Postgraduate Certificate
The Psychotherapist's Role in Psychotherapy

tech global university

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The Psychotherapist's Role in Psychotherapy

» Modality: **online**
» Duration: **6 weeks**
» Certificate: **TECH Global University**
» Accreditation: **6 ECTS**
» Schedule: **at your own pace**
» Exams: **online**

Website: **www.techtitute.com/us/psychology/postgraduate-certificate/psychotherapists-role-psychotherapy**

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Introduction

The role of the psychotherapist in time limited psychotherapy has gained special relevance due to the growing demand for efficient and brief psychological interventions. This modality requires therapists to possess a high capacity to quickly establish an effective therapeutic relationship and to identify the most crucial aspects of the patient's problems. Therefore, this approach optimizes resources and time, responding to the need for agile and accessible solutions for the management of psychological problems. At this juncture, TECH has developed a fully digital and extremely adaptable program, allowing graduates only need an electronic device with Internet access to use the study materials. In addition, it is based on the innovative learning methodology called Relearning.

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With this 100% online Postgraduate Certificate, you will be updated on how to optimize therapeutic interventions within a defined time frame, focusing on techniques that foster rapid and sustainable change"

In Time Limited Psychotherapy, therapists work in a more focused and structured way, focusing on specific goals to be achieved within a defined period of time. This requires efficient assessment and planning skills, as well as increased collaboration with the patient to set clear and realistic goals. In addition, they integrate brief, problem-oriented techniques, maximizing therapeutic outcomes in a limited period of time.

In this context, TECH has implemented this Postgraduate Certificate, to equip therapists with the necessary tools to successfully navigate brief and effective therapeutic interventions. Therefore, the focus will be on creating a safe therapeutic space, which allows patients to feel comfortable and protected, therefore facilitating greater openness and cooperation during the therapeutic process. This approach will help professionals to develop a solid craft based on trust and professional competence.

Likewise, the role of therapists as the main driver of the therapy will be deepened, highlighting the importance of their proactivity and initiative in guiding the therapeutic process within the established time limits. In addition, the need for the "tutor therapist" will be emphasized, a figure that not only guides the process, but is also fundamental to establish and maintain the appropriate therapeutic bond.

Finally, professionals will be able to collaborate in mental health teams, where working together with other professionals is frequent and necessary. They will also learn how to manage and take advantage of multidisciplinary dynamics to benefit the patient's treatment, promoting a holistic and coordinated intervention.

Therefore, TECH has launched a fully online and flexible program designed to meet the needs of the student body, eliminating the need to attend a physical location or adhere to a strict schedule. In addition, the program uses the advanced Relearning methodology, which focuses on the repetition of key concepts for a better understanding of the content.

This **Postgraduate Certificate in The Psychotherapist's Role in Psychotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in The Psychotherapist's Role in Psychotherapy
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- Practical exercises where self-assessment can be used to improve learning.
- Its 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

You will set measurable goals, improve your communication and empathy skills and develop strategies to effectively manage time constraints without compromising the quality of treatment"

"*You will know how to become the mentoring therapist, acquiring skills to build and maintain strong and effective therapeutic relationships that facilitate change in a reduced time frame. With all the TECH quality guarantees!*"

You will be prepared to face the challenges and opportunities of professional practice in Time Limited Psychotherapy, updating your ability to act quickly and accurately in diverse clinical situations.

