

# Postgraduate Certificate

## Time Limited Psychotherapy Intervention





## Postgraduate Certificate

### Time Limited Psychotherapy Intervention

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

Website: <https://www.techtute.com/us/psychology/postgraduate-certificate/time-limited-psychotherapy-intervention>

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# 01

# Introduction

The intervention with time-limited psychotherapy begins with listening to the reason for the consultation; for this model, listening to the reason for the consultation is essential. Once the reason for consultation is understood, it will guide the entire intervention.



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*This Postgraduate Certificate is unique, since it teaches the intervention of Time Limited Psychotherapy from a linking framework that is only reflected in this teaching"*

In the first phase of intervention (encounter and marking) therapists get patients to relive the different moments in their lives in which the reason for the consultation occurred, and with it everything that surrounded, produced, maintained or reinforced it.

Once patients have faced the whole biography of the reason for consultation, the therapeutic phase begins (phase of unframing and displacement) and in this phase we work not only on the reason for consultation, but also on the emotional, motivational and structural framework that maintained it.

Only once the patient has been confronted with the whole biography of the reason for consultation, can the therapeutic phase begin.

This **Postgraduate Certificate in Time Limited Psychotherapy Intervention** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Clinical 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
- ♦ Diagnostic and therapeutic novelties on the performance of Time-Limited Psychotherapy Interventions
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based psychology and research methodologies in psychology
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Update your knowledge through the Postgraduate Certificate in Time Limited Psychotherapy Intervention, in a practical way and adapted to your needs"*

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*This Postgraduate Certificate may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Time Limited Psychotherapy Intervention, you will obtain a Postgraduate Certificate from TECH Global University"*

*The course includes real clinical cases and exercises to bring the course closer to the psychologist's clinical practice.*

*Make the most of the opportunity to update your knowledge in Time Limited Psychotherapy Intervention through classical methods to improve your professional practice.*

Forming part of the teaching staff is a group of professionals in the world of psychology who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist is able to master the Time Limited Psychotherapy Intervention in a practical and rigorous manner.







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*This updating program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”*



## General Objectives

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- Describe and develop intervention models for Time Limited Psychotherapy
- Train and describe the arsenal of technology that allows the patient to change his or her traumatic memories into memories of remembrance
- Make the psychologist a professional who can be in front of the patient knowing how to make the patient move from suffering to satisfaction
- Master the bonding relationship that is established between the patient and the therapist (reciprocal interaction)

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*Make the most of this opportunity and take the step to get up-to-date on the latest developments in Time Limited Psychotherapy Intervention”*





## Specific Objectives

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- ♦ Empower the student not to have protocols for disorders, but to make a different intervention protocol for each patient
- ♦ Know how to disconnect the patient from his thoughts and place him in his bodily sensations
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Appreciate the importance of love and emotion in the solution
- ♦ Not to be so much in solving as in building
- ♦ Take into account not only what produced the problem, but also what maintains it
- ♦ Organize the patient's own mechanisms to manage their conflict
- ♦ Propose from the first moment, to be present, to accompany and to intervene in the traumatic emotional memory, in return the patient is the one who executes the whole process

03

# Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.



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*Learn from leading professionals  
the latest advances in Time Limited  
Psychotherapy Intervention"*

## International Guest Director

Dr. Robin Gay is a clinical psychologist specialized in the treatment of substance use disorders and co-occurring conditions. With a particular focus on the effects of these conditions on cognitive functioning, her work has sought to understand how these influences impact treatment outcomes. In addition, her interest in enhancing the recovery of her patients has led her to develop innovative programs in mental health and addiction care.

Throughout her professional career, she has held significant roles in prestigious institutions. As such, she has been the Director of Psychological Services at Fernside, an addiction recovery program unique to McLean Hospital, which specializes in the treatment of substance use disorders and co-occurring conditions, where she has led diverse teams to provide comprehensive and personalized treatment. Likewise, her research work has been presented at numerous congresses and conferences, having received the prestigious Sidney Orgel Award, given by the New York State Psychological Association, where she has also been elected Secretary and served on the board of directors, demonstrating her commitment to the development and promotion of mental health.

