Postgraduate Certificate
Study and Diagnosis in the Cognitive-Behavioral Psychology Model

tech global university

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Study and Diagnosis in the Cognitive-Behavioral Psychology Model

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

Website: **www.techtitute.com/us/psychology/postgraduate-certificate/study-diagnosis-cognitive-behavioral-psychology-model**

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01

Introduction

In psychology, making a correct diagnosis depends to a great extent on the knowledge, skills and experience of the health professional. That is why the constant updating and development of people who care for patients suffering from mental health problems, sometimes very serious, is so important. This 100% online program provides students with a renewal of their knowledge through innovative multimedia content provided by a specialized teaching team, in this case, in the Cognitive-Behavioral model. All this with a program that will allow them to combine a quality education with their work responsibilities.

With this Postgraduate Certificate you will be able to be up to date in the techniques and innovations of diagnosis in the Cognitive-Behavioral model"

Patients with anxiety disorders, depression, autism, Alzheimer's, eating disorders, whatever the diagnosis to reach it, the psychology professional has had to develop a study and evaluation that require extensive knowledge. This Postgraduate Certificate provides students with the latest advances in this field in the Cognitive-Behavioral model.

A university teaching provided by a specialized faculty that will pour all their knowledge and experience in the syllabus to which students will have full access from the beginning of this high-level program. A program that will allow them to delve into the areas and scenarios of assessment, interview and anamnesis, the patient's readiness to change or communication channels. The clinical case simulations provided by the expert teaching team will be very useful for the consolidation of knowledge and its direct application in the practice.

A program, whose 100% online model, will allow them to approach in a flexible way the most used techniques and tools nowadays, as well as to deepen in the guarantees of the evaluation processes in Cognitive-Behavioral therapy. Also, this Postgraduate Certificate includes masterclasses offered by a guest teacher of great international prestige who will offer students the most complete and current knowledge on the Study and Diagnosis in the Cognitive-Behavioral Psychology Model.

The psychology professional is, therefore, facing an excellent opportunity to update their knowledge with a university education that can be accessed comfortably from and whenever they want. They only need an electronic device with Internet connection to access the syllabus hosted on the virtual platform of this academic institution. An ideal teaching method for professionals who want to acquire renewed knowledge without neglecting other areas of their lives such as personal or work. Additionally the *Relearning* system based on the reiteration of content that TECH uses in all its programs, will help reduce the hours of study, which are more common in other teaching methods.

This **Postgraduate Certificate in Study and Diagnosis in the Cognitive-Behavioral Psychology Model** contains the most complete and up-to-date program on the market. The most important features include:

- Practical 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 practical exercises where the self-evaluation 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

The Relearning system, based on the repetition of content, will allow you to reduce the long hours of study"

" *A teaching with a theoretical-practical approach so that you can reach your objectives of updating your knowledge in a more agile way"*
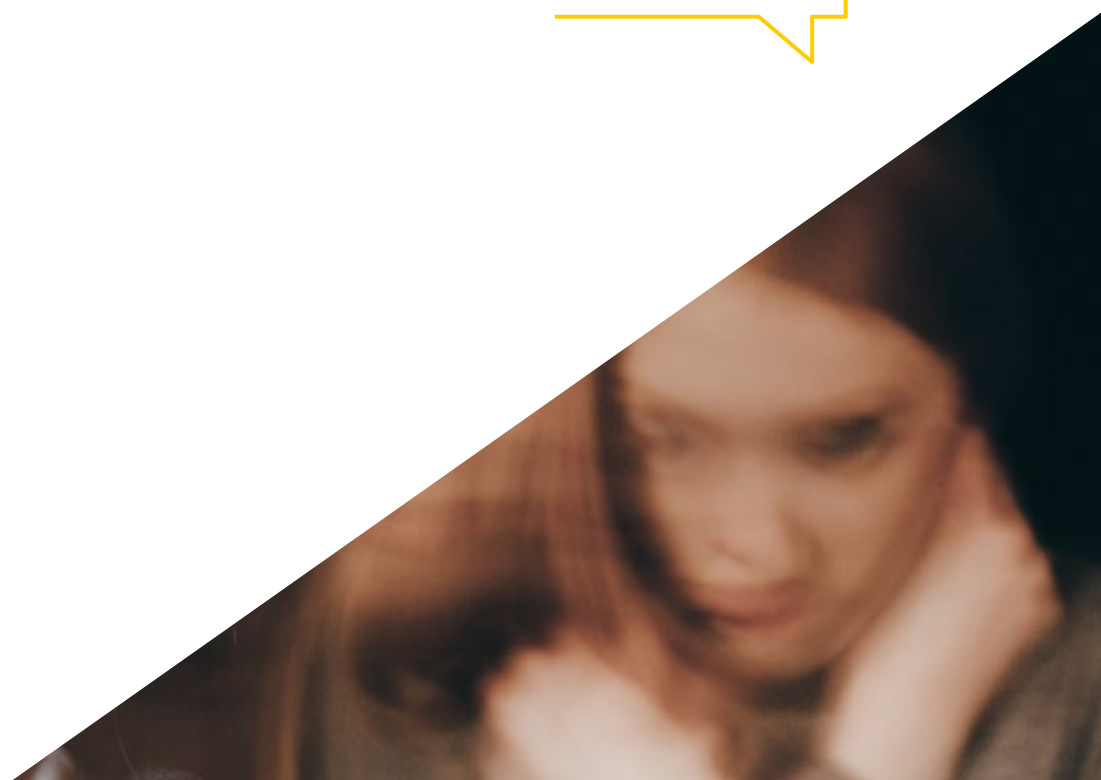
The library of multimedia resources and clinical cases will be your great allies in the renewal of your knowledge.

