

# Postgraduate Certificate

## Psychotherapeutic Schools: Models and Techniques of Intervention





## Postgraduate Certificate Psychotherapeutic Schools: Models and Techniques of Intervention

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

Website: [www.techtitute.com/in/psychology/postgraduate-certificate/psychotherapeutic-schools-models-techniques-intervention](http://www.techtitute.com/in/psychology/postgraduate-certificate/psychotherapeutic-schools-models-techniques-intervention)

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# 01

# Introduction

Knowing the different therapeutic schools and their different approaches and ways of approaching allows the psychology professionals to benefit from the different approaches, in the various situations in which they must intervene. To achieve this knowledge, this highly specialized program will take you to the most complete learning in this area. An exceptional opportunity to take a step towards excellence in your profession.





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*This Postgraduate Certificate will broaden your horizons as a psychologist and will allow you to grow personally and professionally"*

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in the different approaches of the various Psychotherapeutic Schools. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this program, you will learn the current and newest approaches on this topic. You will learn to analyze and identify the needs and demands of the target audience of the psychological intervention in different contexts (personal, group, institutional or social).

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 Psychotherapeutic Schools: Models and Techniques of Intervention** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of 100 case studies presented by experts in Psychotherapeutic Schools
- ♦ The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for Psychologist
- ♦ New developments and innovations in the different areas 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 cutting-edge methodologies
- ♦ Theoretical lessons, questions to the expert, discussion forums on controversial topics and individual reflection papers
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*An educational program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"*

“

*A totally efficiency-focused approach that will allow you to learn in a real, constant and efficient way”*

It includes a very broad teaching staff made up of experts in psychology, who share their work experience in this program, as well as recognized specialists from leading communities 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 program designed to learn 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 experts.

*Forget the obsolete ways of studying the traditional way and make your learning easier and more motivating.*

*This Postgraduate Certificate makes a difference in the labor market by placing you among the most qualified professionals.*



# 02

# Objectives

The objectives of this program have been established as a guide for the development of the entire training, with the specific mission of offering the students a very intensive learning experience that will really boost their professional progression. A journey of personal growth that will take you to the top in your intervention as a psychologist.





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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 training will give your career the boost it needs”*



## General Objective

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- ♦ Train psychology professionals in the knowledge of the Psychotherapeutic Schools and in the different models and techniques of Intervention, with real work capacity and optimal results, supported by the most updated and useful theoretical and practical knowledge for their profession



*A complete program that will allow you to deeply know the different psychotherapeutic models and schools and apply them in your professional growth"*





## Specific Objectives

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- ◆ Know, understand and know how to apply the characteristics, functions, contributions and limitations of the different theoretical models of psychology
- ◆ Analyze and identify the needs and demands of the recipients of psychological intervention in different contexts (personal, group, institutional or social)
- ◆ Evaluate the psychological intervention in its development to adapt it to new needs and critically assess it at the end, learning from successes and mistakes
- ◆ Diagnose according to the criteria of the psychological profession. Be able to prioritize the meaning of the intervention and to distinguish between differences, problems and needs
- ◆ Elaborate oral and written reports appropriate to the addressees, specialists or clients, specific to Psychology
- ◆ Know how to apply techniques, strategies and methods of direct and indirect psychological intervention
- ◆ Promote health and quality of life, through the profession's own methods, in individuals, groups, communities and organizations in different areas and contexts: educational, clinical and health, work and organizations, group and community
- ◆ Be able to adapt the new solvent researches, especially those coming from the psychological discipline itself, to the professional activity adequately

03

# Course Management

In TECH we have professionals specialized in each area of knowledge, who pour into our education the experience of their work. A multidisciplinary team with recognized prestige that has come together to offer you all their knowledge in this area.



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*Our teaching team, experts in Psychotherapeutic Schools: Models and Techniques of Intervention, will help you achieve success in your profession"*

## Guest Director



### **Ms. Peña Granger, Mercedes**

- ♦ Head of Adult Psychiatry Nursing Unit at Gregorio Marañon Hospital. Madrid
- ♦ Diploma in Nursing from the Complutense University of Madrid
- ♦ Diploma in Psychosomatic Nursing from the Complutense University of Madrid
- ♦ Degree in Social and Cultural Anthropology Complutense University of Madrid
- ♦ Degree in Nursing Rey Juan Carlos University
- ♦ Mental Health Specialist. Ministry of Health
- ♦ Master's Degree in Humanization of Health Institutions

## Guest Professors

### Ms. Cunillera Llorente, Alicia H

- ◆ 2009-2013 Degree in Nursing with Extraordinary End of Degree Award
- ◆ San Juan de Dios University School of Nursing and Physiotherapy
- ◆ (Comillas Pontifical University)
- ◆ Psychiatric Hospitalization Unit (PHU) Eating Disorders Unit (EDU) G.U.H Gregorio Marañón
- ◆ Personality Disorders Unit. Dr. Rodríguez Lafora Hospital
- ◆ Personality Disorders Unit and Hospital Treatment and Rehabilitation Unit. San Miguel Clinic (Hermanas Hospitalarias)
- ◆ Psychiatric Hospitalization Unit (PHU) - Adolescent Psychiatry Unit (Hospitalization - UADO) U.G.H Gregorio Marañón

