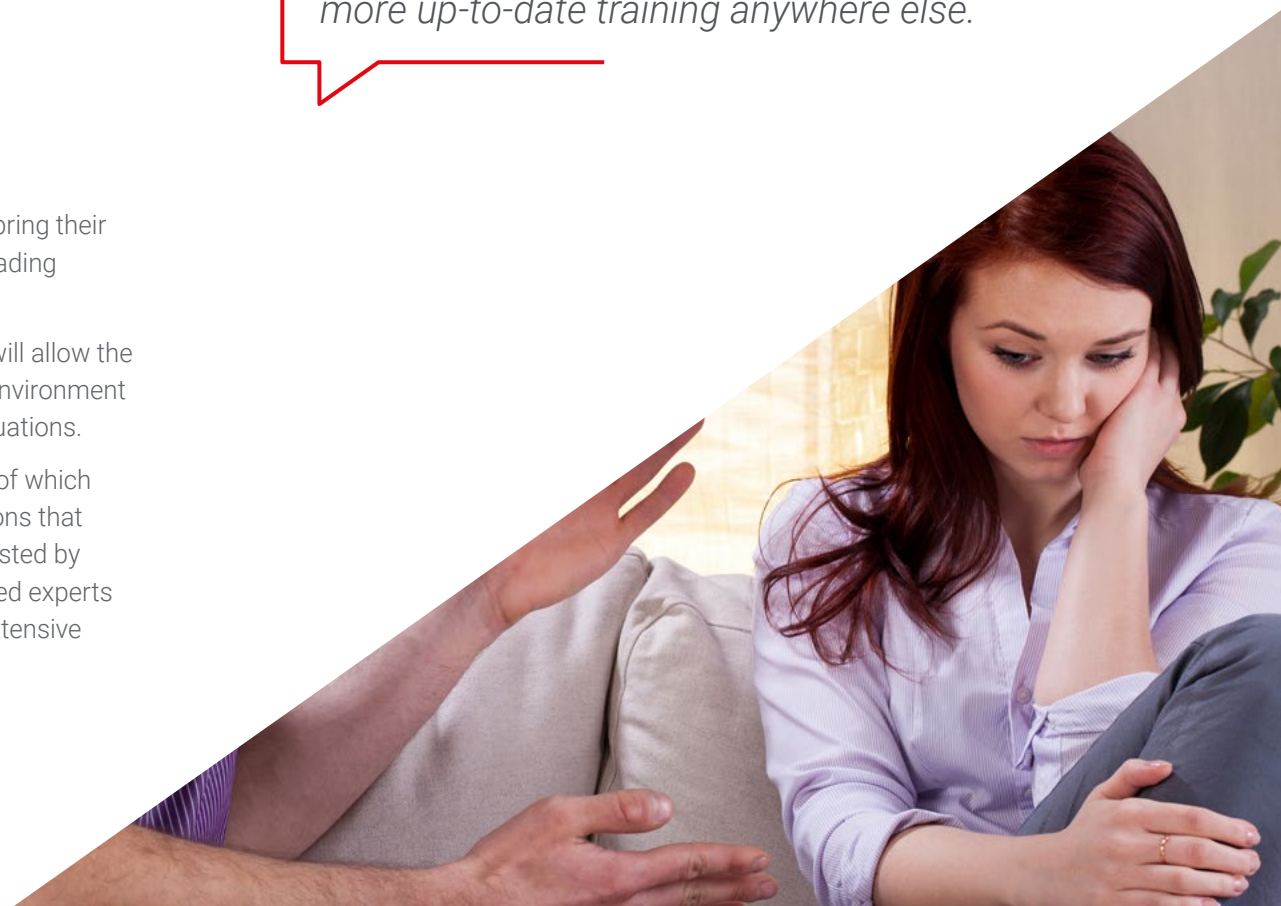
*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program, for two reasons: in addition to updating your knowledge in Psychological Intervention for Stress and Emotional Management, you will obtain a qualification from TECH Tecnological University”*

*We have the best teaching methodology, the latest educational technology and plenty of interactive material developed by specialists in the subject. You won't find a more up-to-date training anywhere else.*

The teaching staff includes professionals from the psychology sector, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

Its Multimedia Content, elaborated with the latest Educational Technology, will allow the Professional a situated and contextual learning, that is to say, a Simulated Environment that will provide an immersive specialization programmed to train in real situations.