This academic option provides you with a deeper understanding of motivation as a key factor in Cognitive-Behavioral therapy.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

02
Objectives

At the end of the 6-week course, the psychology professional will have acquired updated knowledge thanks to the innovative didactic material provided by a teaching staff specialized in the Cognitive-Behavioral model. Therefore, throughout this program, they will have updated their knowledge on the study and diagnosis, its relevance and importance for the treatment of patients suffering from different disorders. The teaching team will guide the students during this course so that they can achieve all their objectives.

" *A university education that you will be able to access 24 hours a day, without fixed schedules or attendance"*

General Objectives

- Provide students with academic and technical knowledge in their professional work from the cognitive-behavioral approach

- Update knowledge in the design of Psychological Assessment from the Cognitive-Behavioral approach

- Update the knowledge and tools of Psychological Intervention for a good design of the therapeutic process

- Introduce the student to the therapeutic relationship tools that favor the establishment of a good therapeutic relationship

- Promote the knowledge and management of technical tools to know how to contain the patients emotional state

- Encourage the psychology professional to maintain a continuous training and development of their scientific knowledge

- Master the code of ethics in order to perform their work within professional ethics

Specific Objectives

- Know the basis of the study and diagnosis from the cognitive-behavioral perspective
- Contextualize and differentiate the characteristics of the model from the rest
- Know the fundamentals of assessment within the cognitive-behavioral perspective

A 100% online program that allows you to consolidate your knowledge about the study and diagnosis from a Cognitive-Behavioral perspective"

03
Course Management

The direction and teaching of this course is led by a professional psychologist with experience and extensive professional trajectory in the application of Cognitive-Behavioral therapy. His knowledge will be reflected in the syllabus of this program, as well as in the current contribution that he will provide to the psychology professional who accesses this university teaching with the intention of renewing their knowledge. Additionally, the proximity of the faculty and their human quality have been decisive for TECH's choice.

An international guest professor will be in charge of bringing you closer to the most advanced knowledge in diagnosis in Cognitive-Behavioral Psychology through a masterclass"

