

# Postgraduate Certificate Treatment Programs





## Postgraduate Certificate Treatment Programs

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

Website: [www.techtute.com/us/psychology/postgraduate-certificate/treatment-programs](http://www.techtute.com/us/psychology/postgraduate-certificate/treatment-programs)

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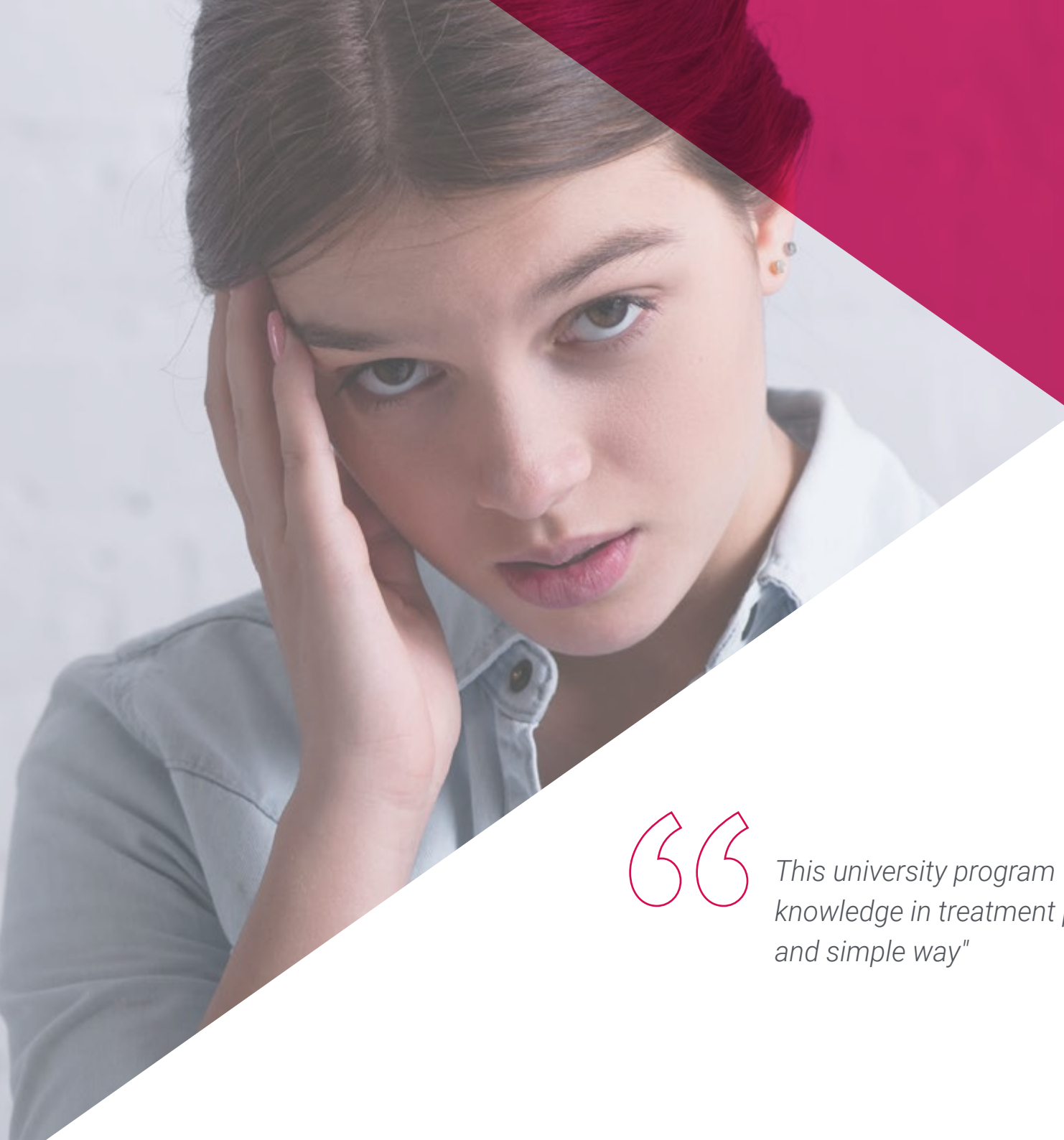
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# 01

# Introduction

The evolution of the science of psychology, diagnosis and psychotherapy since the mid-twentieth century has allowed a great advance in the treatments applied to different disorders and mental health problems such as phobias, addictions, or the Autism Spectrum. The psychology professional is at a time when there is an increase in the number of patients who require their knowledge, and this 100% online program was created to respond to this demand and the need for professionals to renew their knowledge. This will be made possible thanks to a syllabus based on multimedia content, provided by a specialized teaching team.



