

# Postgraduate Certificate Relaxation Techniques





## Postgraduate Certificate Relaxation Techniques

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/relaxation-techniques](http://www.techtute.com/us/psychology/postgraduate-certificate/relaxation-techniques)

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# 01

# Introduction

The expectations of the person before different economic-social situations sometimes derive emotions of failure, depression or excessive euphoria. All this at the same time potentiates the appearance or consolidation of disorders that require the appropriate intervention of a psychology professional. The scientific advances that have been made in the different therapies and techniques used bring great benefits to patients. This 100% online program was created to provide the professional with updated knowledge, which provides the latest information thanks to the specialized teaching team that teaches this program. All this with a multimedia content in which the latest technology applied to academic teaching has been used.



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*A 100% program for you to maintain an updated knowledge of everything related to the Relaxation Technique in Cognitive-Behavioral Therapy"*

In an accelerated society, with high goals, with beliefs that sometimes distort reality, anxiety or depression disorders have flourished in recent years. In this maelstrom, the relaxation technique has demonstrated its effectiveness within the framework of Cognitive-Behavioral Therapy. This Postgraduate Certificate provides the psychology professional with the most recent knowledge on this technique through a multimedia content provided by an expert teaching staff in the field.

A program in 100% online modality that will take throughout 180 teaching hours to perform an advanced tour in Cognitive-Behavioral Therapy, the different techniques used, with special emphasis on the Relaxation Technique. In this program the didactic material provides dynamism, while the simulations of real clinical cases give the students the possibility for the professional to approach situations that could live or apply in their daily practice.

In addition, TECH uses the *Relearning* technique, based on the repetition of content, which allows the professional to advance during the 6 weeks of this degree, in a more natural and progressive way. In addition, this method reduces the long hours of study so frequent in other methodologies.

A teaching of high academic level to which you can access the entire agenda from the first day, allowing you to distribute the teaching load according to your needs, since in this program the psychology professional does not have fixed schedules or attendance. You only need an electronic device with an Internet connection to access the platform where the curriculum is located. Whenever and wherever you want, you can view the content or download it to continue updating your knowledge according to your needs. A great advantage that TECH offers to its students in order to achieve a quality education within the reach of all.

This **Postgraduate Certificate in Relaxation Techniques** contains the most complete and up-to-date program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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 the self-assessment process can be carried out 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



*Access all the content of this postgraduate certificate whenever and wherever you want. TECH adapts to you"*

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*In this course you will learn about the latest applications of Cognitive Behavioral Therapy to clinical psychology”*

The program’s teaching staff includes professionals from the industry who contribute their work experience to this 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’s design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A program that gives you progress in the techniques to develop social skills or solve problems.*

*Acquire with this online teaching a renewed knowledge in the application of Relaxation Techniques.*



