

Postgraduate Diploma

Bonding Relationship from Time Limited Psychotherapy



Postgraduate Diploma Bonding Relationship from Time Limited Psychotherapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-bonding-relationship-time-limited-psychotherapy

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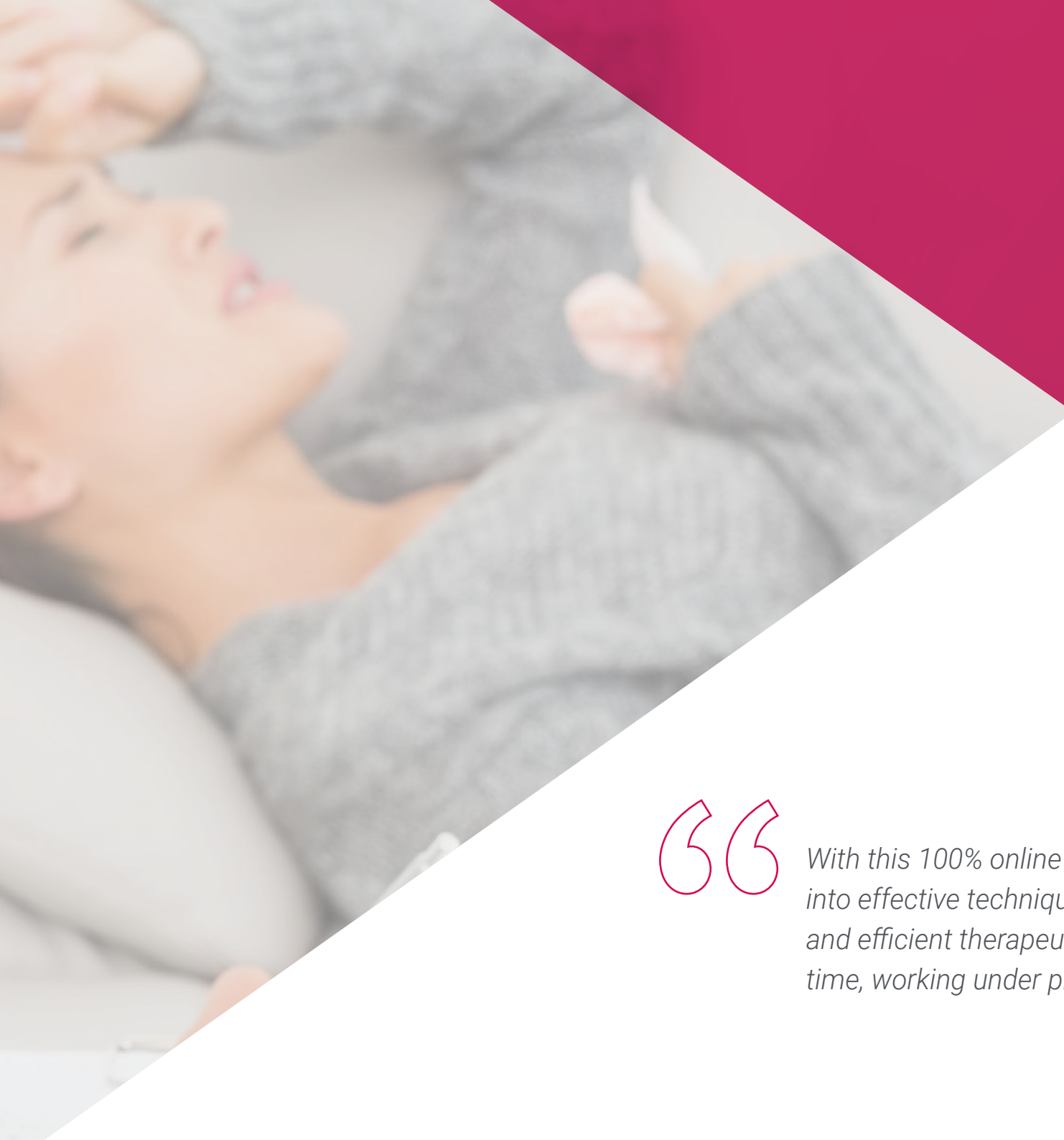
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01

Introduction

In the field of psychotherapy, Time-Limited Psychotherapy (LTP) has acquired a significant role, especially in the exploration and management of attachment relationships. In this context, LTP focuses on identifying and modifying dysfunctional interaction patterns that individuals repeat in their various interpersonal relationships. In doing so, facilitating improved communication and mutual understanding between those involved, and promoting lasting change in behavior and personal expectations. In this area, TECH has introduced a completely online and highly flexible program, making it easy for graduates to access the didactic materials only by using an electronic device with an Internet connection. Additionally, it is based on the innovative Relearning methodology.