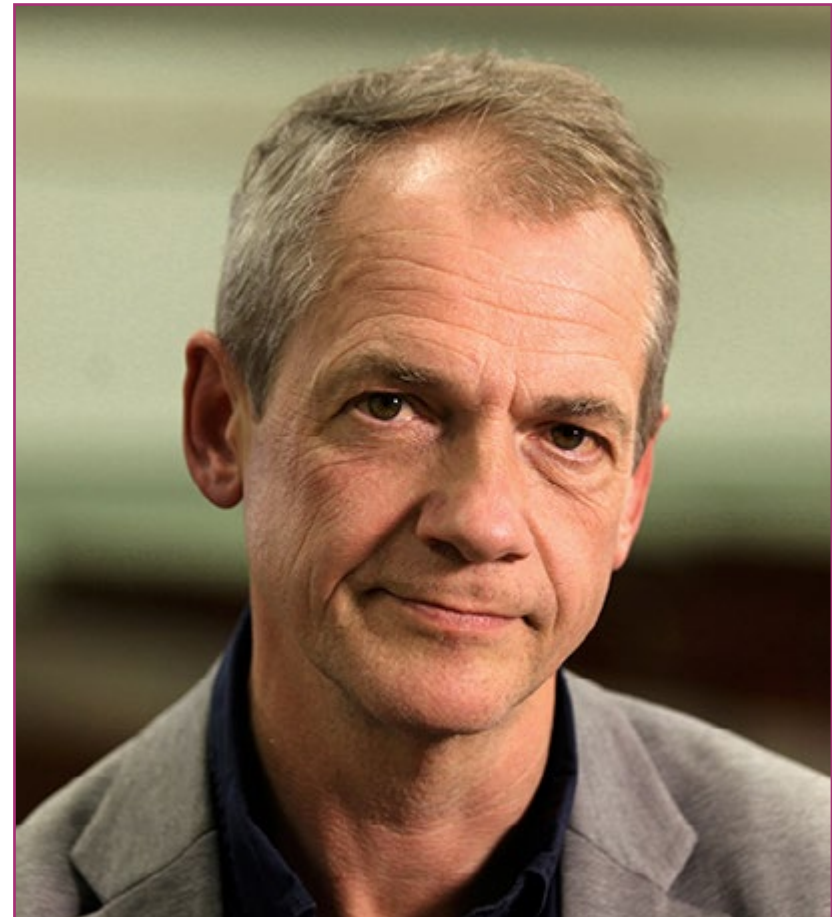## International Guest Director

Stefan G. Hofmann, Ph.D. is a world renowned expert in the area of Cognitive Behavioral Therapy and Anxiety Disorders. For more than 20 years he has been researching the nature of emotional disorders and the processes through which psychological treatments alleviate symptoms.

His extensive career has established him as a member of the Alexander von Humboldt Chair of Translational Clinical Psychology and the Department of Clinical Psychology at the Philipps University of Marburg in Germany and he is currently a Professor in the Department of Neurology and Psychology at Boston University, where he directs the Psychotherapy and Emotion Research Laboratory at the Center for Anxiety and Related Disorders.

He has served as president of numerous professional organizations and is editor-in-chief of Cognitive Therapy and Research. In addition, he has been included in the Highly Cited Researchers list and has received the Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy and the Humboldt Research Award.

He has also become a world reference as a consultant in the development process of the DSM-5, a manual created to help health professionals in the diagnosis of mental disorders and in the elaboration of a perfectly documented treatment plan for each individual.

In the research field, Stefan G. Hofmann, PhD, has published more than 400 journal articles and 20 books on anxiety disorders, depression, emotions, the mechanism of treatment change, the translation of neuroscience findings into clinical applications, emotion regulation and cultural expressions of psychopathology.

