

Postgraduate Certificate

Time Limited Psychotherapy
Approach to Psychosomatic
Disorders



Postgraduate Certificate Time Limited Psychotherapy Approach to Psychosomatic Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 10 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-certificate/time-limited-psychotherapy-approach-psychosomatic-disorders

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01

Introduction

Psychosomatic Disorders are a deterioration of the quality of life of the people who suffer from them. They are really complex illnesses as they originate in the head and manifest themselves physically, and the percentage of the population that has experienced them at some time is increasing. Given that in these cases medical treatments can be ineffective, the increase in the number of patients with this disorder represents a challenge in which psychology plays a leading role. Psychotherapies such as the Time-Limited Psychotherapy are positioned as effective tools to help these people, and this qualification provides a high training in the field to master this technique and improve the consultation to patients with a comfortable 100% online format.



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Improve the quality of life of your patients by treating their Psychosomatic Disorders with Time Limited Therapy”

In a society that follows a frenetic pace of life, restoring inner order to achieve the stability necessary for daily life is becoming more and more complicated for citizens. In this context, primary care physicians are witnessing an exponential increase in the number of patients who come to the office with pain detected as psychosomatic. These conditions are caused by various elements installed today at the root in a large percentage of the population, such as stress or anxiety.

In this sense, it has been shown that medical action is insufficient and even ineffective in these cases where the origin of the pain lies in the mind. That is why the action of Psychology is gaining ground to avoid unnecessary treatments that prolong the patient's suffering. In addition, the usual lack of time that people show nowadays makes that the most appropriate psychotherapies are those that bet, effectively, for a limited number of sessions.

In this context, the specialization of psychologists in Time-Limited Psychotherapy is the solution, and this program provides all the keys for it. By confronting students with real clinical situations, the program will provide them with the latest knowledge in this field with a curriculum that will enable them to master this increasingly popular therapy.

Therefore, the Postgraduate Certificate in Time-Limited Approach to Psychosomatic Disorders will enhance the skills of psychologists in a format that gives them the opportunity to complete it from home. With just an Internet connection, they will have unlimited access to the Virtual Campus and will enjoy the largest digital library of resources on this subject.

This **Postgraduate Certificate in Time Limited Psychotherapy Approach to Psychosomatic Disorders** 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 Time-Limited Psychotherapy
- ♦ 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
- ♦ 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



*Boost your professional career
from home and at your own pace"*

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Enjoy an unique educational experience with innovative and dynamic methodologies”

Delve into your knowledge with the largest library of digital resources on this subject.

Face case studies based on real-life situations to successfully focus your career in this area.

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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02

Objectives

This Postgraduate Certificate seeks to specialize psychologists in the approach to Psychosomatic Disorders through one of the psychotherapies that are best suited to today's patient: Time Limited Psychotherapy. The program aims to boost the students' careers by focusing on this area under a global perspective necessary to face today's professional challenges.





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Achieve the objectives of the Postgraduate certificate with the most updated knowledge of Time Limited Psychotherapy”



General Objectives

- ♦ Explain the relation between psychic conflict and its psychosomatic expression
- ♦ Train the professional as a specialist in the identification of the aspects of psychism that do not allow emotional expression through psychological means
- ♦ Recognize the natural stressors that affect the different systems that make up our organism
- ♦ Compare the behavior of bodily disorders the basic patient conflicts
- ♦ Train the psychologist to as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- ♦ Explain the biochemical functioning of the affected system, as well as the antidotes for improvement





Specific Objectives

- ♦ Define the basics of time limited psychotherapy
- ♦ Achieve an anamnesis of the psychosomatic disorder
- ♦ Identify the current psychosomatic disorder in the subject's biography

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Get a high level of training thanks to the scientific and practical information offered by its graphic and schematic contents, which will provide you with a more natural learning experience”

03

Course Management

TECH wishes to specialize the Psychology professionals of the future, preparing them for all the challenges that arise due to a changing society. To this end, it has incorporated for this program a teaching team composed of prominent psychologists belonging to the field of psychosomatic, pharmacological and psychological treatment. In fact, they are also referents in psychotherapies such as Time Limited Therapy. With a wide professional background, this teaching staff will guide students towards success in their careers.





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TECH has incorporated a team of prestigious teachers whose sole purpose is to make you succeed”

International Guest Director

Dr. Joseph Zamaria is a psychologist, accredited by the American Board of Professional Psychology, specializing in the care of adults suffering from chronic mental conditions, such as Depression, Bipolar Disorder, Anxiety and Personality disorders. In addition, he has worked with patients coping with trauma and adjusting to major life transitions, such as personal and professional identity changes.

