

# Postgraduate Certificate Psychological Treatment of Alcoholism



## Postgraduate Certificate Psychological Treatment of Alcoholism

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Accreditation: 15 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/psychological-treatment-alcoholism](http://www.techtute.com/us/psychology/postgraduate-certificate/psychological-treatment-alcoholism)

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# 01

# Introduction

Repeated consumption of alcohol in significant quantities can lead to addiction, which causes anxiety and the need to drink even more. One of the most serious consequences of alcoholism is the loss of control and behavior, making the alcoholic a latent danger to the rest of society. Being an international problem, psychology has had to intervene in a positive way from its treatments and therapies, decreasing in great part the alcoholic population. That is why TECH launches this program for the professional psychologist who wishes to help alcoholic patients in their treatments.



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*This Postgraduate Certificate is unique for the multitude of techniques and tools given to the psychologist so that they can specialize in Psychological Treatment of Alcoholism”*

Aimed at psychologists who wish to specialize in the field of addictions, or who want to update their knowledge in this regard, it offers the latest advances in the field of psychological treatment of addictions and prevention, so that they can intervene competently in this type of problem. The program covers most of the addictions that a psychologist will encounter in their daily practice and will help them to situate and orientate themselves in the intervention in a realistic and committed way, to know the role they must play in the intervention together with other professionals and to know how to apply the most appropriate techniques for each moment of the intervention process.

In addition, graduates will have the opportunity to access an exclusive Masterclass, of the highest quality, which is part of the rich range of multimedia resources included in this program. This complementary lesson, designed by a leading international specialist in Behavioral Neuroscience, will allow psychologists to develop skills and knowledge in the Psychological Treatment of Alcoholism, with the guarantee of quality that only TECH offers.



*Through the collaboration with an internationally renowned expert in Behavioral Neuroscience, TECH presents an exclusive and additional Masterclass for you"*

This **Postgraduate Certificate in Psychological Treatment of Alcoholism** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Clinical 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
- ♦ The latest diagnostic and therapeutic information on how to approach Psychological Treatment of Alcoholism
- ♦ 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
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



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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 Treatment of Alcoholism, you will obtain a qualification from TECH Global University”*

Its faculty includes psychology professionals belonging to the field of Psychological Treatment of Alcoholism, who bring to this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, it will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare 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 throughout the program. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Psychological Treatment of Alcoholism with extensive experience.

*Take the opportunity to update your knowledge in Psychological Treatment of Alcoholism using classic methods to improve your patient care.*

*The Postgraduate Certificate includes real clinical cases and exercises to bring the development of the course closer to the psychologist's clinical practice.*



# 02

# Objectives

The program's primary objective is focused on theoretical and practical learning, so that the psychologist is able to master of Psychological Treatment of Alcoholism in both a practical and rigorous manner.





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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

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- ♦ Analyze the current state of the world of addictions and drugs
- ♦ Discover the neurological principles of different addictions
- ♦ Define the basic concepts commonly used by the scientific community in the field of addictions and identify the different aspects for the psychologist to take into account in the evaluation and intervention of these cases
- ♦ Offer a base of knowledge and procedures which provides the student with the necessary confidence and solid foundations to address real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the assessment framework in the case of addictions
- ♦ Show the criteria for the choice of therapeutic goals when facing an addiction intervention
- ♦ Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the above approach
- ♦ Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions





## Specific Objectives

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- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions
- ♦ Apply the assessment of the physical environment and general health status as a method of addiction prevention
- ♦ Know the main laboratory tests applicable to the prevention and psychological treatment of this type of patients
- ♦ Understand the role of personality and its disorders in addictions
- ♦ Know the impact and effects of alcohol on health
- ♦ Deepen in neurobiology of addiction to alcohol
- ♦ Manage alcohol-related disorders
- ♦ Carry out a psychological assessment on alcohol addiction



*Make the most of the opportunity and take the step to get up to date on the latest developments in Psychological Treatment of Alcoholism"*



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



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## International Guest Director

David Belin, Ph.D., a renowned specialist in **Behavioral Neuroscience**, has left a significant impact on international research. In fact, already during his **PhD**, he revolutionized the field by developing the **first preclinical model of Cocaine Addiction**, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of **scientific innovation**, combining advanced techniques, from **Experimental Psychology**, to **precise brain manipulations and molecular studies**. All this with the aim of unraveling the **neural substrates of Impulsive/Compulsive Disorders**, such as **Drug Addiction and Obsessive Compulsive Disorder**.