Dr. G. Hofmann, Stefan

- Editor-in-chief of the journal Cognitive Therapy and Research
- Advisor in the creation of the DSM-5
- Professor in the Department of Psychological and Brain Sciences at Boston University
- Ph.D. in Psychology from the University of Marburg
- Fellowship in Psychology at Stanford University
- Alexander von Humboldt Chair in Clinical Translational Psychology
- Member of:
  DSM-5 Sub-Working Group on Anxiety Disorder
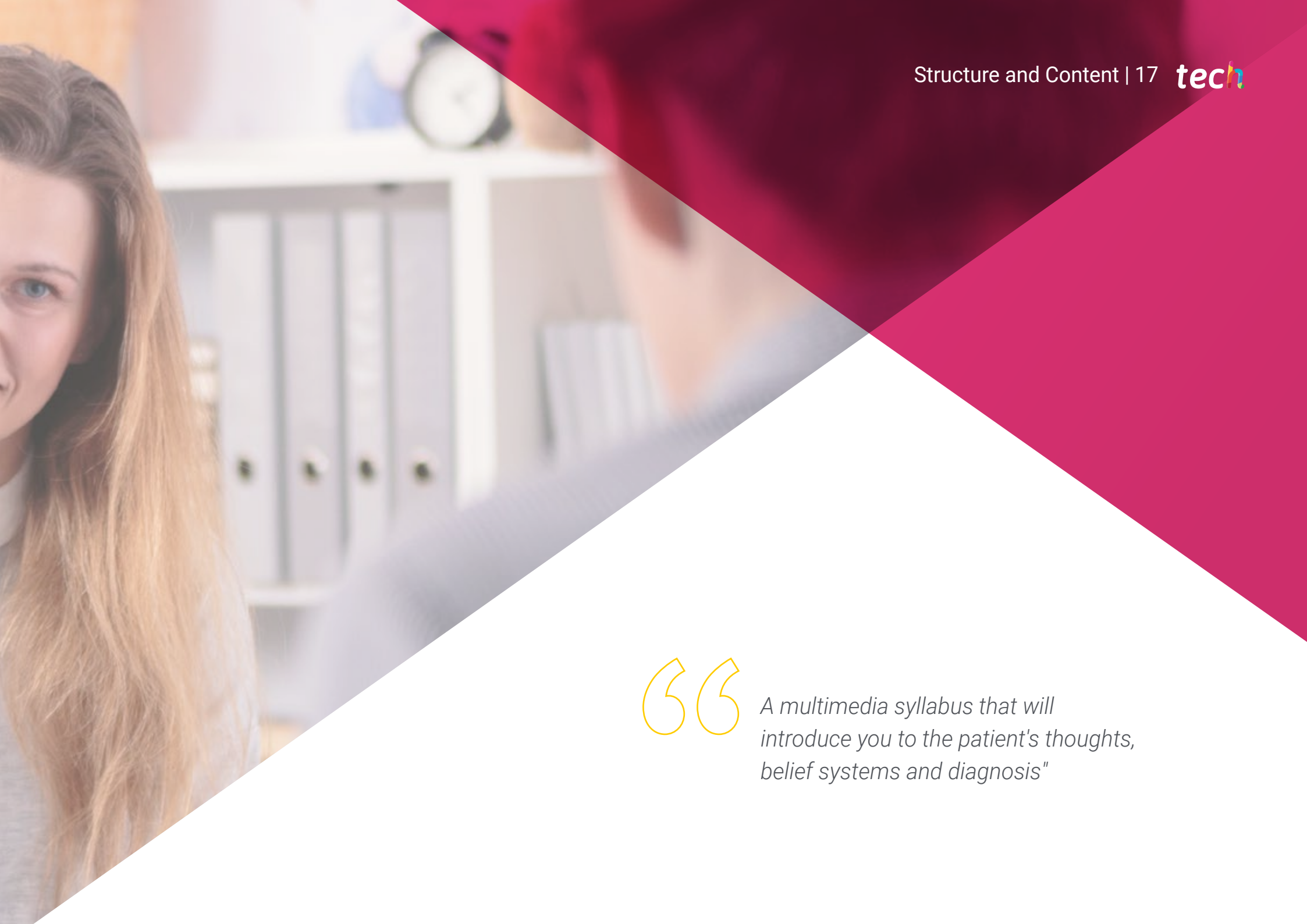 DSM-5-TR Cross-Cultural Review Group

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

04

Structure and Content

The Relearningsystem, based on the repetition of content, applied by TECH in all its programs allows students to renew their knowledge in a more natural and progressive way. It also facilitates this objective by reducing the number of hours of study. In this way, the psychology professional will find in this Postgraduate Certificate a syllabus with quality multimedia content (video summaries, specialized readings, interactive diagrams) that will allow them to acquire recent and new knowledge in a more agile way, together with Relearning.