In both his clinical practice and his research, Dr. Joseph Zamaria focuses on Integrative Psychotherapy, which combines different therapeutic methods, such as Psychodynamic, the Cognitive-Behavioral model and modern Mindfulness practices. With these methods, he manages to adapt the procedures to each case in order to better assist his different patients. In particular, he is particularly interested in using these approaches to treat people of color and members of the LGTBI community.

Moreover, in the educational field, he is the Director of Psychotherapy for the Psychiatry Residency Training Program at the University of California, San Francisco. In this field, he provides educational leadership and has developed a curriculum for advanced education in this discipline. He is also an academic collaborator with the Berkeley Center for Psychedelic Science. He is a member of the Association of Black Psychologists and a founding member of the American Association for Arab, Middle Eastern and North African Psychology.

He is also a member of the American Psychological Association and in 2020 received the Early Career Achievement Award. This has been one of the most prestigious awards he has received for his tireless work in this field. In addition, he has several scientific publications and has worked as a researcher in different medical trials. One of his latest studies investigates the harm reduction of non-clinical use of psychedelics through telephone assistance.



Dr. Zamaria, Joseph

- ♦ Director of Psychotherapy at the University of California, San Francisco, United States
- ♦ Psychotherapist
- ♦ Professor of Psychotherapy at the University of Berkeley, United States
- ♦ Doctorate in Clinical Psychology from the California School of Professional Psychology
- ♦ Graduate in Psychology and Philosophy from Rutgers University
- ♦ Member of: American Psychological Association and National Registry of Health Services Psychologists

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Thanks to TECH, you will be able to learn with the best professionals in the world”

Address



Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher.
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

Professors

Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation



Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine

Gandarias White, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

04

Structure and Content

The Postgraduate Certificate syllabus contains all the necessary knowledge for psychologists to master Time Limited Psychotherapy and incorporate it into their practice. Students will examine in depth its basic foundations, the unique intimacy scenario, the importance of the bond in the therapeutic process or the etiological theory of Psychosomatic Disorders in LTP, among other relevant concepts. In addition, thanks to the practical methodology of Relearning you will successfully assimilate all the ideas by reiterating them.