Likewise, his career took a transcendental turn when he joined Professor **Barry Everitt's** laboratory at the **University of Cambridge**. His pioneering research on the **corticostriatal mechanisms of cocaine seeking**, as well as the relationships between **impulsivity and compulsive self-administration of the drug**, expanded the global understanding of individual vulnerability to addiction.

Similarly, Dr. Belin obtained tenure at the **Institut National de la Santé et de la Recherche Médicale (INSERM)** in France. There, he established a research team in Poitiers, which focused on the **neural and cellular mechanisms** of vulnerability to **Compulsive Disorders**, although he has never stopped his research on the **neural and psychological mechanisms** of these disorders.

With more than 75 publications, he has been awarded the **Mémain-Pelletier prize** of the **Académie des Sciences de France** and the **Young Investigator award** of the **European Behavioural Pharmacology Society**. He was one of the first members of the **FENS-Kavli Network of Excellence**, an international network of young scientists supporting **Neuroscience** research.





## Dr. Belin, David

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- ♦ Neuroscientist specialized in Human Behavior at the University of Cambridge, United Kingdom
- ♦ Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM)
- ♦ Mémain-Pelletier Award of the Académie des Sciences
- ♦ Young Investigator Award from the European Behavioural Pharmacology Society
- ♦ Ph.D. in Behavioral Neuroscience from the University of Bordeaux II
- ♦ Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- ♦ Member of: Homerton College, FENS-Kavli Network of Excellence

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Management



### Mr. Gandarias White, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

## Coordinator



### **Dr. Aguado Romo, Roberto**

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

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Area Specialist in Nuclear Medicine at the University Hospital La Paz
- ♦ Physician in the Nuclear Medicine Department at the Ramón y Cajal University Hospital
- ♦ Specialist in Nuclear Medicine at the Rey Juan Carlos University Hospital
- ♦ Doctor of Medicine
- ♦ Research Expert in the Area of Cancer and Hormone Receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching in Emotionally Conscious Bonding
- ♦ Director of Neurological Studies at CEP. Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population at the Teddy Bear Hospital

### Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

### Dr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



**Dr. Roldán, Lucía**

- ♦ Health Psychologist.
- ♦ Cognitive-Behavioral Intervention Specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

**Ms. Soria, Carmen**

- ♦ Psychologist at Integra Therapy
- ♦ Head of the Psychosocial Unit of the Assessment and Psychotherapy Center (CEP) associated with the European Institute of Time-Limited Psychotherapies
- ♦ Private practice specialized in long-term disorders such as personality, bipolar and psychotic disorders
- ♦ Collaborating professor of the Practicum at the Complutense University of Madrid
- ♦ Professor of the Master's Degree of Psychotherapy of the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in General Health Psychology
- ♦ Master's Degree in Clinical and Health Psychology by CINTECO
- ♦ Master's Degree in Time-Limited Psychotherapy by the European Institute of Time-Limited Psychotherapies
- ♦ EMDR Therapist
- ♦ Specialized training in Personality Disorders and Psychotic Disorders in Adults and Adolescents
- ♦ Training in Dissociative Disorders
- ♦ Training in Couples Therapy
- ♦ Degree in Psychology from the Autonomous University of Madrid.

# 04

## Structure and Content

The structure of the contents has been designed by a team of professionals who recognize the implications of the program in the daily praxis of the psychologist in Psychological Treatment of Alcoholism, aware of the relevance of the current program to treat the patient with psychological disorders and are committed to quality teaching using new educational technologies.