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*This university program will allow you to update your knowledge in treatment programs in a comfortable and simple way"*

The management of patients with schizophrenia, social phobias, sexual disorders or personality disorders requires a deep understanding of the entire psychological process involved in the application of treatment. That is, assessment, diagnosis, intervention and, of course, the application of treatment programs. This Postgraduate Certificate, aimed primarily at professionals in psychology, provides the most recent knowledge in this field thanks to the knowledge and experience transmitted by the teaching team that makes up this Program.

A program where students will approach the main characteristics of the treatment programs, and then delve into each of them, according to the mental health problem in question. In this way, they will deepen the bases of the Autistic Spectrum, neuropsychological disorders, specific phobias, addictions or personality disorders, going into detail in the whole process carried out by the psychologist up to the implementation of the treatment.

A teaching where students have at their disposal a library of multimedia resources and simulations of real clinical cases, which will be very useful to renew their knowledge through a syllabus that, in turn, presents a theoretical-practical approach. Additionally, the syllabus of this Postgraduate Certificate integrates masterclasses offered by a guest professor of great relevance in the field of Psychology. Their knowledge and research skills will be reflected in these sessions, which will bring students closer to an advanced and attractive learning process.

An opportunity that TECH offers to all psychology professionals who wish to update their knowledge in a comfortable way. They only need a device with an Internet connection (computer, Tablet or cell phone) to access the entire syllabus of this 100% online program, whenever and wherever they wish. In this way, students can distribute the course load according to their needs. A flexible degree, which allows the psychology professional to combine their responsibilities with quality education.

This **Postgraduate Certificate in Treatment Programs** 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
- ♦ 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



*A university degree in which you will delve into the most effective treatment programs for patients with obsessive thoughts"*

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*Personality disorders, sexual disorders or addictions are just some of the mental health problems that you will delve into with this Postgraduate Certificate”*

*The multimedia resource library will help you to update your knowledge in the treatment of patients with phobias.*

*You have at your disposal 24 hours a day all the content of this Postgraduate Certificate. Access from and when you want.*

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.