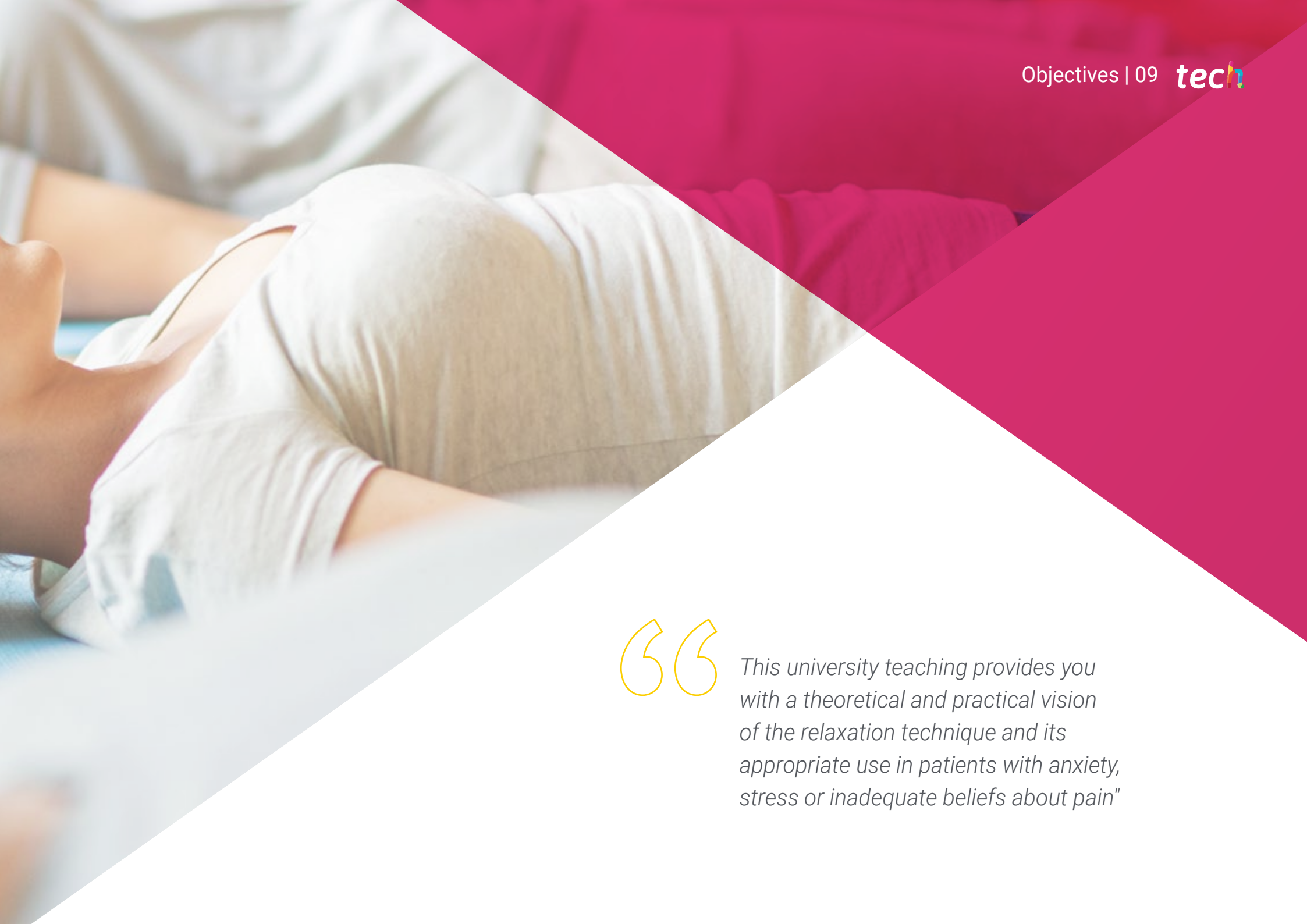
# 02

## Objectives

The main goal of this Postgraduate Certificate is to recycle the knowledge of the psychology professional through a content developed by a highly qualified teaching team. Therefore, at the end of this program, students will be able to master the evolutionary process through Cognitive-Behavioral psychology, reach a global vision of Third Generation Therapies and understand the application of relaxation techniques in clinical psychology. The *Relearning* system will speed up the updating of knowledge by the students.







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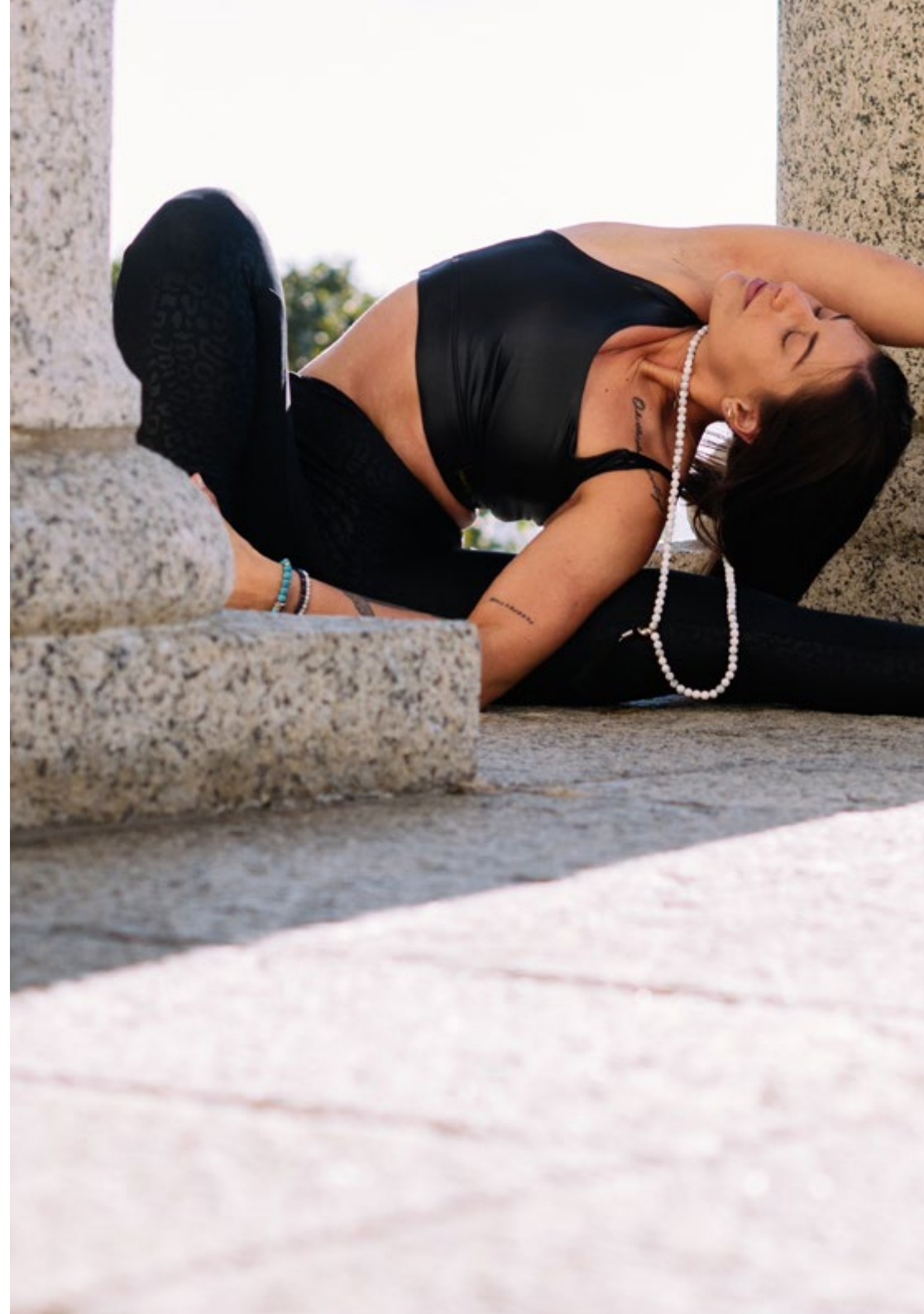
*This university teaching provides you with a theoretical and practical vision of the relaxation technique and its appropriate use in patients with anxiety, stress or inadequate beliefs about pain"*