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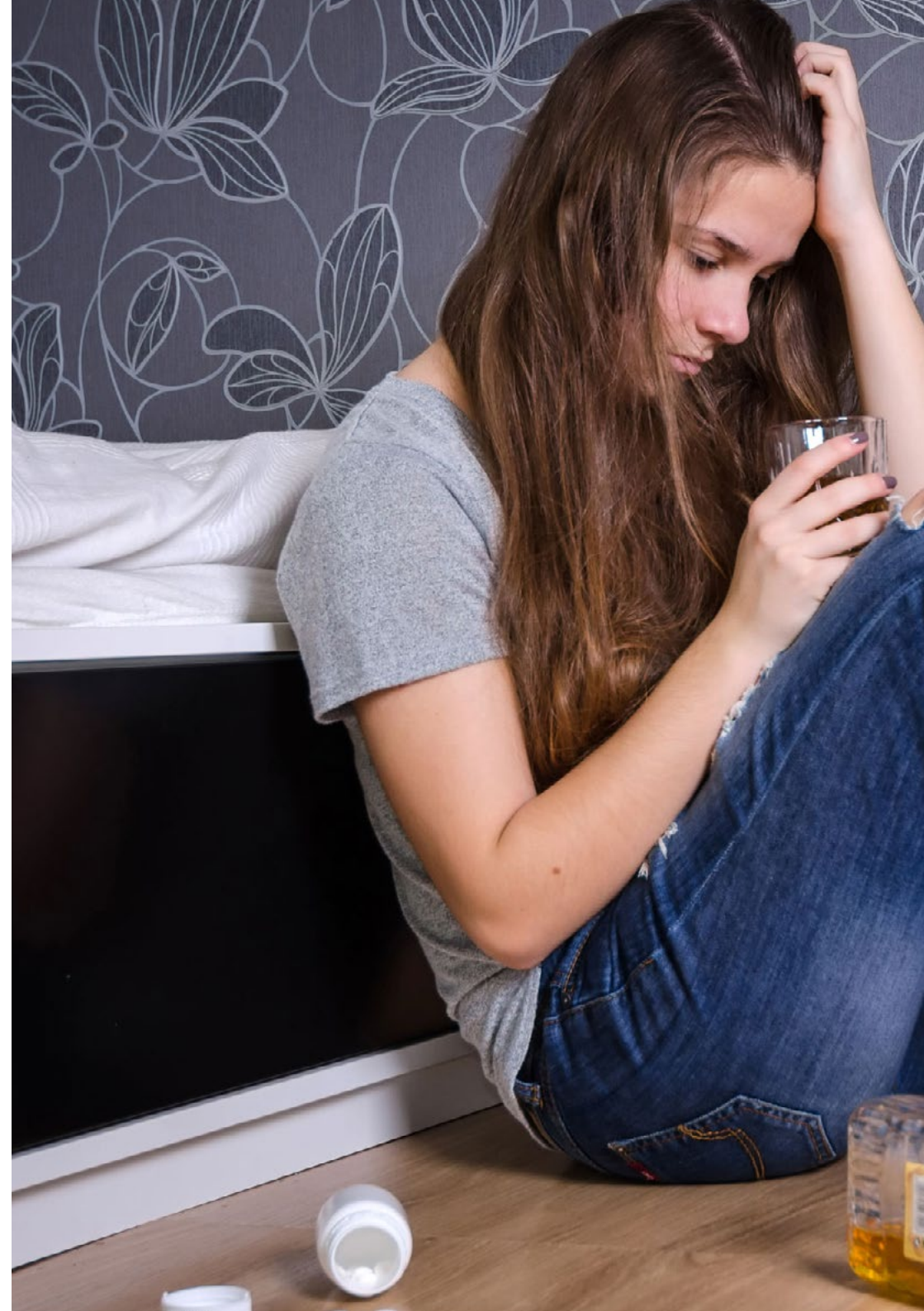
*This Postgraduate Certificate in Psychological Treatment of Alcoholism contains the most complete and updated program on the market”*