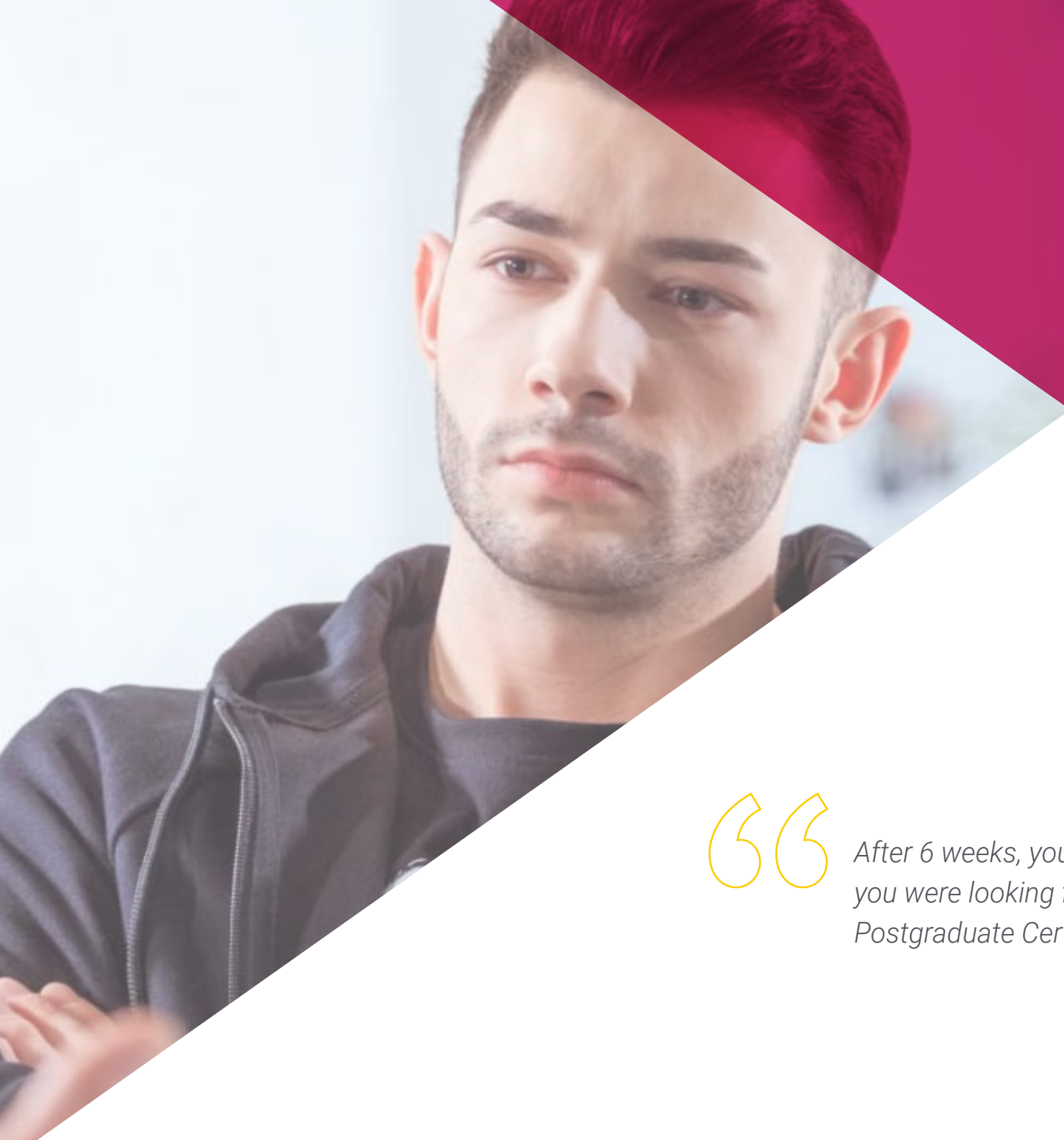
# 02

# Objectives

The main goal of this Postgraduate Certificate is to ensure that the psychology professional who completes this program obtains a complete update on the Treatment Programs at the end of this course. An objective that will be possible thanks to the support of the specialized teaching team that teaches this program. Therefore, at the end of this program, they will have renewed their knowledge in the main programs used, in the use of the most commonly used information and communication technologies and the lines of research in this field.







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*After 6 weeks, you will reach the update you were looking for, thanks to this Postgraduate Certificate”*



## General Objectives

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- ♦ 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 alliance
- ♦ Promote the knowledge and management of technical tools to know how to contain the emotional state of the patient
- ♦ Stimulate the psychology professional to maintain a continuous training and a development of his scientific knowledge
- ♦ Master the code of ethics in order to perform their work within professional ethics





## Specific Objectives

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- ◆ Know the main treatment programs
- ◆ Know what ICTs are and their usefulness in clinical psychology
- ◆ Become familiar with the current and future treatments linked to new technologies

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*Do you work with children with Autism Spectrum Disorder? This Postgraduate Certificate will allow you to update your knowledge in the diagnosis and treatment of this type of patients"*

03

# Course Management

The management and teaching staff that make up this Postgraduate Certificate have been carefully selected by TECH to offer its students a quality education. In this way, the psychology professional who takes this program will have before him a specialized teaching team with extensive experience in the application of treatments in patients with different disorders. This knowledge is complemented by the human quality of the teaching staff, who will be in charge of resolving any doubts that may arise regarding the syllabus.



“

*Enroll in a Postgraduate Certificate in which you will have access to masterclasses given by a guest lecturer of great level in the field of Psychology”*

