



Postgraduate Certificate Update in Psychosomatic Disorders

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/psychology/postgraduate-certificate/update-psychosomatic-disorders

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tech 06 | Introduction

When people suffer from stress or any psychological disorder, they run the risk of suffering from a psychosomatic disorder. Despite their origin in the mind, these diseases cause physical ailments that can worsen the quality of life of those affected. In this regard, some of the most common are headache, irritable bowel syndrome, frequent dizziness or back pain, limiting the usual capabilities of users.

It is well known that a visit to the family doctor rarely solves these conditions in the patient, given its psychological nature, so more and more psychologists demand to specialize in this area and have the necessary tools to intervene. This is where the Postgraduate Certificate in Psychosomatic Disorders comes into play, which offers professionals in this field the most up-to-date knowledge for the treatment of these disorders. Based on the interaction between Psyche and Soma, psychologists will delve into the profile of the psychosomatic patient to determine the best way to act.

This TECH program is perfectly compatible with the professional performance of those who take it. Its 100% online format allows students to complete it from home or wherever they wish, with all the flexibility to manage their learning time as they see fit. They will also have unlimited access to a Virtual Campus 24 hours a day, with all the resources at their disposal from the very first moment.

This **Postgraduate Certificate in Update in Psychosomatic Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- Case studies presented by experts in Psychological Intervention in Psychosomatic Disorders
- 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



This Postgraduate Certificate will make a difference when it comes to updating your knowledge, placing you at the forefront of Psychosomatic Disorders"



Update your knowledge in the approach to Psychosomatic Disorders with the number 1 online university"

The Postgraduate Certificate includes real clinical cases and exercises to bring the content of the program closer to the clinical practice of a psychologist.

Discover the experience of specializing with the latest educational methodologies and interactive tools.

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.

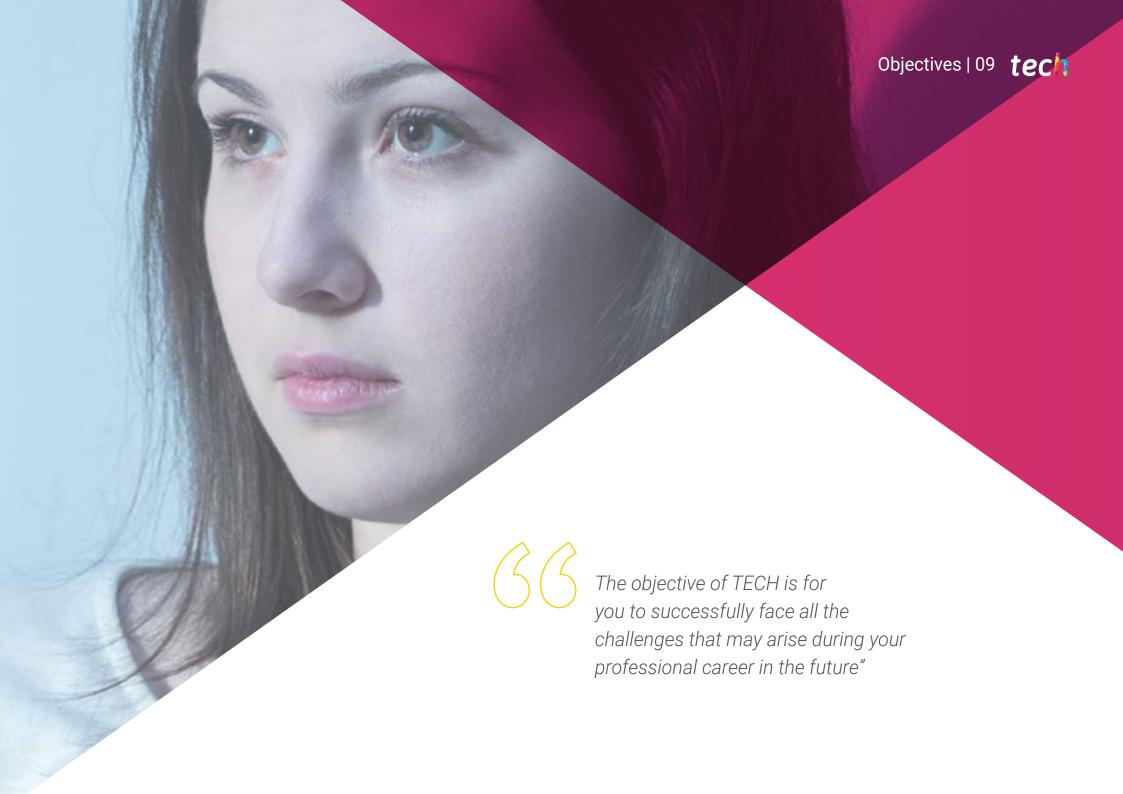
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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.