### Module 1. Assessment, Prevention and Psychological Treatment in Addictions

- 1.1. Assessment of the Physical Field and General State of Health
- 1.2. Assessment Through Laboratory Tests
- 1.3. Assessment of Neuropsychological Aspects
- 1.4. Assessment of Personality and Its Disorders
- 1.5. Assessment of Mental State and Its Disorders
- 1.6. Assessment of the Severity of Addiction to Substances
- 1.7. Assessment of the Severity of Addiction Not Related to Substances
- 1.8. Assessment of Psychosocial Aspects
- 1.9. Prevention of Addictions
- 1.10. Principles to Follow in the Treatment of Addictions
- 1.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 1.12. Transtheoretical Model
- 1.13. Cognitive-Behavioural Treatment: Commonly Used Techniques
- 1.14. Treatment Oriented Towards the Family
- 1.15. Group Therapy
- 1.16. Other Focuses of Treatment
- 1.17. Care Resources and Devices and Addiction Treatment

### Module 2. Cognitive-Behavioral Treatment of Alcohol Addiction

- 2.1. Definition and Classification of Alcoholic Drinks
- 2.2. Classification of Problems Related to Alcohol
- 2.3. Impact and Effect of Alcohol on Health
- 2.4. Neurobiology of Addiction to Alcohol
- 2.5. Disorders Related to Alcohol
- 2.6. Psychological Evaluation in Alcohol Addiction
- 2.7. Pharmacological Treatment
- 2.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 2.9. Other Therapeutic Interventions and Types of Intervention Programs
- 2.10. Psychological Intervention in Adolescents
- 2.11. Approach to Other Pathologies Present in Addiction to Alcohol
- 2.12. Relapse Prevention and Maintenance







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*A unique, crucial and decisive learning experience to boost your professional development”*



05

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

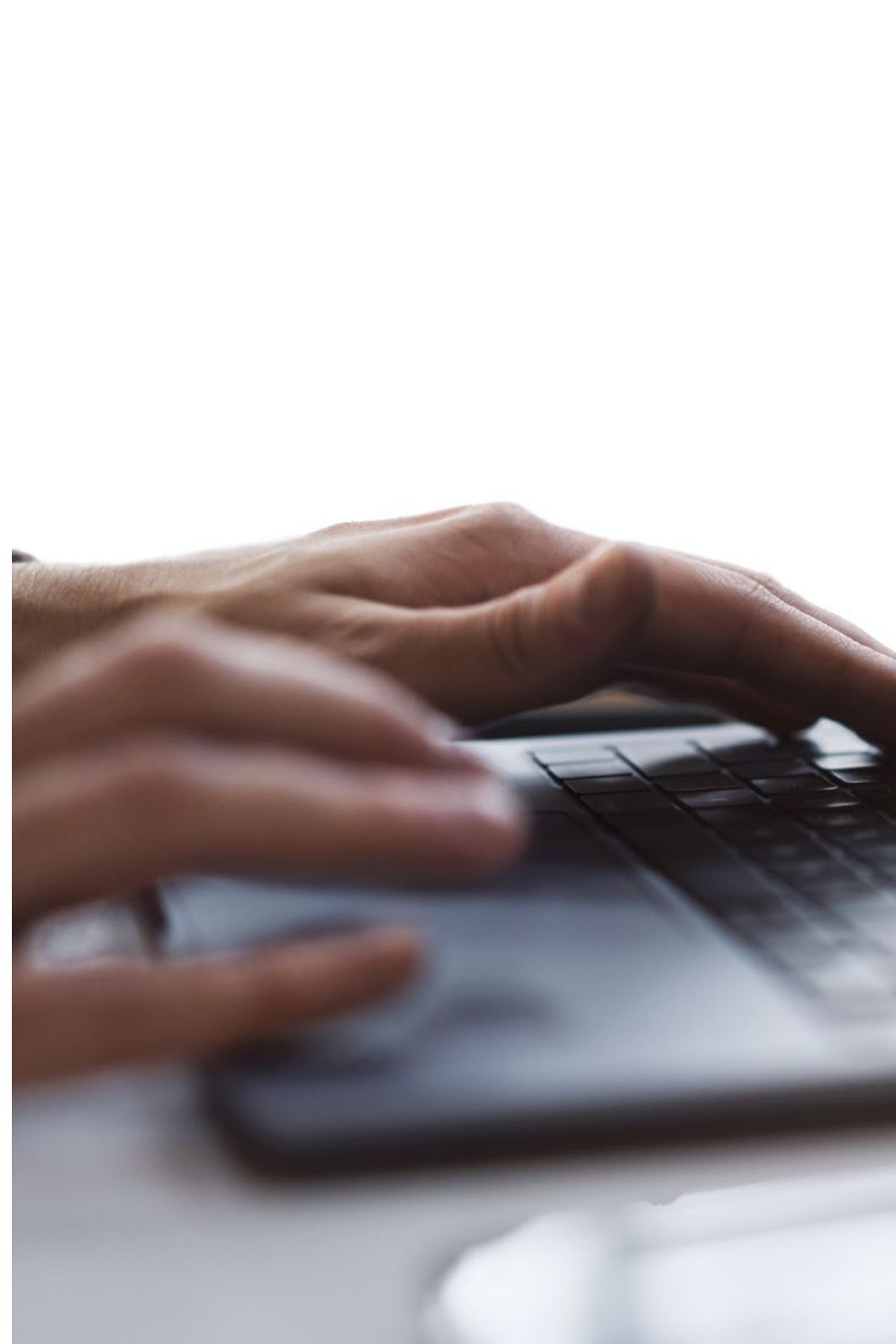
### The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist. The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*





### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”*

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*Relearning 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.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.



### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### 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.

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.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



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

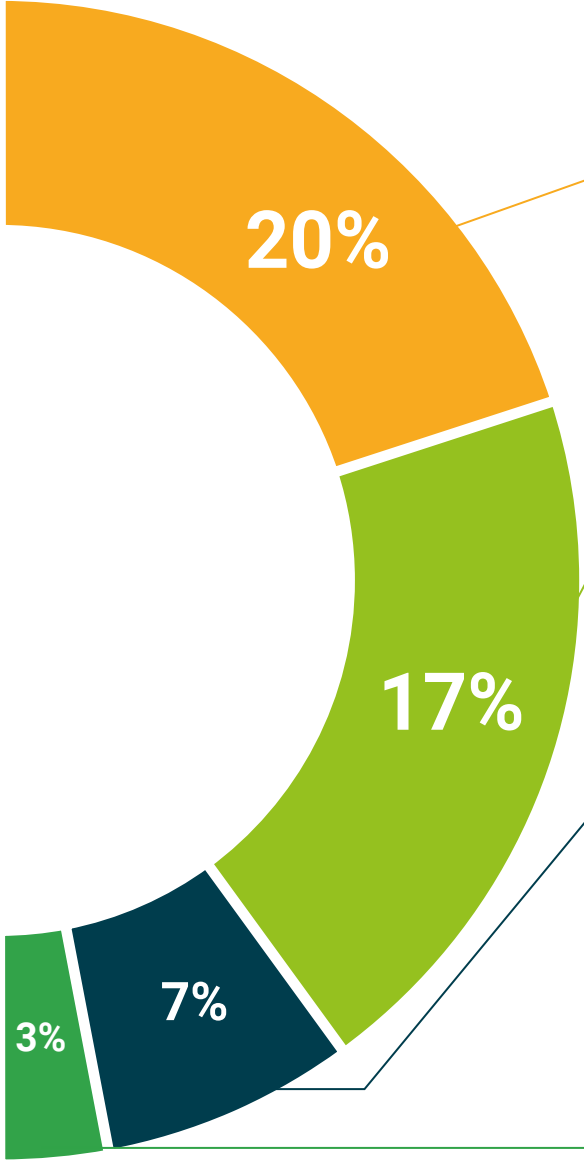


#### Additional Reading

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







**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for 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 Treatment of Alcoholism guarantees, in addition to the most accurate and up-to-date knowledge, 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 private qualification will allow you to obtain a **Postgraduate Certificate in Psychological Treatment of Alcoholism** 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 Psychological Treatment of Alcoholism**

Modality: **online**

Duration: **12 weeks**

Accreditation: **15 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.





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