In turn, she has published several articles in peer-reviewed journals, exploring the relationship between substance use and cognitive functioning. In fact, her research has brought new approaches to addiction treatment and has significantly influenced clinical practice nationally and internationally. On the other hand, her academic career has included a doctorate in Clinical Psychology from the New School for Social Research in New York, as well as a pre-doctoral internship at Mount Sinai Hospital in Manhattan, where she acquired valuable skills in the management of complex disorders.



## Dr. Gay, Robin

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- ♦ Director of Psychological Services at the Fernside Program at McLean Hospital, Boston, United States
- ♦ Secretary of the New York State Psychological Association.
- ♦ Ph.D. in Clinical Psychology from the New School for Social Research
- ♦ B.A. in Psychology from Marlboro College
- ♦ Sidney Orgel Award of the New York State Psychological Association
- ♦ Member of: Commonwealth of Massachusetts Board of Registration of Psychologists

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

## Management



### Dr. Aguado Romo, Roberto

- ◆ Psychologist specialized in clinical psychology at CEP centers in Madrid, Bilbao and Talavera
- ◆ Specialist in Forensic and Legal Psychology
- ◆ Psychologist of the Courts 1 and 2 of Toledo
- ◆ Coordinator in Toledo of emergency intervention and psychological assistance plan
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in Adult Psychotherapy.
- ◆ Director of the Postgraduate Diploma in Psychodiagnosis and Legal Expertise from the European Institute of Time-Limited Psychotherapies
- ◆ Coordinator of the gender violence plan at the national level of the Society for Time Limited Psychotherapies



## Professors

### Benito de Benito, Luis. M.D.

- ♦ Medical Specialist of the digestive system
- ♦ Physician Hospital San Chinarro and specialist in Endoscopy
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Lecturer at Navarra University
- ♦ De Dios González, Antonio
- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital of Marbella
- ♦ Master's degree in Time-Limited Psychotherapy and Health psicologia by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ Specialist in E.F.T. by the World Center for EFT
- ♦ Master's degree in Neuro-Linguistic Programming (N.L.P.) by Richard Bandler's Society of Neuro-Linguistic Programming
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Espinoza, Oscar. M.D.

- ♦ Medical specialist in Psychiatry and Pediatrics
- ♦ Director of the Psychopharmacology Unit of the CEP
- ♦ Head of the public health service in the southern district of Madrid
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

### Fernández, Ángel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the T.E.N. technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health clinica
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Fernandez, Inmaculada

- ♦ Doctor in Psychology from the University of Almeria
- ♦ Psychologist specializing in Clinical Psychology
- ♦ Head of the Department of Neuropsychology, University of Almeria
- ♦ Expert in Cognitive Therapy based on Mindfulness
- ♦ Expert in Time Limited Psychotherapy

### Furelos, Maribel

- ♦ Psychologist specializing in Clinical Psychology
- ♦ Sexologist in Osakidetza at the Santurce outpatient clinic
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology

**Kaiser, Carlos. M.D.**

- ♦ Otolaryngologist
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

**Martínez-Lorca, Manuela**

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health psicologia by the European Institute of Time-Limited Psychotherapies.. Specialist in Clinical Hypnosis and Relaxation

**Soria, Carmen**

- ♦ European specialist psychologist in Psychotherapy at the Spanish Police Confederation health center Madrid
- ♦ Head of Psychosocial Unit. Health Psychologist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in chronic patients
- ♦ Specialist in Clinical Hypnosis and Relaxation





### **Otero, Veronica**

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

### **Zabala-Baños, M<sup>a</sup> Carmen**

- ♦ PhD in Psychology from University of Castilla La Mancha
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy
- ♦ EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in psychology, aware of the relevance of current training to treat the patient with psychological disorders or needs with quality teaching using new educational technologies.