The design of the objectives of this own program revolves around the high qualification of psychologists in the approach to Psychosomatic Disorders, for which the program will provide them with the latest knowledge on the subject, adapted to a changing reality. In this program we propose the specialization of professionals perfectly prepared to face the challenges of the future, so the Postgraduate Certificate offers a global perspective in the contents.

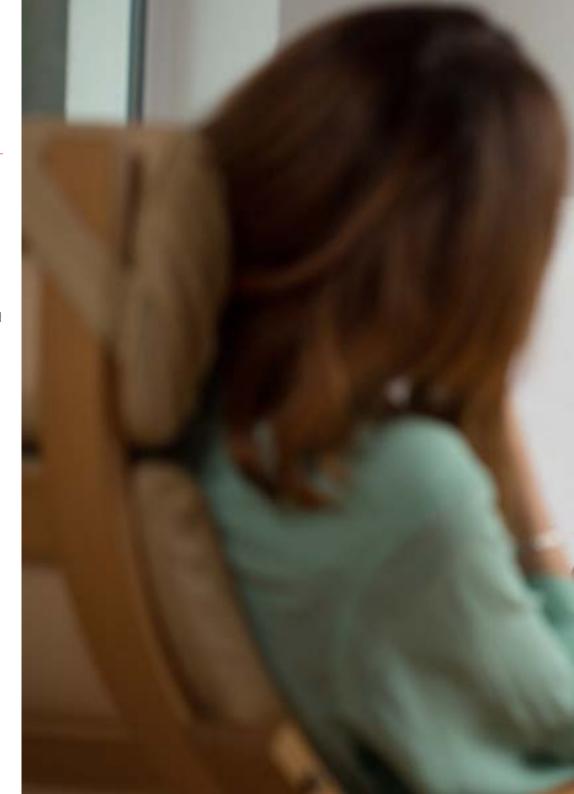


tech 10 | Objectives



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

- Manage the psychosomatic clinic and its relationship with the patient's emotional system
- Describe all the research done in the last twenty years



The best professionals in psychology will accompany you on this educational journey so that you can easily achieve the program's objectives"







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



tech 14 | Course Management

Address



Mr. 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

Mr. Gandarias Blanco, 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)