The design of this program focuses on Problem Based Learning, by means of which the psychologist must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned , and experienced experts in Psychological Intervention for Stress and Emotional Management with extensive experience.



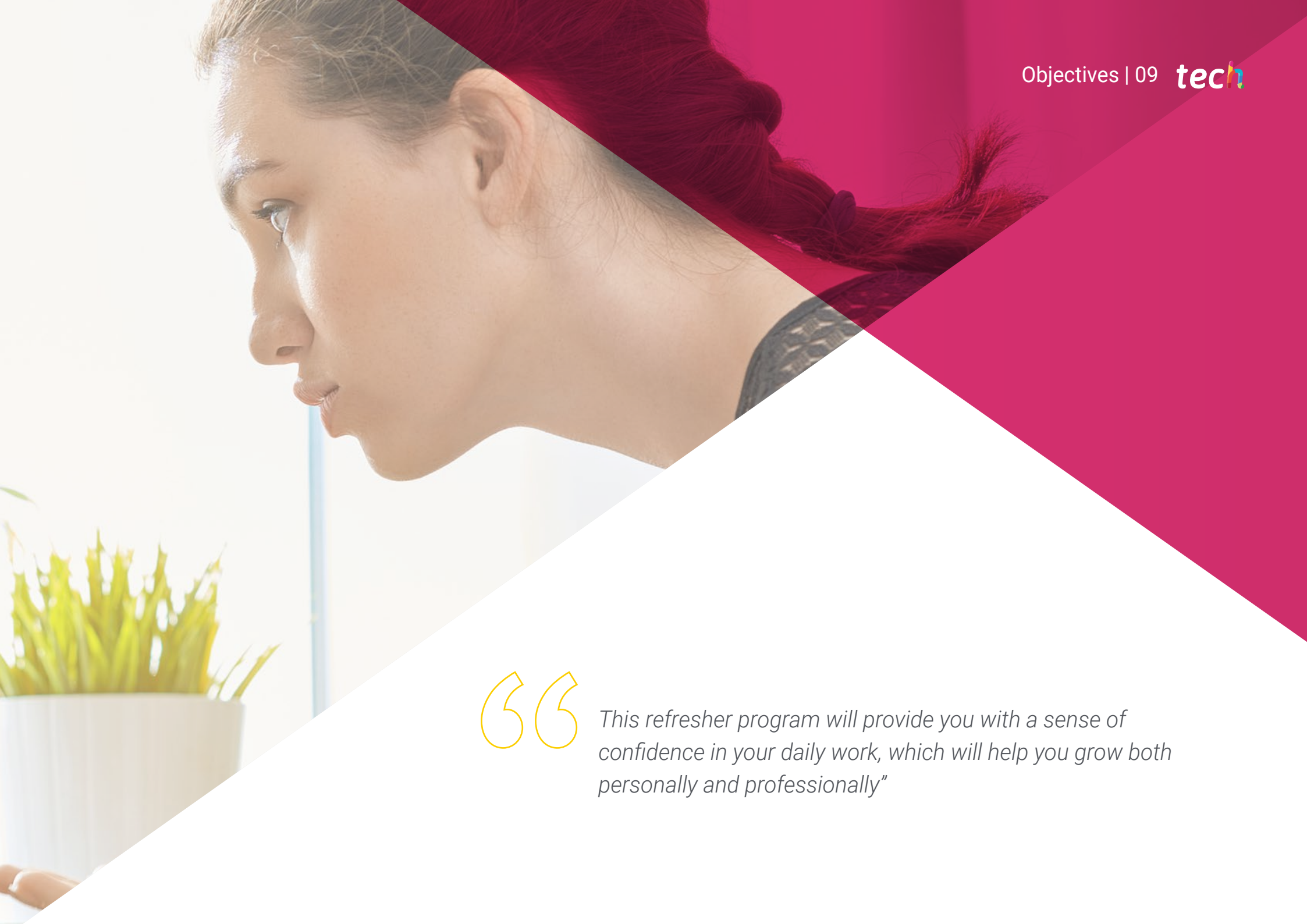
# 02

# Objectives

The main objective of the programme is the development of theoretical and practical learning, so that the psychologist is able to master psychological intervention for stress and emotional management in a practical and rigorous manner.