You will immerse yourself in the therapeutic relationship, playing an active role in guiding the therapeutic process, identifying and addressing the specific challenges of Time Limited Psychotherapy. Enroll now!
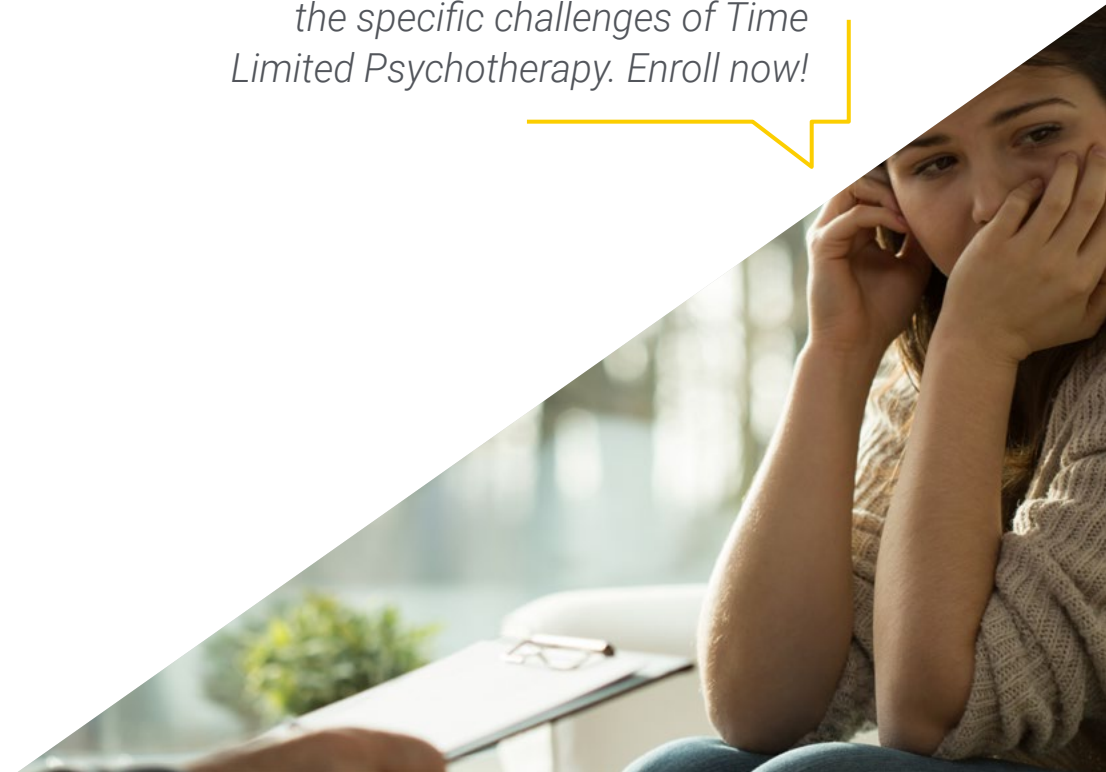
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn 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 during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

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Objectives

The main objective of this university program will be to equip professionals with the necessary competencies to implement effective therapeutic interventions in a time-constrained setting. Therefore, it will delve into the understanding of the therapist's active role, not only as a facilitator, but also as the main driving force in the therapeutic process. In addition, emphasis will be placed on the establishment of a robust and efficient therapeutic bond, through the role of the tutor therapist. In this way, psychologists will be able to design and execute focused and temporally defined therapeutic plans, with a strong emphasis on safety, ethics and clinical effectiveness.

Don't miss this unique TECH opportunity! You will delve into the fundamental theoretical and practical principles of brief psychotherapy, including its ethical underpinnings and applicability in a variety of clinical contexts"

General Objectives

- Describe and develop intervention models for Time Limited Psychotherapy
- Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- Describe the arsenal of technology that allows the patient to change his or her traumatic memories into memories of remembrance
- Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)

Specific Objectives

- Contain with safety and craft
- Identify the role of the therapist as the main engine of the therapy
- Implement the mentor therapist, indispensable to achieve the right bonding
- Describe the territory of the family therapist and of the mentor therapist
- Teach how to live together in an intervention where multidisciplinary work is totally normal

You will conduct effective therapy within a limited time frame, including the formulation of clear therapeutic goals, efficient time management, and the implementation of brief, solution-oriented techniques"

Structure and Content

The contents of the academic program will cover, from the theoretical understanding of the fundamentals and models of Time Limited Psychotherapy, to the practical development of specific techniques for rapid and focused interventions. Therefore, emphasis will be placed on the establishment of clear and achievable goals with patients, the importance of the therapeutic alliance in a restricted time frame, and the management of expectations of both the therapist and the patient. In addition, the use of supervision and the critical role of the mentoring therapist in supporting and guiding the therapeutic process will be discussed.

You will equip yourself with the skills and knowledge necessary to effectively address the specific challenges of Time Limited Psychotherapy, through an extensive library of innovative multimedia resources"

Module 1. The Therapist Role

"You will be able to work collaboratively in multidisciplinary teams to maximize therapeutic benefits in short treatment periods, facing the challenges and dynamics of today's professional environment"

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.
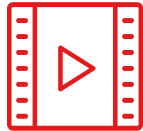
Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