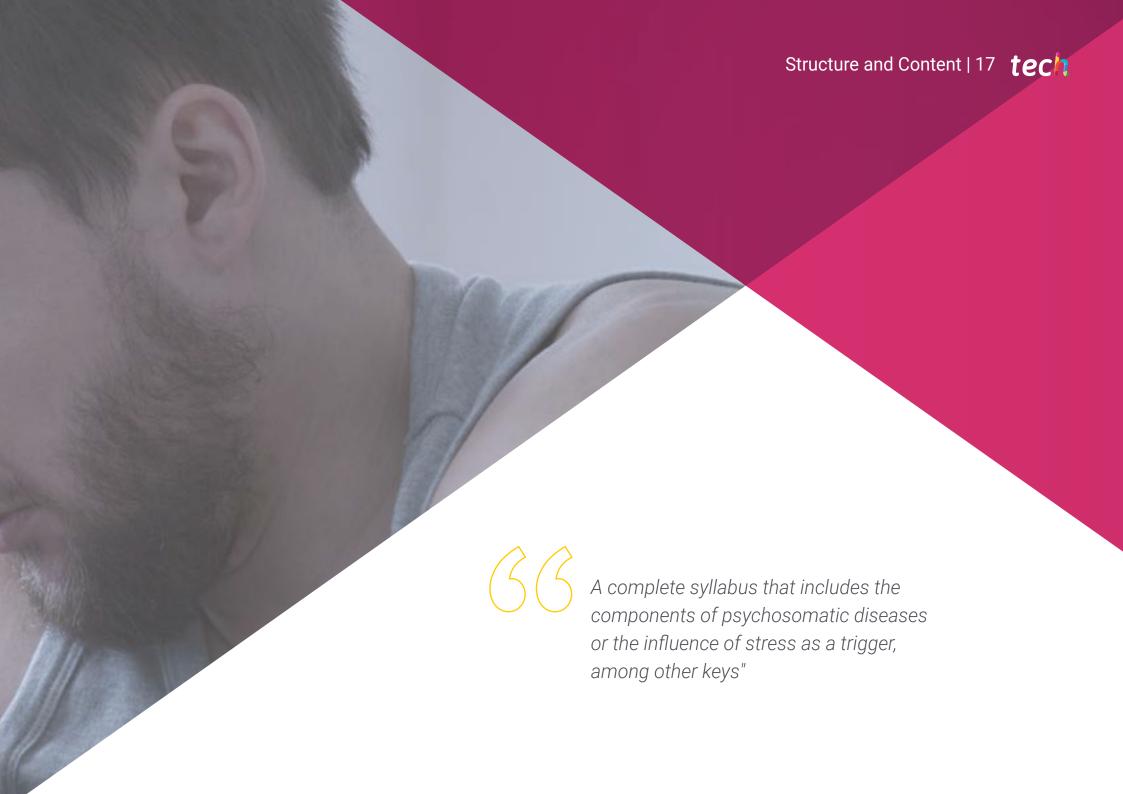
Dr. Espinoza Vázquez, Oscar

- Pediatrician in IMSalud
- Director of the Psychopharmacology Unit of the CEP
- Medical specialist in Psychiatry and Pediatrics
- Head of the public health service in the southern district of Madrid
- Master's Degree in Psychological Intervention in Disorders that Impair Learning and Health Psychology
- Master's Degree in Time-Limited Psychotherapy and Health Psychology

Dr. Fernandez Agis, Inmaculada

- Specialist in Neuropsychology, and Cognitive Therapy
- President of the Andalusian Society of Neuropsychology
- Director of the Unit of Sexological Studies (UESX)
- Director of the Neuropsychological Evaluation and Rehabilitation Center (CERNEP) of the University of Almeria
- Professor of the Department of Neuropsychology, University of Almeria
- Professor of Psychology of Sexuality in the Official Master's Degree in Sexology at the University of Almeria
- Doctor in Psychology from the University of Almeria
- Psychologist specialized in Clinical Psychology
- Expert in Cognitive Therapy based on Mindfulness
- Expert in Time Limited Psychotherapy
- Expert in Clinical Neuropsychology
- * Member of:itdUPM and GENET Working Group on Basic Income SANP, SEIS y FANPSE