### Ms. González Mele, Eva

- ◆ Specialty in Mental Health Nursing at the Gregorio Marañón Hospital
- ◆ Diploma in Nursing from the Autonomous University of Madrid. (Red Cross School)
- ◆ Diploma in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ◆ December 2020- Current Severo Ochoa University Hospital. Nurse specialist in mental health in UHB
- ◆ June 2020 - November 2020. University General Hospital Gregorio Marañón Hospitalization UHB, UADO, psychiatry interconsultation and emergency psychiatry
- ◆ July 2012 - May 2018 Intercentros Residencial Balesol Pozuelo. Residential Center Nurse
- ◆ June 2011 -September 2011 University Hospital La Paz. General Surgery Unit (Inpatient),Nephrology Unit (Inpatient, Acute-Hemodialysis Unit, CAPD and Renal Transplant)

### Ms. García, Paula

- ◆ Master's Degree in General Health Psychology Nebrija University
- ◆ Master's Degree in Animal Assisted Interventions (IAA) University of Jaén
- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Own private clinic General Health Psychologist
- ◆ Gregorio Marañón Hospital, Recruiter for the COVID-19 genetic research project
- ◆ Perros Azules Association. General Health Psychologist Expert in AAI
- ◆ Animal Sense 2018-2019
- ◆ General Health Psychologist Expert in AAI and Canine Guide

### Ms. Nuño García, María

- ◆ Specialist Nurse in Mental Health. Nursing Resident Intern training carried out in the Teaching Unit of the G.U.H. Gregorio Marañón Issued by the Ministry of Health
- ◆ Master's Degree in Hemodialysis for Nursing, Complutense University of Madrid
- ◆ Degree in Nursing issued from the University of Alcalá
- ◆ Nurse specialist in Mental Health in the emergency department and infant-juvenile liaison nurse at the Gregorio Marañón University Hospital
- ◆ Nurse specialist in Mental Health in the brief hospitalization unit (UHB) of adult psychiatry at the 12 de Octubre University Hospital
- ◆ Nurse specialist in Mental Health in the Medium Stay Unit (UME) for adolescents with severe mental disorders in the Community of Madrid, in the company Casta Guadarrama
- ◆ Nurse Resident Intern (NRI) in Mental Health

04

# Structure and Content

The contents of this comprehensive training program have been developed by the sector's most competent professionals, with a high quality criterion at every stage of the course. For this purpose, the most relevant and comprehensive topics have been selected, with the latest and most interesting updates.

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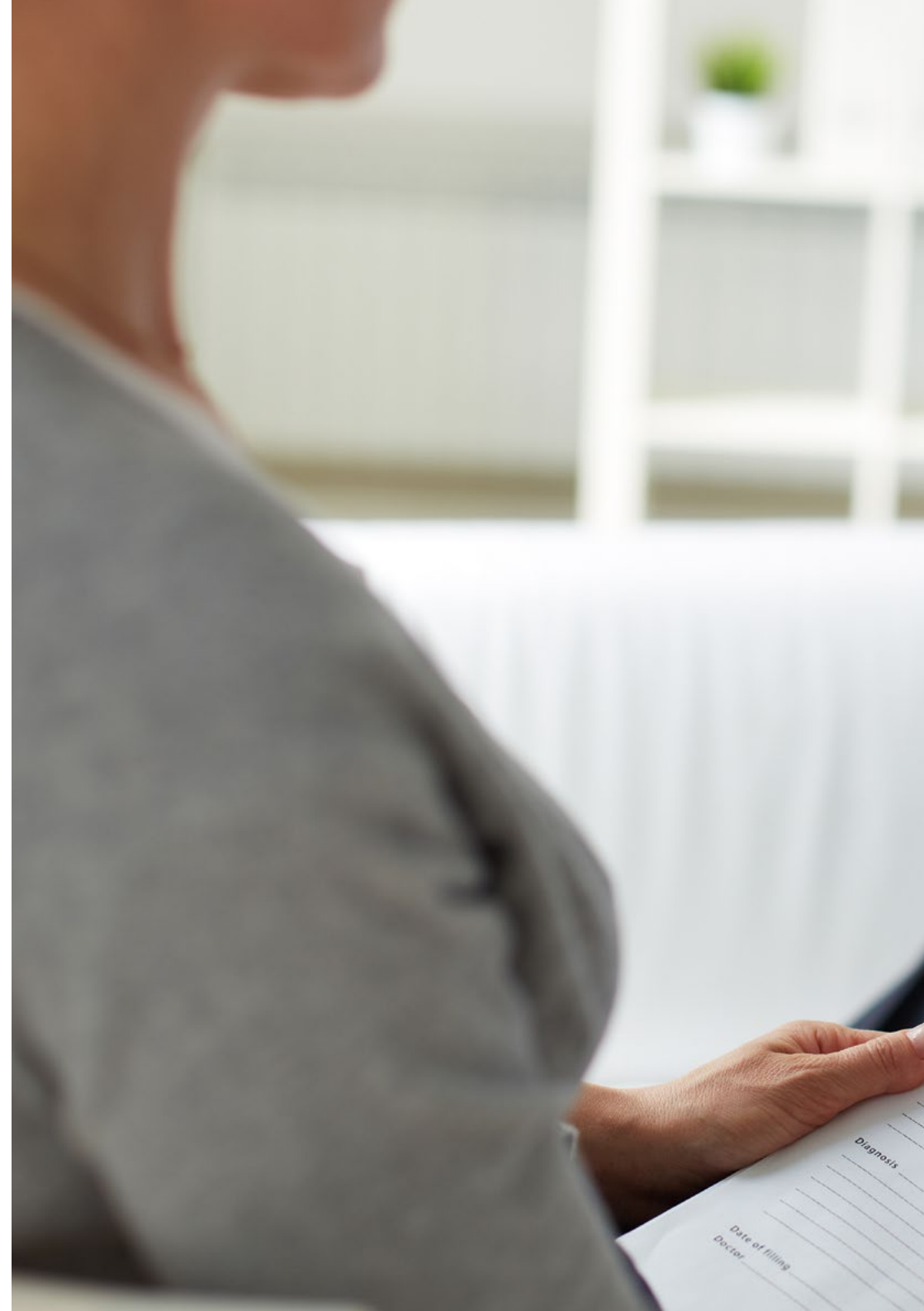
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*This Postgraduate Certificate in Psychotherapeutic Schools: Models and Techniques of Intervention contains the most complete and up-to-date scientific program on the market”*

