



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.techtitute.com/us/psychology/postgraduate-certificate/time-limited-psychotherapy-intervention

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Certificate

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tech 06 | Introduction

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"



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"

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.

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.







tech 10 | Objectives

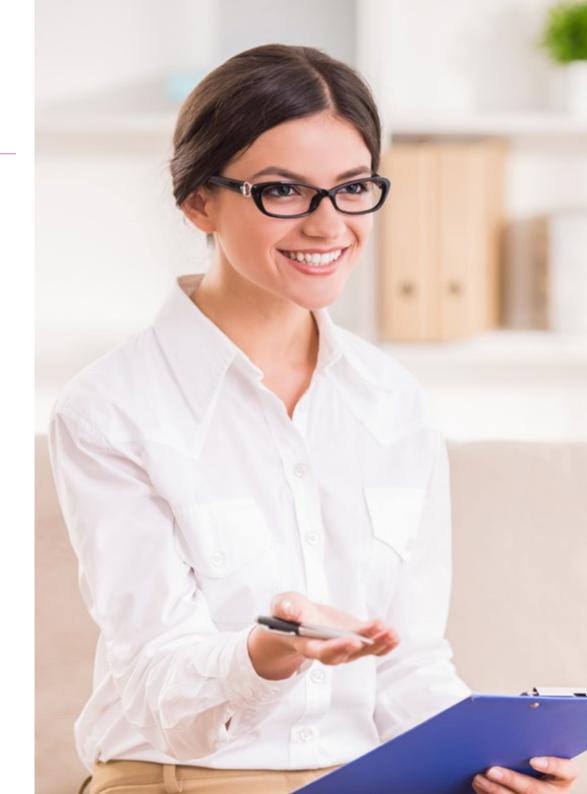


General Objectives

- 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)



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

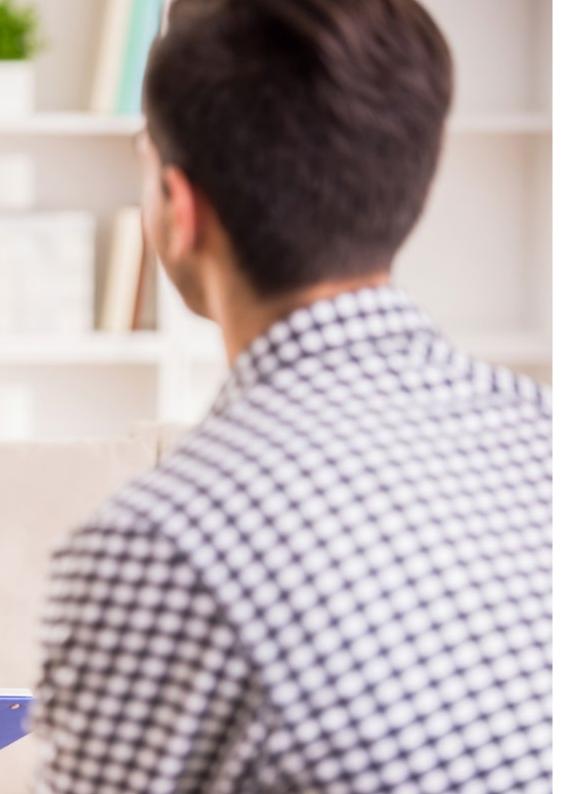






Specific Objectives

- 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







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

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Kaisser, 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