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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ 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, and 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

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- ♦ Master interaction within a family therapy framework.
- ♦ Perform and adapt intervention protocols within an interdisciplinary framework.
- ♦ Address the family, school and social environment.
- ♦ Manage the emotional crises within a session and children or adolescents and adults.
- ♦ Master assessment and intervention tools using all senses.
- ♦ Identify and use information from social and family agents.
- ♦ Develop an intervention according to the mental logic of the different age groups.
- ♦ Describe the emotional schemas of the family members.
- ♦ Master the management of differential characteristics with which family psychological pathologies can present.
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
- ♦ Develop monitoring models that express the changes in stress pathologies.

03

# Structure and Content

The structure of the contents has been designed by a team of professionals who know about the implications of specialization in daily psychological practice and who are aware of the current relevance of training. They ensure that psychologists are 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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*This Postgraduate Certificate in Psychological Intervention for Stress and Emotional Management contains the most complete and up-to-date scientific program on the market”*

## Module 1. Modes of Intervention in Family Therapy

- 1.1. Notion of Conflict
  - 1.1.1. Changing the Attitude Towards Team Cooperation
  - 1.1.2. Improve Attitude
  - 1.1.3. Emphasizing Performance
- 1.2. Types of Conflict
  - 1.2.1. Attraction-Attraction
  - 1.2.2. Evasion-Evasion
  - 1.2.3. Attraction-Evasion
- 1.3. Family Mediation
  - 1.3.1. Mediator is Present, Does Not Have an Influence
  - 1.3.2. Arbitration Makes Decisions by Listening to the Parties
  - 1.3.3. Neutral Evaluation Draw Consequences From the Data Obtained
- 1.4. Family Coaching
  - 1.4.1. Equalities
  - 1.4.2. Differences
  - 1.4.3. Contradictions
  - 1.4.4. Impersonation
- 1.5. Learning in Coaching
  - 1.5.1. Declaring Bankruptcy
  - 1.5.2. Stripping Off the Masks
  - 1.5.3. Re-Engineering Ourselves
  - 1.5.4. Focusing on the Task
- 1.6. Habits to Improve in Coaching
- 1.7. Focused on the Activity
  - 1.7.1. Focusing Techniques
  - 1.7.2. Thought Control techniques
- 1.8. Clear Goals
  - 1.8.1. Definition of Where We Are
  - 1.8.2. Definition of Where we Want to Go



- 1.9. Taking the Reins in Your Life Being proactive.
- 1.10. Positive Psychology
- 1.11. Conflict Management with the Conscious Emotional Bonding (CEB) Model
  - 1.11.1. Identifying Emotions
  - 1.11.2. Identifying Suitable Emotions
  - 1.11.3. Changing Emotions for Others
- 1.12. Training to Deal with Conflicts in the Family

## Module 2. Family Models and Parenting Roles

- 2.1. Separation, Divorce and Nulled Marriage
- 2.2. Disability from the Expert's Point of View
  - 2.2.1. Deficiency, Disability and Handicap
  - 2.2.2. Civil Incapacity and Labor Incapacity
  - 2.2.3. Degrees of Permanent Disability
  - 2.2.4. Major Disability
- 2.3. Gender Violence
  - 2.3.1. Psychological Violence
  - 2.3.2. Psychological Consequences of Violence
- 2.4. Abuse
  - 2.4.1. Confirmation
  - 2.4.2. Psychological Consequences
  - 2.4.3. Causal Nexus
- 2.5. Secondary Victimization
  - 2.5.1. Credibility of Testimony
  - 2.5.2. Difficulty of the Psychological Opinion
- 2.6. Psychological Support for Family Members
- 2.7. Juvenile Expertise
- 2.8. Psychopedagogical Drug Addict Expert
- 2.9. Elderly Expert
- 2.10. Profile of the Basic Emotion "Guilt" in Current Research

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 be presented with multiple clinical symptoms simulated cases based on real patients in which they will have to investigate, establish hypotheses and, finally, 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. Gervas, 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 specialization, 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 (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 the teaching materials are specifically created for the course by specialists who teach on 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, the latest educational advances, and to the forefront of psychology. All this, first-hand, with the maximum rigor, explained in detail to contribute to the assimilation and understanding of the students. And best of all, you can watch them as many times as you want.



### 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 for Stress and Emotional Management** 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 training and receive your university degree without travel or laborious paperwork”*

This **Postgraduate Certificate in Psychological Intervention for Stress and Emotional Management** 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 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 Psychological Intervention for Stress and Emotional Management**

Official Number of Hours: **375 hours**.



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with a Hague Apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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