Postgraduate Certificate
Psychological Treatments in Cancer and Third Generation Therapies

tech technological university

Postgraduate Certificate
Psychological Treatment in Cancer and Third Generation Therapies

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

Website: **www.techtitute.com/pk/psychology/postgraduate-certificate/psychological-treatment-cancer-third-generation-therapies**

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01
Introduction

Psychological intervention is necessary for cancer patients, as it can provide many benefits. In this sense, psycho-oncology has more and more empirically supported tools that professionals should be aware of in order to improve their work practice. In this way, this degree will delve into those therapies that have helped to improve the quality of life of people with cancer, some of them used to prepare the patient to manage the stress and fear of treatment.

" *Discover the most proven models in cognitive-behavioral psycho-oncology"*

The tools developed in psycho-oncology have helped to improve care for cancer patients and their families. These range from prevention and early diagnosis to support during the treatment phase and at the end of treatment. Therefore, it is necessary that future psychologists interested in the area know them and know how to apply them.

The Postgraduate Certificate in Psychological Treatments in Cancer and Third Generation Therapies will present those cognitive behavioral models that have been developed to reduce the patient's anxiety and immune response, favoring the acceptance of the diagnosis and coping with the disease. All of these are factors that, when not properly addressed, have an impact on the health of the individual. Therefore, this program helps to facilitate the alliance with the medical team and the patient.

On the other hand, from the Acceptance and Commitment Therapy (ACT) position, the psychologist will provide help to patients who must come to terms with aspects of their lives that they cannot control, such as their cancer diagnosis, their fear of death or feelings of anxiety. It will also help to find activities that are valuable to the person, so that their goals and aspirations are not paralyzed during the disease process.

At the end of the program, students will be able to apply the appropriate techniques to treat their patients, making it an excellent opportunity for the psychologist who wishes to work in a private practice or directly in the oncology department of a hospital.

This **Postgraduate Certificate in Psychological Treatments in Cancer and Third Generation Therapies** contains the most complete and up-to-date educational program on the market. The most important features include:

- Practical cases presented by experts in Psycho-Oncology
- 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
- Practical exercises where self assessment can be used to improve learning
- Special emphasis on innovative 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

Help patients determine realistic goals for coping with the disease"

" *Apply the right technique to mitigate the negative feelings caused by cancer"*

Ensure the integrity of the palliative care patient by employing dignity therapy.

Assess and intervene in maladaptive behaviors and emotions that affect treatment outcomes.

The program includes, in its teaching staff, professionals from the sector who bring to this training the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow professionals situated and contextual learning, i.e. a simulated environment that will provide immersive education programmed to learn for 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 purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

02
Objectives

The design of this program will help the student to learn about the latest advances in cognitive behavioral models that reduce the negative effects caused by cancer diagnosis and treatment. These are focused on problem-solving techniques, cognitive restructuring, guided imagery, biofeedback, relaxation and coping skills training. In this way, students will be able to help cancer patients to live meaningfully, in a fulfilling way, maintaining and expanding the reasons to continue fighting the disease.

"

Produce a healthy change in your cancer patient's mind using guided imagery"
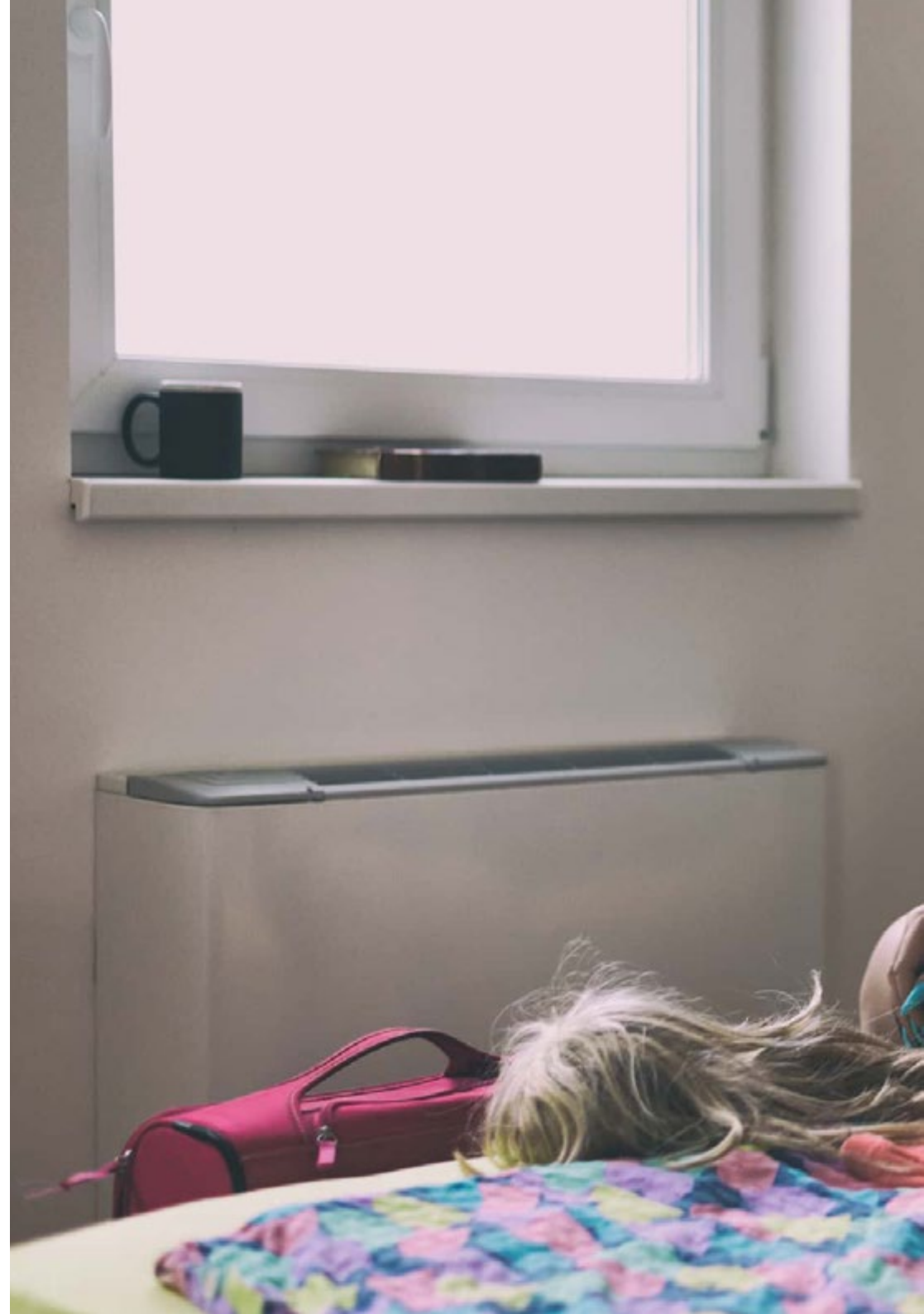
General Objectives