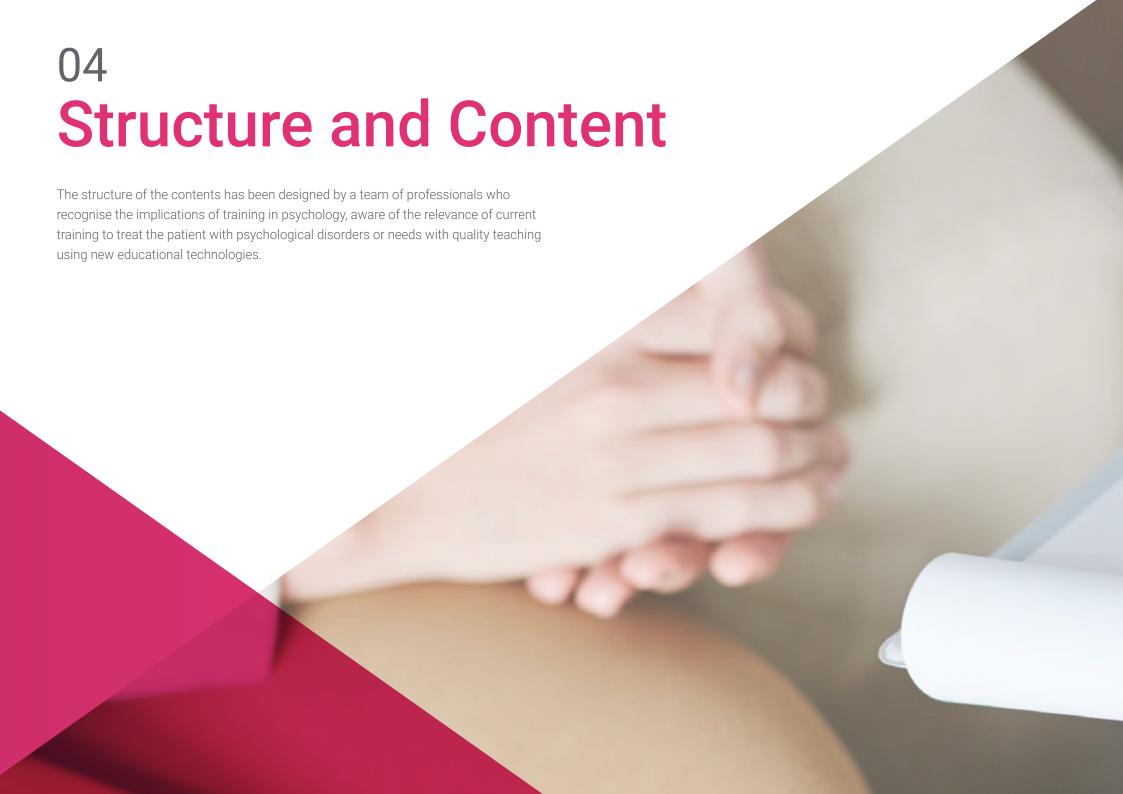
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Otero, Veronica

- 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, Mª 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



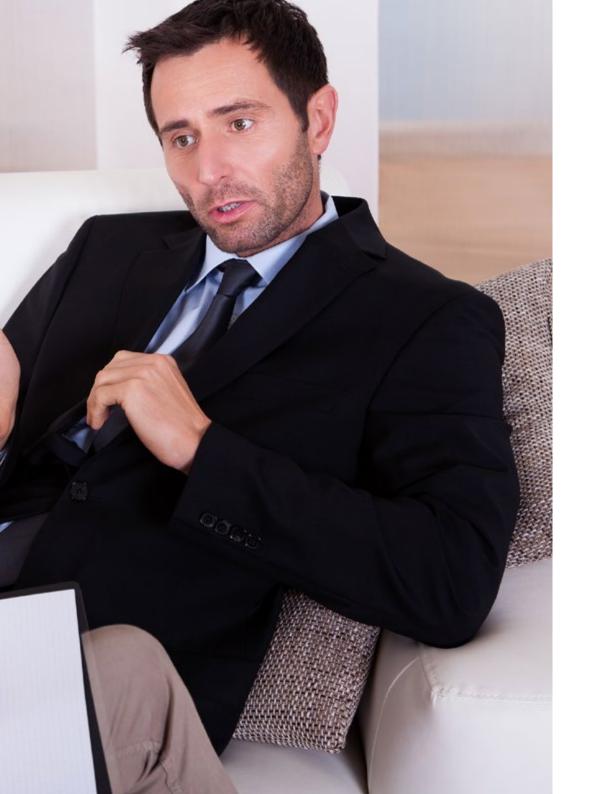


tech 20 | Structure and Content

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.