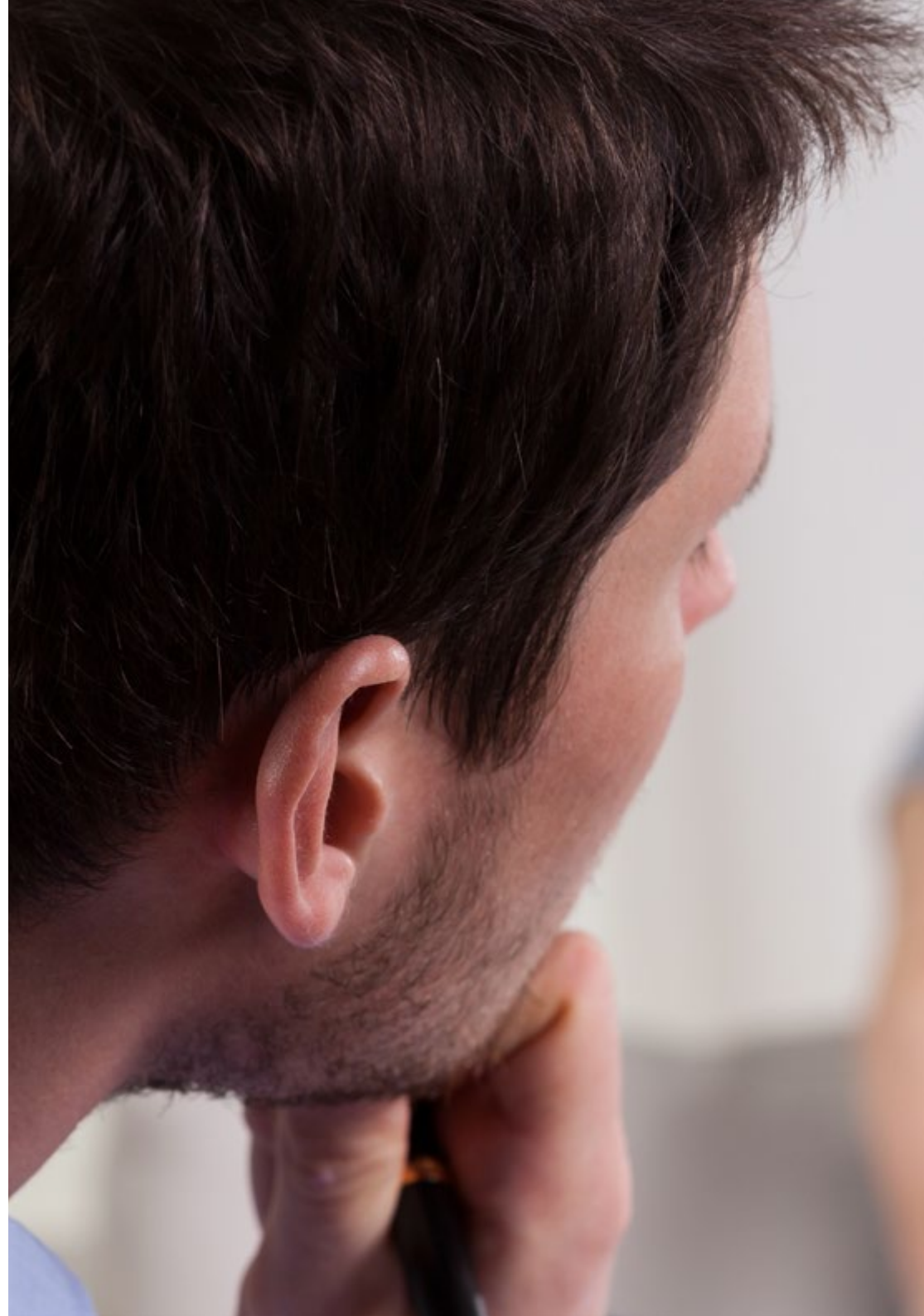


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Students will enjoy an individualized educational itinerary of high level that will allow them to transfer all the acquired knowledge to their careers”

Module 1. Definition for Time-Limited Psychotherapy

- 1.1. Basic Fundamentals of Time-Limited Psychotherapy
- 1.2. Identity marks
 - 1.2.1. Determinant
 - 1.2.2. The Basic Referential Person
 - 1.2.3. Communication
 - 1.2.4. Basic Trust
 - 1.2.5. Intervention Scenario
 - 1.2.6. Regularly Induce Hypnotic States
- 1.3. Background on Time-Limited Psychotherapy
- 1.4. Singular bond
- 1.5. A Single Therapist and a Single Patient
 - 1.5.1. Single Intimacy Scenario
- 1.6. Tutor Therapist
- 1.7. The Basis of Interaction
 - 1.7.1. Admiration
 - 1.7.2. Silence
 - 1.7.3. Contemplation
 - 1.7.4. Being Present
- 1.8. Dealing with Relational Aspects
 - 1.8.1. Identifying Emotional Patterns
 - 1.8.2. Discovering the Vital Script
- 1.9. Subject Interaction with the World in the Here and Now
- 1.10. Careful Study of Multilevel Communication between Therapists and Patients
- 1.11. Theoretical Basis
 - 1.11.1. Importance of the Bond in the Therapeutic Process
 - 1.11.2. Conception of Health and Disease in TLP in a Biopsychosocial Unit
- 1.12. Regulatory Mechanisms
 - 1.12.1. Neurologic
 - 1.12.2. Immunologic
 - 1.12.3. Endocrine
 - 1.12.4. Psychological



- 1.13. Basic Desires and Needs
- 1.14. Autobiographical Memory (The SELF)
- 1.15. Study of Micro, Meso and Macro Dynamics
- 1.16. Basic Assumptions
 - 1.16.1. First Assumption
 - 1.16.2. Second Assumption
 - 1.16.3. Third Assumption
- 1.17. Etiological Theory of Psychosomatic Disorders in TLP
- 1.18. Ascending Reticular System
 - 1.18.1. Neurotransmission Activator
 - 1.18.2. Conscious State Activator
 - 1.18.3. Sleep-Wake Cycle Activator
 - 1.18.4. Learning Activator
- 1.19. Brainstem
 - 1.19.1. Neuroanatomy
 - 1.19.2. Functional Aspects
- 1.20. Phases in Time Limited Psychotherapy
 - 1.20.1. Reciprocal Admiration Phase
 - 1.20.2. Meeting and Marking Phase
 - 1.20.3. Unframing and Displacement Phase
 - 1.20.4. Restoration and Resolution Phase
 - 1.20.5. Therapeutic Turning Point Phase
 - 1.20.6. Contemplation Phase



Analyze all phases of Time-Limited Psychotherapy to ensure adequate progress of your patients"

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 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 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.





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 Time Limited Psychotherapy Approach to Psychosomatic Disorders 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 Time Limited Psychotherapy Approach to Psychosomatic Disorders** 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 Time Limited Psychotherapy Approach to Psychosomatic Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **10 ECTS**



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



Postgraduate Certificate
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