## International Guest Director

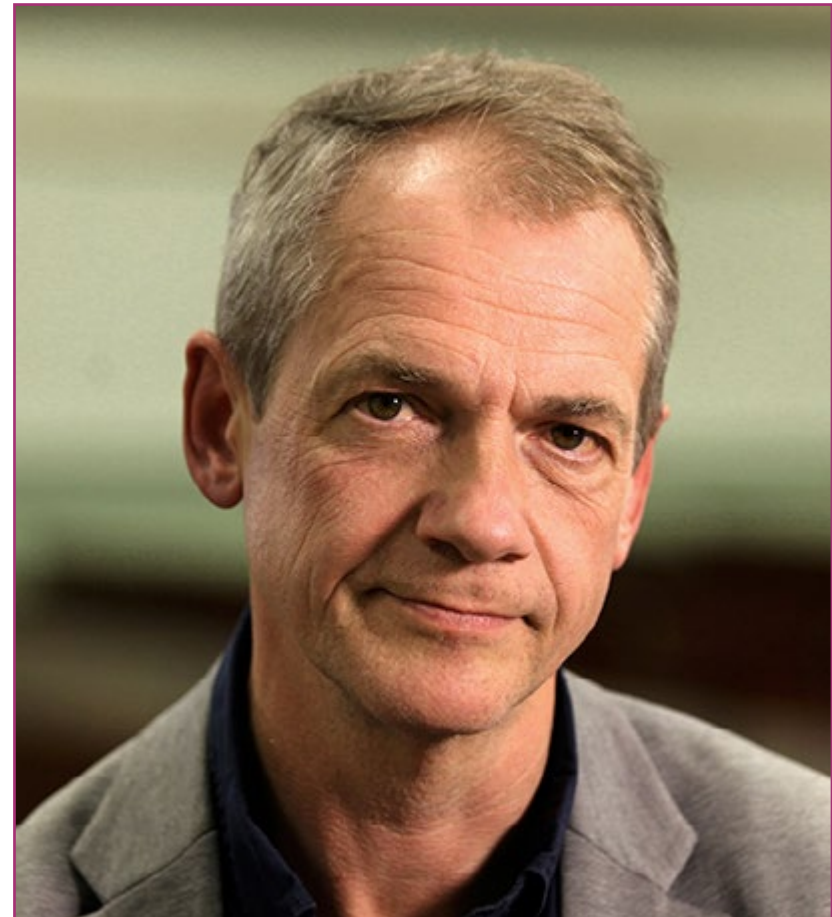
Stefan G. Hofmann, Ph.D. is a world renowned expert in the area of Cognitive Behavioral Therapy and Anxiety Disorders. For more than 20 years he has been researching the nature of emotional disorders and the processes through which psychological treatments alleviate symptoms.

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

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- ♦ 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

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

# 04

## Structure and Content

The Relearning system, used by TECH in all its degrees, will allow the psychology professional to update their knowledge throughout the 180 teaching hours of this degree, in a more natural and progressive way. A system that, in turn, will allow them to reduce the long hours of study. Therefore, the students will enter in a more agile way in the different programs with their respective treatments in disorders and mental health diseases such as Autism Spectrum, social phobia, addictions or obsessive thoughts. The complementary didactic material will also help you to extend the syllabus of this dprogram.





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*Access a university program that will show you the main treatments applied to people with personality disorder”*

## Module 1. Treatment Programs

- 1.1. Introduction to Treatment Programs
  - 1.1.1. Characteristics of Treatment Programs
  - 1.2.1. Most Popular Treatment Programs
- 1.2. Autism Spectrum
  - 1.2.1. Principles of the Autism Spectrum
  - 1.2.2. Assessment and Diagnosis
  - 1.2.3. Intervention and Treatment
- 1.3. Schizophrenia
  - 1.3.1. Basis of the Disease
  - 1.3.2. Assessment and Diagnosis
  - 1.3.3. Intervention and Treatment
- 1.4. Neuropsychological Conditions
  - 1.4.1. Most Common Conditions
  - 1.4.2. Assessment and Diagnosis
  - 1.4.3. Treatment Programs
- 1.5. Social Phobia Treatment
  - 1.5.1. Common Treatment Programs for Social Phobia
  - 1.5.2. Treatments and Lines of Research
  - 1.5.3. Cognitive-Behavioral Intervention
- 1.6. Specific Phobia Treatment
  - 1.6.1. Characteristics of the Diagnosis
  - 1.6.2. Assessment
  - 1.6.3. Intervention and Treatment
- 1.7. A Clinical Model of Obsessive Thoughts
  - 1.7.1. Thoughts and Beliefs
  - 1.7.2. Obsessions and Compulsions
  - 1.7.3. Treatment



- 1.8. Treatment of Sexual Disorders
  - 1.8.1. Assessment and Diagnosis of Sexual Disorders
  - 1.8.2. Non-Pharmacological Treatment for Sexual Disorders
- 1.9. Treatment of Addictions
  - 1.9.1. Concept of Addiction
  - 1.9.2. Components of Addiction
  - 1.9.3. Intervention Programs
- 1.10. Treatment of Personality Disorders
  - 1.1.10. Characteristics of Personality Disorders
  - 1.2.10. Assessment and Diagnosis
  - 1.3.10. Intervention and Treatment

“ *Multimedia resources will be your great ally during this teaching. Thanks to them you will renew your knowledge in a more agile way*”