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



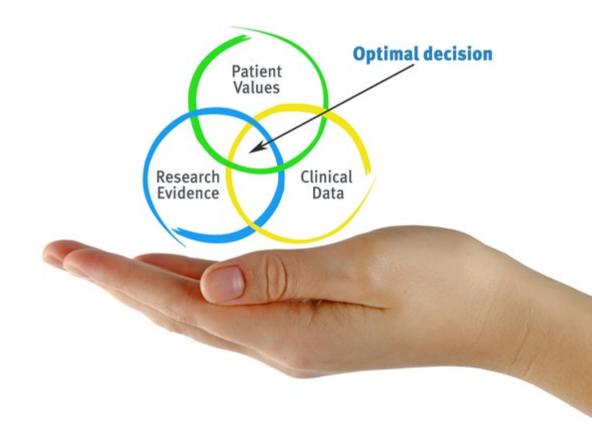


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At TECH we use the Case Method

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.



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Relearning Methodology

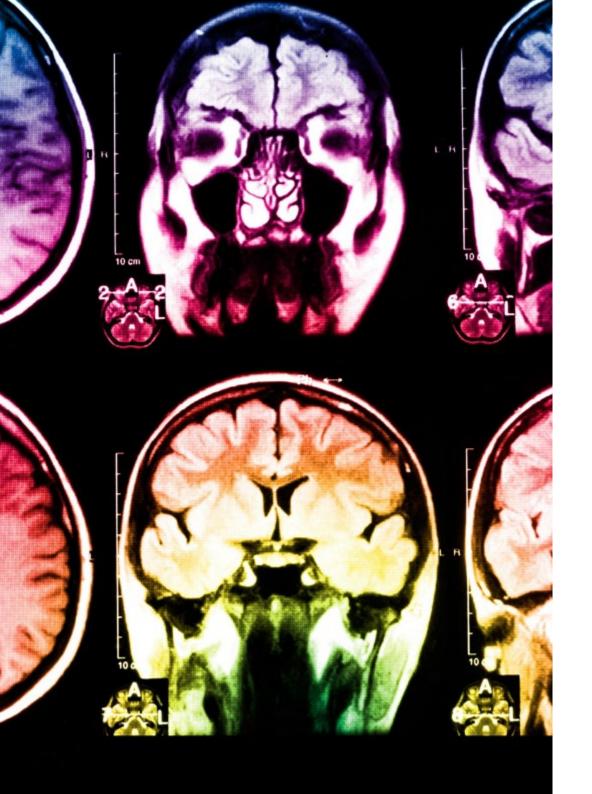
At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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.





Methodology | 27 tech

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.

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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

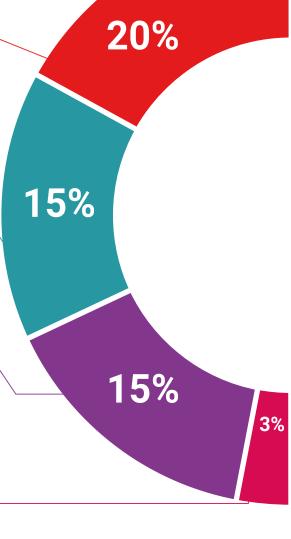
TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times 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.

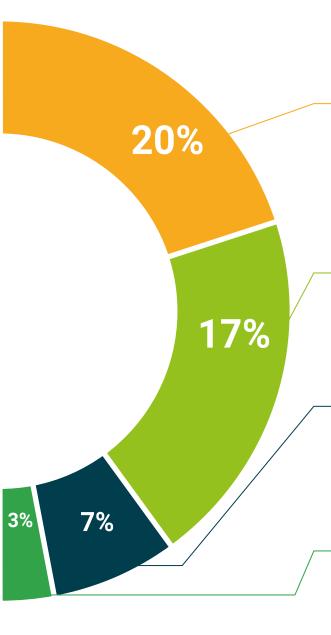
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".





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.







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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



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

Postgraduate Certificate in Time Limited Psychotherapy Intervention

This is a program of 300 hours of duration equivalent to 10 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



^{*}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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education information tutors
guarantee accreditation teaching
institutions technology learning



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

