

# Postgraduate Certificate Time Limited Psychotherapy



## Postgraduate Certificate Time Limited Psychotherapy

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/time-limited-psychotherapy](http://www.techtute.com/us/psychology/postgraduate-certificate/time-limited-psychotherapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

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*p. 24*

# 01

# Introduction

Time Limited Psychotherapy is distinguished by its defined time structure, facilitating a more accessible and cost-effective application. In fact, it is valued in contexts where resources are limited and demand is high. In addition, it relies on scientifically validated techniques, such as cognitive-behavioral therapy, and is adapted by incorporating advances such as telepsychology, which has proven to be an effective complement to the flexibility and maintenance of treatment quality. In this field, TECH has launched a fully online and highly adaptable program, which allows graduates to only need an electronic device with an Internet connection to access the didactic materials, at the forefront of technology and education. In addition, it is based on the revolutionary Relearning methodology.





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*With this 100% online Postgraduate Certificate, you will broaden your therapeutic repertoire with techniques that emphasize efficiency and effectiveness within defined time frames, for patients who require brief and focused interventions”*

With a focus on goals and outcomes, Time Limited Psychotherapy adapts to the demands of a society where time is a precious resource. Here, the focus is on rapid problem solving, the acquisition of practical skills and the strengthening of emotional well-being, making it an accessible and efficient option.

This Postgraduate Certificate, which will delve into the concept and structure of Time Limited Psychotherapy, focusing on its main objective of offering effective and efficient interventions within a defined time frame. In addition, psychologists will dive into the specific techniques used to focus therapy, strategies for setting clear and realistic therapeutic goals, and methods for evaluating patients' progress.

The historical origin and theoretical development of Time Limited Psychotherapy will also be discussed. In this sense, professionals will examine the different theoretical and practical influences that have shaped this modality over time, from its early applications to contemporary adaptations. It will also address how the growing demand for accessible and efficient mental health services has driven the evolution and popularization of this approach.

Finally, the syllabus will focus on the practical application of Time Limited Psychotherapy in various intervention settings, as well as on the dynamics of micro, meso and macro contexts. In this way, graduates will be able to identify the different contexts in which they can work, from private practices to community health centers and hospitals.

Therefore, TECH has implemented a fully online and flexible program, designed to adjust to the needs of students, eliminating the obligation to attend physical location or following a strict schedule. In addition, the course is supported by the advanced Relearning methodology, which consists in the repetition of key concepts for a more effective understanding and assimilation of the content.

This **Postgraduate Certificate in Time Limited Psychotherapy** 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 eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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



*You will develop rapid assessment skills and concise treatment formulation, increasing your competence in designing more personalized and direct interventions. What are you waiting for to enroll?"*

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*You will examine how interactions within micro, meso and macro contexts influence therapeutic practice and treatment outcomes, understanding the complexities of human interactions”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*From traditional clinical settings, to crisis or emergency situations, you will analyze the different areas where Time Limited Psychotherapy can be implemented, offering timely and efficient therapeutic support.*

*Through the study of historical case studies and fundamental theories, you will gain a richer perspective on how and why Time Limited Psychotherapy has established itself as a relevant and effective practice.*



# 02

# Objectives

The main objective of this Postgraduate Certificate will be to enable graduates to master an effective and efficient therapeutic approach, ideal for contexts where time and resources may be limited. Therefore, psychologists will apply brief and focused interventions, designed to obtain significant results in short periods of time, therefore adapting to the growing demand for more accessible and manageable mental health services. In addition, emphasis will be placed on acquiring skills to quickly and effectively assess client needs, plan treatment, and manage therapeutic dynamics at different contextual levels.





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*You will delve into understanding of the theoretical foundations of Time Limited Psychotherapy, as well as its historical development and practical application in diverse clinical and social settings”*



## General Objectives

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- ♦ Describe and develop intervention models for Time Limited Psychotherapy
- ♦ Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- ♦ Describe the arsenal of technology that allows patients to change their traumatic memories into memories of remembrance
- ♦ Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)





## Specific Objectives

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- ♦ Know the model of Time-Limited Psychotherapy
- ♦ Know the origin of Time-Limited Psychotherapy
- ♦ Identify the different intervention scenarios
- ♦ Study the dynamics in the micro, meso and macro contexts
- ♦ Delve into the bases of interaction

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*Bet on TECH! This comprehensive approach will prepare you to be competent, reflective and adaptive in your daily clinical practice, responding appropriately to psychological challenges in today's society”*

# 03

## Structure and Content

The Postgraduate Certificate will begin by exploring the historical origins and theoretical basis of Time Limited Psychotherapy, highlighting how this model has been adapted and applied over time to respond to changing patient needs. In addition, professionals will be able to identify and evaluate the most appropriate intervention settings for the application of these techniques, from private practices to community health centers and crisis situations. Emphasis will also be placed on the dynamics in the micro, meso and macro contexts, being able to effectively navigate and manage the complexities of human interactions in diverse settings.



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*Do you want to update your knowledge in Time Limited Psychotherapy? TECH offers you the opportunity to access the best didactic materials, at the forefront of technology and education. And with all the guarantees of quality!”*

## Module 1. Features in Time Limited Psychotherapy

- 1.1. What is Time Limited Psychotherapy?
- 1.2. Identity Marks
- 1.3. Singular Relationship
- 1.4. A Single Therapist and a Single Patient
- 1.5. Tutor Therapist
- 1.6. The Basis of Interaction
- 1.7. Dealing with Relational Aspects
- 1.8. Subject Interaction with the World in the Here and Now
- 1.9. Careful Study of Multilevel Communication between Therapists and Patients
- 1.10. Background on Time Limited Psychotherapy
- 1.11. Theoretical Basis
- 1.12. Regulatory Mechanisms
- 1.13. Basic Needs
- 1.14. Determinant
- 1.15. Communication
- 1.16. Intervention Scenario
- 1.17. Study of Micro, Meso and Macro Dynamics
- 1.18. Basic Assumptions





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*You will delve into the practical skills necessary to establish an effective therapeutic relationship, deliver brief, focused interventions, and achieve optimal therapeutic outcomes in a limited amount of time”*

04

# 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.



05

# Certificate

The Postgraduate Certificate in Time Limited Psychotherapy 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 private qualification will allow you to obtain a **Postgraduate Certificate in Time Limited Psychotherapy** 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** private qualification 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.

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Accreditation: **6 ECTS**





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