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

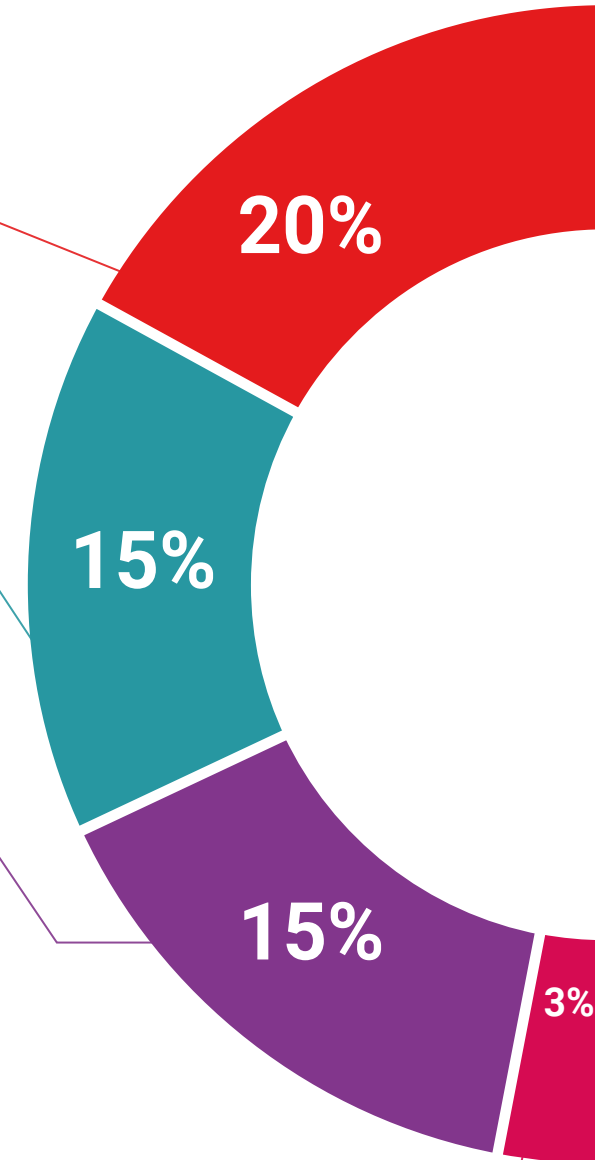
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

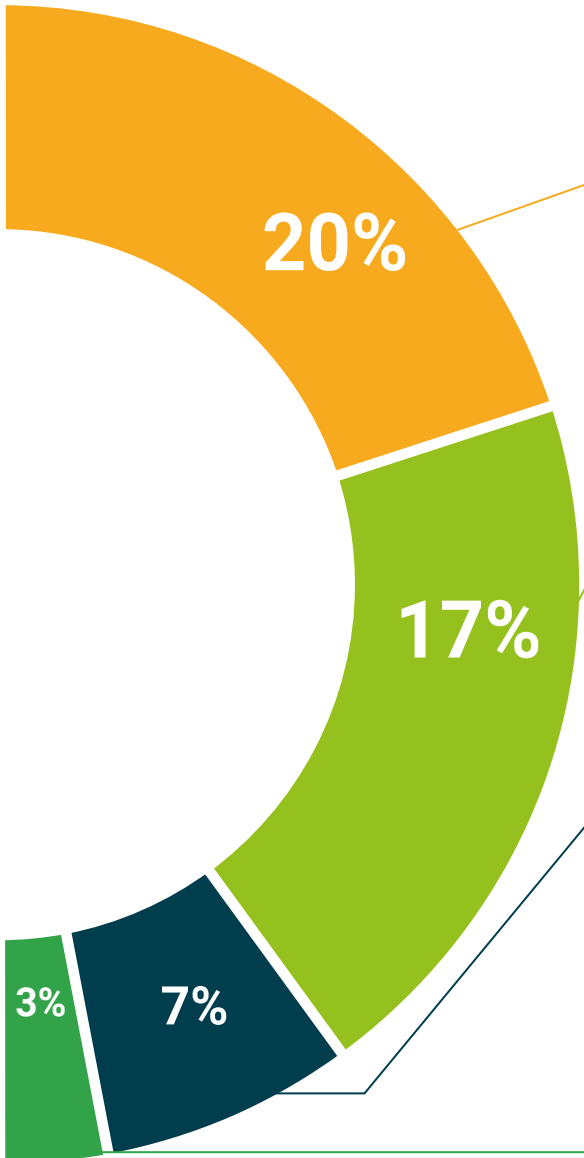
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Treatment Programs guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is black with a gold tassel, and the other is maroon with a black tassel. The background is split diagonally into a white lower-left section and a magenta upper-right section.

“

*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 Treatment Programs** 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 Treatment Programs**

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.

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



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