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*This Postgraduate Certificate in Time Limited Psychotherapy Intervention contains the most complete and up-to-date educational program on the market”*

### Module 1. Phases in the intervention with T.L.P.

- 1.1. Introduction to Intervention With Time-Limited Psychotherapy
- 1.2. Discovering Suffering. Showing Compassion
- 1.3. Valuing Introspection
- 1.4. Reciprocal Admiration Phase
- 1.5. Meeting and Marking Phase
- 1.6. Unframing and Displacement Phase
- 1.7. Restoration and Resolution Phase
- 1.8. Therapeutic Turning Point Phase
- 1.9. Contemplation Phase
- 1.10. Interventions in Time-Limited Psychotherapy
- 1.11. Collecting T.L.P Information
- 1.12. Importance of Bonding in T.L.P.





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*An unique, key, and decisive educational experience to boost your professional development”*

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.





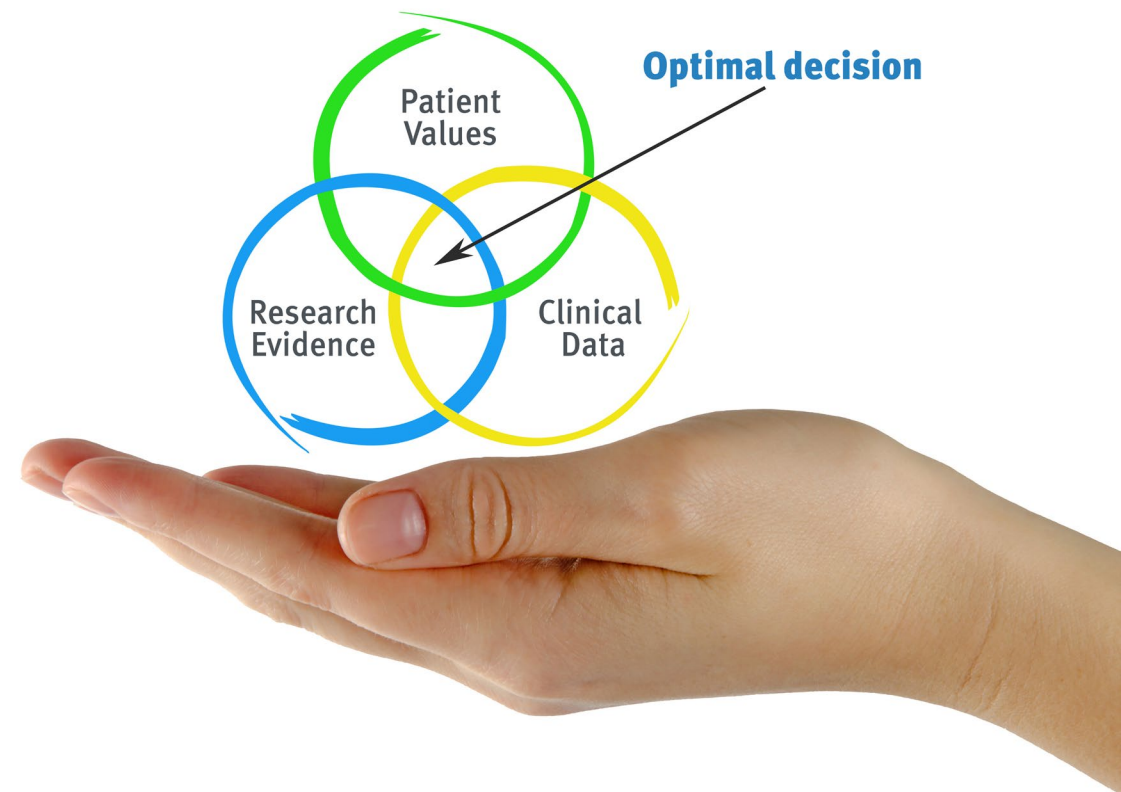
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. 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