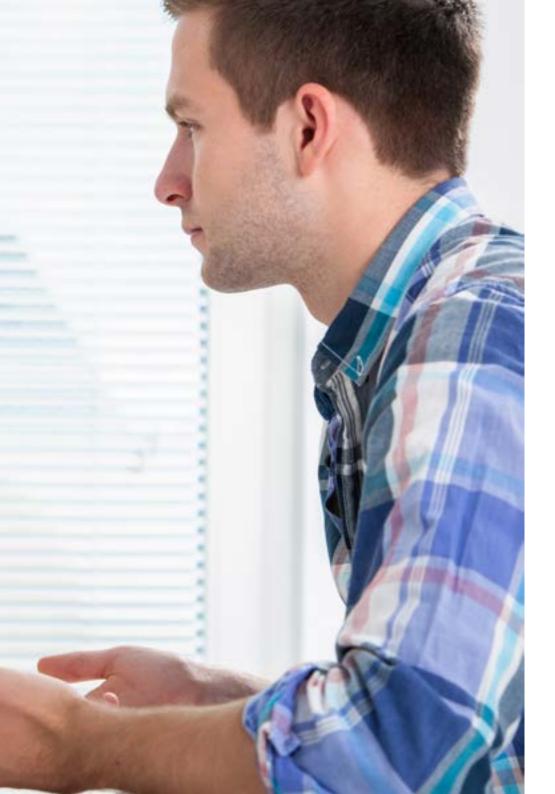


tech 18 | Structure and Content

Module 1. Fundamentals of Psychosomatic Medicine

- 1.1. The Soma-Psyche Unit
- 1.2. Functional Symptom, Conversion and Disease
 - 1.2.1. Psychosomatic Orientation in Psychology
 - 1.2.2. Liaison Psychology
- 1.3. Resurgence of a New Discipline: Health Psychology
 - 1.3.1. Disciplinary Delimitation
- 1.4. The Alexithymia Construct
 - 1.4.1. Historical Review of the Concept
 - 1.4.2. Features
 - 1.4.3. Etiological Hypotheses
 - 1.4.4. Assessment
 - 1.4.5. Processing Emotional Stimuli in Alexithymia
- 1.5. Psychosomatic Patients
 - 1.5.1. Psychosomatic Disease Components and Characteristics
 - 1.5.2. Processes and Dynamics of Psychosomatic Disease
 - 1.5.3. Ways Psychosomatic Disorders Manifest
- 1.6. Stress and Psychosomatics Disorders
- 1.7. Personality and Psychosomatics
- 1.8. Psychosocial Aspects of Psychosomatic Disorders
- 1.9. Psychosomatic Processes: A Defense Mechanism for Integrity?
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms







A program designed by a team of psychologists that has taken into account the demands of professionals in this area"





tech 24 | Methodology

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.



tech 26 | Methodology

Relearning Methodology

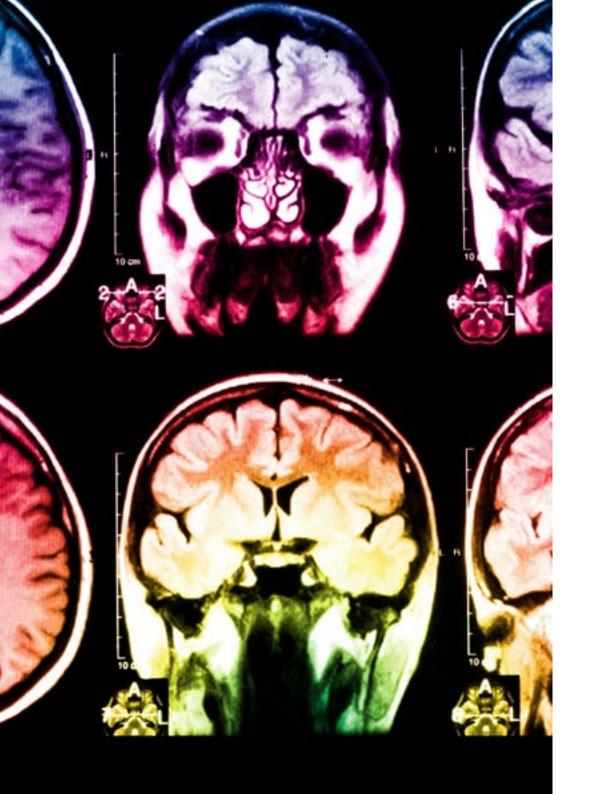
At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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.

tech 28 | Methodology

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

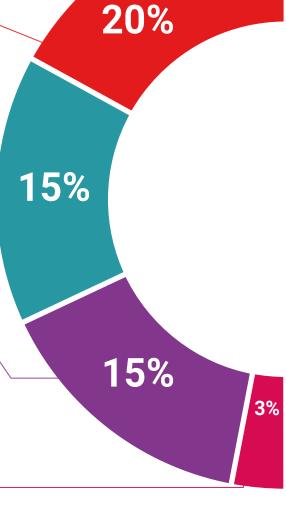
TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times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



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



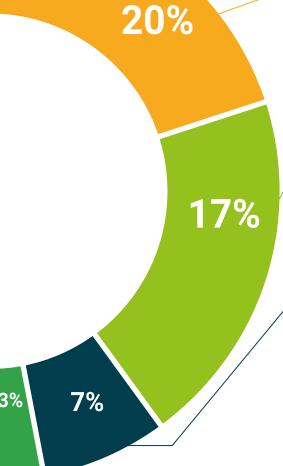
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







tech 30 | Certificate

This **Postgraduate Certificate in Update in Psychosomatic Disorders** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Certificate in Update in Psychosomatic Disorders

Official No of Hours: 200 h.



POSTGRADUATE CERTIFICATE

in

Update in Psychosomatic Disorders

This is a qualification awarded by this University, equivalent to 200 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

his qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each countries.

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