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.
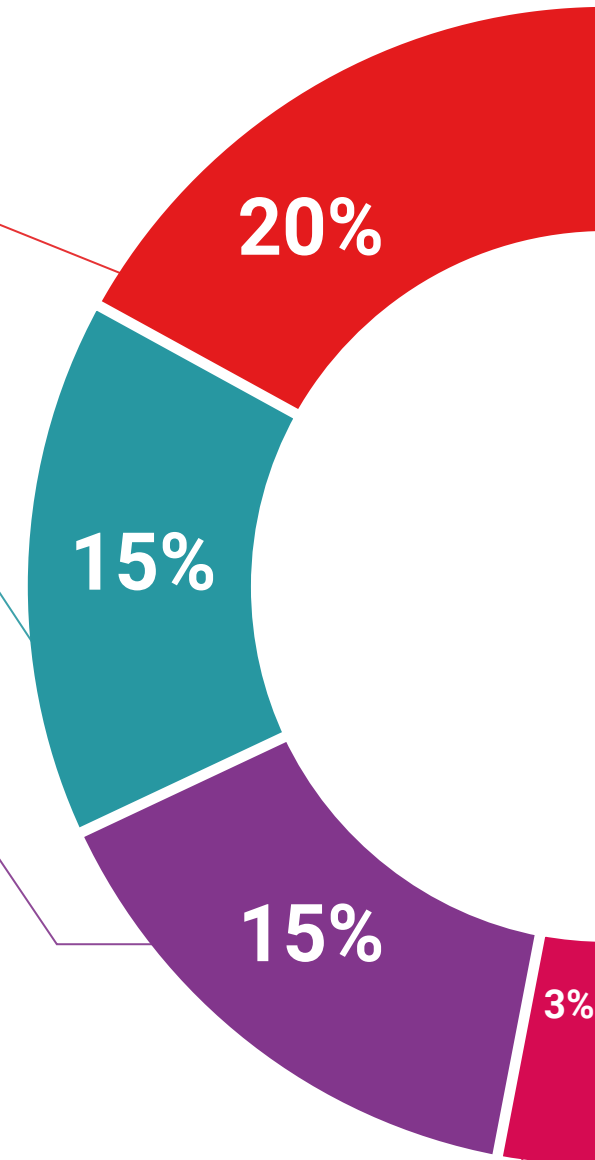
Interactive Summaries

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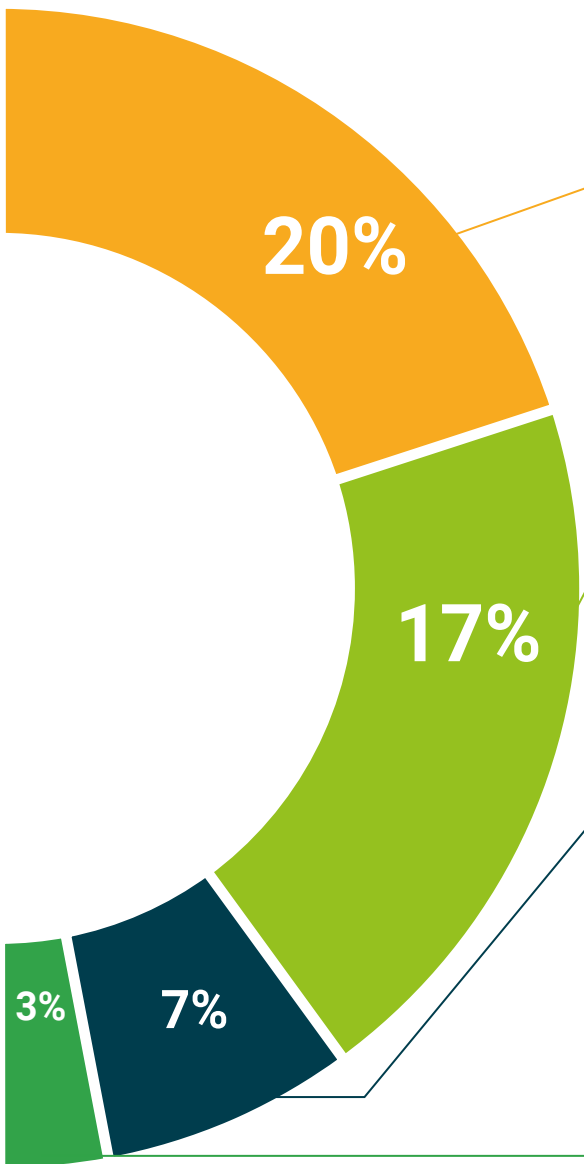
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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.

Certificate

The Postgraduate Certificate in The Psychotherapist's Role in Psychotherapy guarantees students, in addition to the most accurate and up-to-date knowledge, access to a Postgraduate Certificate issued by TECH Global University.

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 The Psychotherapist's Role in Psychotherapy** 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** private qualification 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 The Psychotherapist's Role in Psychotherapy**

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Accreditation: **6 ECTS**

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Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Certificate in The Psychotherapist's Role in Psychotherapy

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
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 diploma issued, with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost..

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