## General Objectives

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- Study the paradigm shift that Third-Generation Therapies have brought about in the field of psychology
- Know the different types of Third Generation Therapies
- Delve into the past, present and future of this area in psychology
- Study the evolution of the different types of therapies
- Learn about the main developments and treatments related to Third-Generation Therapies





## Specific Objectives

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- Become familiar with the origins and development of Cognitive - Behavioral Psychology
- Gain a general understanding of the starting point of Third Generation Therapies
- Learn about the beginnings and theoretical foundations of Cognitive-Behavioral psychology

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*In this university program you will delve into the most relevant works of Cognitive-Behavioral Therapy and the application of relaxation techniques"*

# 04

## Structure and Content

The syllabus of this course focuses on Cognitive-Behavioral Psychology, specifically on the Relaxation technique and its different applications according to the patient's disorder or pathology. Through video summaries, specialized readings of each point and interactive diagrams, the psychology professional will acquire an update in an increasingly demanded area and with more studied and developed techniques in the field of psychology. The faculty teaching this program will be available to resolve any doubts that may arise about the content during the course of this course.



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*Delve into the progress  
of new psychological  
treatments in just 6 weeks”*

## Module 1. Evolution of Cognitive-Behavioral Psychology

- 1.1. Emergence and Advancement of New Psychological Treatments
  - 1.1.1. The Beginnings and Contextual Framework to the Change
  - 1.1.2. The Beginnings of New Treatments
  - 1.1.3. Paradigm Shift
- 1.2. Emergence of the First and Second Waves
  - 1.2.1. The Beginnings of Change
  - 1.2.2. Introduction to the Process of Change
  - 1.2.3. The First and Second Waves
- 1.3. Cognitive-- Behavioral Techniques as Foundation
  - 1.3.1. The Importance of Cognitive-- Behavioral Basis
  - 1.3.2. Introduction to Cognitive-- Behavioral Techniques
- 1.4. Applied Operant Conditioning
  - 1.4.1. Authors and Foundations of Operant Knowledge
  - 1.4.2. Operant Knowledge First Steps
  - 1.4.3. Applied Operant Conditioning
- 1.5. Coping Styles and Techniques
  - 1.5.1. Coping Styles: Definition and Introduction
  - 1.5.2. Main Theories
  - 1.5.3. Measuring Tools
  - 1.5.4. Intervention Techniques
- 1.6. Relaxation Techniques
  - 1.6.1. Relaxation Techniques: Introduction and Biological Foundation
  - 1.6.2. Predominant Techniques
  - 1.6.3. Use in Clinical Psychology
- 1.7. Rational Psychotherapies
  - 1.7.1. Basis for Rational Psychotherapy
  - 1.7.2. Relevant Authors
  - 1.7.3. Clinical Use



- 1.8. Problem-Solving Techniques
  - 1.8.1. Emergence of Problem-Solving Strategies
  - 1.8.2. Most Commonly Used Techniques
  - 1.8.3. Learning and Using Problem-Solving Techniques
- 1.9. Social Skills Training
  - 1.9.1. The Importance of Social Skills
  - 1.9.2. *Soft and Hard Skills*
  - 1.9.3. Training and Work in Social Skills
- 1.10. Emergence of Third Generation Therapies
  - 1.10.1. First Steps
  - 1.10.2. What Are Third Generation Therapies?
  - 1.10.3. Progress and Current Situation



*Delve into the latest scientific advances that support the use of Third Generation Therapies"*



05

# Methodology

This 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. 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.

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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 assess 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 Relaxation Techniques guarantees students, in addition to the most rigorous and up-to-date education, 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 program will allow you to obtain your **Postgraduate Certificate in Relaxation Techniques** 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 Relaxation Techniques**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

Postgraduate Certificate  
Relaxation Techniques

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

# Postgraduate Certificate

## Relaxation Techniques