" *A multimedia syllabus that will introduce you to the patient's thoughts, belief systems and diagnosis"*

Module 1. Study and Diagnosis in the Cognitive-Behavioral Psychology Model

Access a program that provides you with the necessary techniques and tools to apply the Cognitive-Behavioral model of patient assessment with guarantees"

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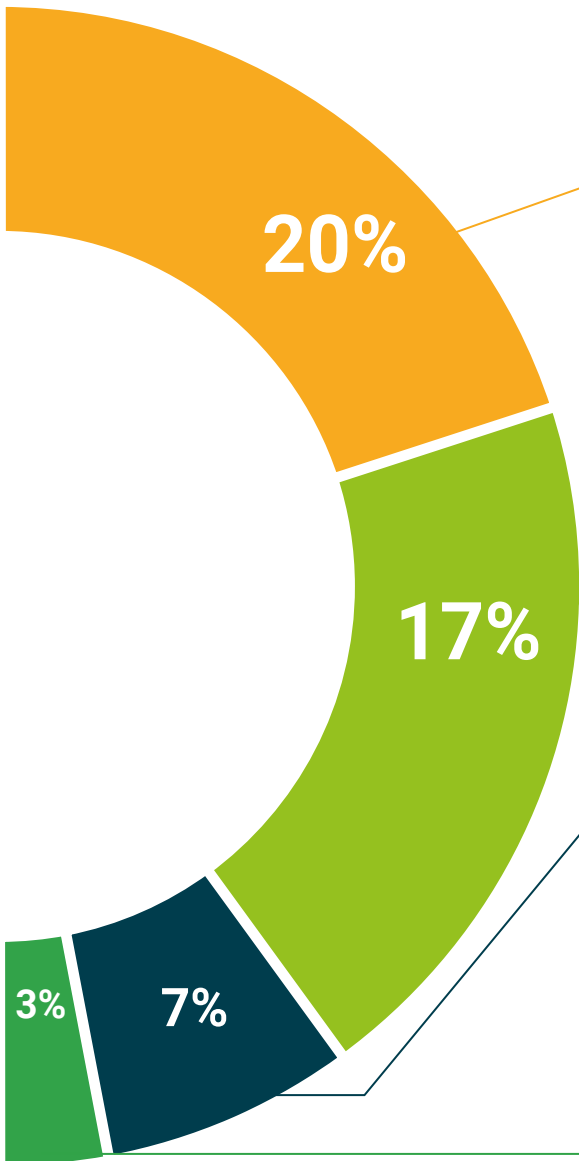
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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 Study and Diagnosis in the Cognitive-Behavioral Psychology Model 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 Study and Diagnosis in the Cognitive-Behavioral Psychology Model** 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.
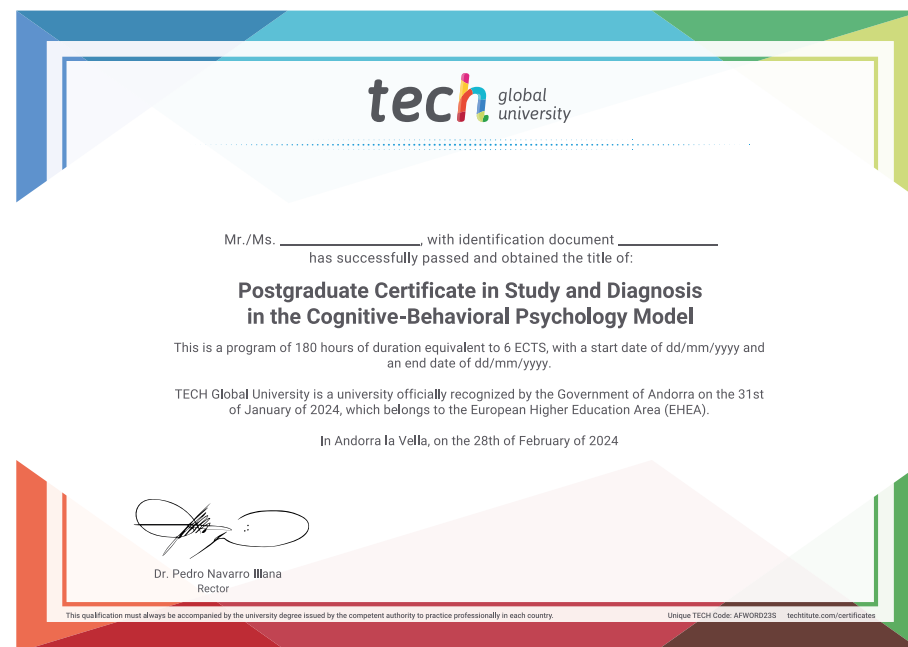
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Study and Diagnosis in the Cognitive-Behavioral Psychology Model**

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.

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