## Module 1. Psychotherapeutic Schools

- 1.1. Psychotherapeutic schools
  - 1.1.1. Introduction to Psychotherapeutic Schools
  - 1.1.2. Generalizations of the psychological schools and models
  - 1.1.3. Conclusions
- 1.2. Psychoanalytic school
  - 1.2.1. Evolution of psychoanalytic therapy
  - 1.2.2. The process of psychoanalytic psychotherapy
  - 1.2.3. Clinical psychoanalytic intervention
  - 1.2.4. Effectiveness and limitations of psychoanalytic therapy
- 1.3. Behavioral School
  - 1.3.1. Evolution of the behavioral model
  - 1.3.2. Effectiveness and limitations of the behavioral model
  - 1.3.3. Conclusions
- 1.4. Cognitive School
  - 1.4.1. Evolution of the Cognitive model
  - 1.4.2. Intervention techniques and cognitive treatment
  - 1.4.3. Effectiveness and limitations of the Cognitive model
  - 1.4.4. Theoretical foundation of the cognitive-behavioral model
  - 1.4.5. Intervention techniques of the cognitive-behavioral model
- 1.5. Eclectic model
  - 1.5.1. Introduction
  - 1.5.2. Emergence of eclecticism in psychotherapy
  - 1.5.3. Practical usefulness of the eclectic model
  - 1.5.4. Conclusions
- 1.6. Breathing and imagination techniques
  - 1.6.1. Introduction to the breathing technique
  - 1.6.2. Breathing technique procedures
  - 1.6.3. Clinical usefulness of breathing
  - 1.6.4. Introduction to the imagination technique
  - 1.6.5. Procedure and clinical utility for the imagination technique
  - 1.6.6. Progressive Muscular Relaxation
  - 1.6.7. Autogenic training



- 1.7. Exposure Techniques
  - 1.7.1. Theoretical Foundation
  - 1.7.2. Types of Exposure
  - 1.7.3. Application procedure
  - 1.7.4. Clinical intervention with the exposure technique
- 1.8. Self-Control Techniques
  - 1.8.1. Theoretical Foundation
  - 1.8.2. Self-registers
  - 1.8.3. Self-assessments
  - 1.8.4. Self-reinforcements
- 1.9. Operant Techniques
  - 1.9.1. Theoretical Foundation
  - 1.9.2. Operant techniques for the increase and maintenance of behaviors
  - 1.9.3. Operant techniques for the acquisition of new behaviors
  - 1.9.4. Operant techniques for the reduction or elimination of behaviors
- 1.10. Modeling Techniques
  - 1.10.1. Theoretical Foundation
  - 1.10.2. Roles and factors influencing modeling
  - 1.10.3. Modeling Phases
  - 1.10.4. Scope of Application

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



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. 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.



## 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.*







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 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 Psychotherapeutic Schools: Models and Techniques of Intervention guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Psychotherapeutic Schools: Models and Techniques of Intervention** contains the most complete and up-to-date 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 Psychotherapeutic Schools: Models and Techniques of Intervention**

Official N° of Hours: **150 h.**



\*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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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**of Intervention**

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