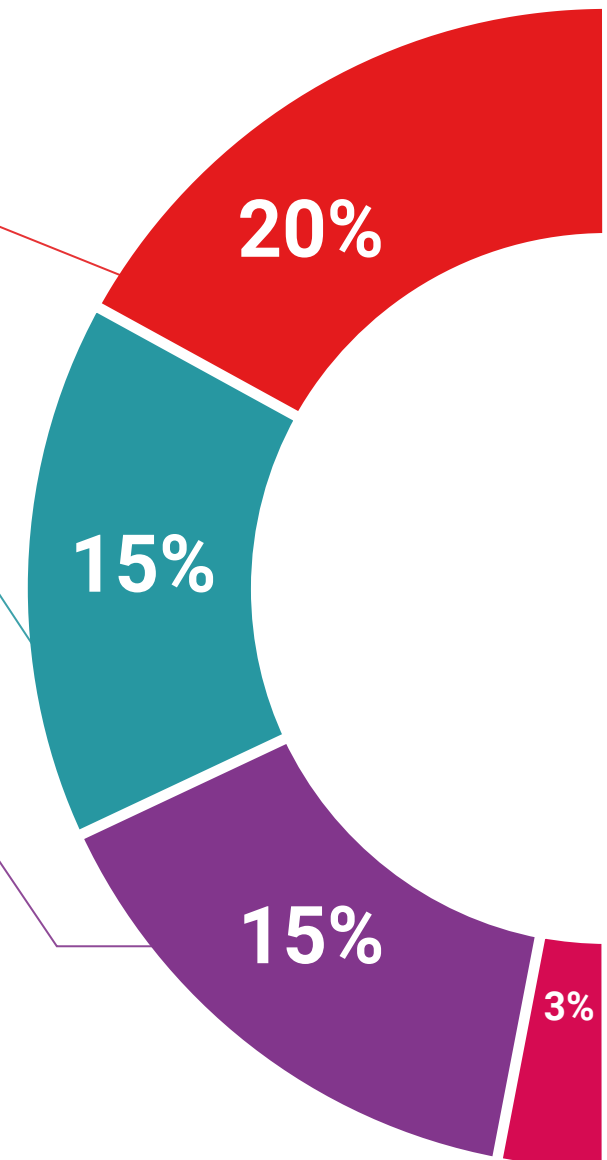
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

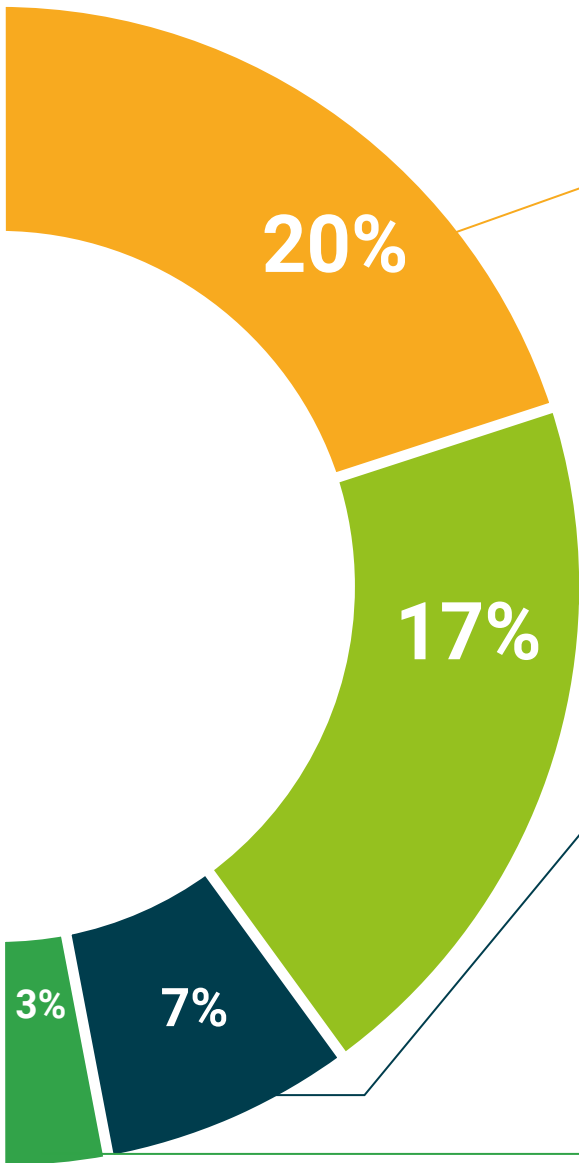
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Intervention 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 Intervention** 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 Intervention**

Modality: **online**

Duration: **6 weeks**

Accreditation: **10 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  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate

Time Limited  
Psychotherapy  
Intervention

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
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Postgraduate Certificate

Time Limited Psychotherapy Intervention