- Gain in depth knowledge of the different therapeutic options in the psychological treatment of cancer
- Contribute to the control of mood alterations through appropriate psychological strategies
- Know how to assess and intervene in adaptive and maladaptive emotions and behaviors

Improve a patient's quality of life by eliminating the fear and phobias that develop in the disease"

Specific Objectives

- Determine realistic treatment objectives together with the patient and/or their family
- Be trained in the methods of intervention with cancer patients, particularly empirically supported treatment techniques
- Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- Detect and enhance, as far as possible, the patient's own resources

03
Course Management

This program has a select group of professionals specialized in psychology and psycho-oncology, making up a multidisciplinary team to provide the best possible education for students interested in knowing the methods of intervention in cancer patients. In this way, students will be able to improve their skills in dealing with the patients in their care, ensuring an optimal diagnosis to help identify somatic symptoms that affect their mental stability during treatment.

Learn about the latest psychological intervention techniques to treat oncology patients from a select group of experts"

Management

Mr. Garrido Jiménez, Sergio

- Provincial Coordinator of the Section of Psycho-Oncology and Palliative Care of (Ilustre Colegio Oficial de Psicólogos de Andalucía Oriental - COPAO) in Jaén
- General Health Psychologist for the Junta de Andalucía. NICA 43384
- Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP)
- Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA
- Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- Member of the Spanish Society of Psycho-Oncology (SEPO)
- Degree in Psychology. University of Jaen (UJA)
- Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)

04

Structure and Content

The syllabus of this program will provide a set of indispensable knowledge for all students who wish to specialize in psycho-oncology. In this way, they will know how to handle the latest psychological techniques for the intervention of cancer patients and their families. In addition, they will be able to work together with the medical team throughout the patient's clinical program, accompanying them from the moment they are diagnosed until the end of treatment.

The family plays an important role in the cancer patient's recovery, helping them will be part of your job"

Module 1. Psychological Treatments in Cancer and Third Generation Therapies

1.1. Effective Psychological Treatments in Psycho-Oncology

1.2. Cognitive-Behavioral Therapy in Cancer Treatment

    1.2.1. Identification of Automatic Thoughts and Modification of Cognitions

    1.2.2. Activation Control Techniques

        1.2.2.1. Diaphragmatic Breathing Training

        1.2.2.2. Progressive Muscular Relaxation

    1.2.3. Behavioral Activation

    1.2.4. Exposition Techniques and Guided Imagination

1.3. Cognitive Training Program

1.4. Rehabilitation Program Based on Physical Exercise

1.5. Mindfulness

    1.5.1. Mindfulness Training Program

    1.5.2. Compassion and Self-Compassion Practice

1.6. Acceptance and Commitment Therapy (ACT)

    1.6.1. Components of ACT and Clinical Methods

1.7. Therapy Focused on the Search for Meaning

    1.7.1. Cancer and Feeling. Exploration of the Sources of Meaning

1.8. Dignity Therapy

    1.8.1. The Concept of Dignity in Cancer Patients

    1.8.2. Models of Dignity. Chochinov

1.9. Systemic Family Therapy

    1.9.1. Family and Cancer. Most Common Family Dynamics

1.10. Pseudotherapies and Pseudosciences Against Cancer

    1.10.1. Positions of Government Agencies

    1.10.2. Pseudotherapies and Pseudosciences With and Without Scientific Evidence

"

The fear of death exists from the moment a person is diagnosed with cancer. Help them get through this by giving their life meaning"

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.

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.

"

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

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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 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 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 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 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.

20%

15%

15%

3%

20%

17%

7%

3%

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 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 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 Treatments in Cancer and Third Generation Therapies guarantees students, in addition to the most rigorous and up to date education, access to a Postgraduate Certificate issued by TECH Technological University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Certificate in Psychological Treatments in Cancer and Third Generation Therapies** contains the most complete and up to date educational 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 Treatments in Cancer and Third Generation Therapies**
Official Nº of hours: **150 h.**

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Awards the following
CERTIFICATE
to
Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE
in
Psychological Treatments in Cancer
and Third Generation Therapies

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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

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