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With this 100% online Postgraduate Diploma, you will delve into effective techniques to establish and manage intense and efficient therapeutic relationships in short periods of time, working under pressure and with clear time limits”

The Bonding Relationship from Time Limited Psychotherapy continues to be a central and dynamic aspect of the therapeutic process. In this sense, therapists strive to cultivate meaningful connections with their patients within a defined time frame, a relationship that is characterized by empathy, authenticity and collaboration.

This is how this Postgraduate Diploma was born, which will propose a series of strategies to strengthen the therapist-patient relationship as the basis of treatment. In this way, psychologists will be able to change the patient's beliefs for verifiable facts, admire unconditionally without judgment or criticism, and encourage affected people's ability to imagine their desires. In addition, emphasis will be placed on active listening as the primary vehicle of the therapeutic relationship and the need to maintain a constant and attentive presence.

It will also delve into how the disease can be interpreted as a messenger that reveals areas of pain and damage. It will also examine the realities that patients have recorded in their brain, distinguishing between the lived experience and their personal perception of it. It will also focus on how the deficits present in the patient's microcontext are perpetuated in their broader relationships or mesocontext, and how these environments can be assessed for indicators of illness.

Finally, practitioners will gain insight into how therapeutic intervention focuses more on the virtual realities created by the patient than on the actual events that occurred. In this way, therapists will understand the interactions between the various chemical families in the brain and how they influence the patient's behavior and emotions.

In this way, TECH has implemented a completely online and very flexible program that adapts to the needs of the students, eliminating the need to go to a physical center or stick to fixed schedules. In addition, the program uses the advanced Relearning methodology, which emphasizes the repetition of key concepts for a better understanding and absorption of the material.

This **Postgraduate Diploma in Bonding Relationship from 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 Bonding Relationship from 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 investigate interpersonal dynamics in clinical settings, allowing you to tailor specific interventions to the individual needs of each patient, therefore improving your clinical practice”

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You will update your knowledge of how experiences are recorded in the patient's brain and identify chemical families and the interactions between them. With all the guarantees of TECH quality!"

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.

You will focus on the establishment of the therapeutic bond, highlighting the importance of exchanging patient's beliefs for verifiable facts, cultivating their capacity to imagine their own desires.

You will examine the importance of the patient's subjective perception of reality, delving into how relationships in the mesocontext maintain microcontextual deficits. What are you waiting for to enroll?



02

Objectives

The main objective of the Postgraduate Diploma will be to specialize mental health professionals in the efficient and effective management of therapeutic relationships within restricted time frames. Therefore, key competences will be developed, such as establishing a solid and empathic therapeutic bond, promoting active listening as a fundamental tool for the understanding and progress of the treatment, and intervene with approaches that alter the patient's perceptions and beliefs to promote change.



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You will be specialized in establishing and maintaining solid and effective bonds with the patient, prioritizing empathy, authenticity and presence throughout the therapeutic process”



General Objectives

- ♦ 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)



You will strengthen your skills to understand and apply knowledge about the neurobiological aspects that influence human behavior, allowing you to have a more informed clinical practice with a solid scientific basis”





Specific Objectives

Module 1. Establishment of the Therapeutic Bond

- ♦ Change the patient's beliefs for verifiable facts
- ♦ Admire unconditionally, without judgment, without criticism, just contemplating
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Make listening the bridge to build therapeutic relationships
- ♦ Know how to be always present

Module 2. Contexts in the development of self-concept

- ♦ Allow the disease to be a messenger that tells where the pain and harm is
- ♦ Prevent the patient from connecting only with the symptom
- ♦ Know that the reality for patients is what they record in their brain, and not so much what could have happened
- ♦ Discover how in the relationships of the mesocontext, micro deficiencies are maintained
- ♦ Detecting indicators of health and disease in relationships in the mesocontext

Module 3. Scientific and Neurobiological Basis of PTL

- ♦ Know that the territory of intervention is more in the virtual realm than in what happens
- ♦ Discover that what is important is not what happens but what the patient does with what happens
- ♦ Know that the reality for patients is what they record in their brain, and not so much what could have happened
- ♦ Identify the chemical families and interactions between them

03

Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”

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

- Director of Psychological Services at the Fernside Program at McLean Hospital, Boston, United States
- Secretary of the New York State Psychological Association
- Doctorate in Clinical Psychology from the New School for Social Research
- Bachelor's Degree 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”

04

Structure and Content

The contents of this academic program will focus on modifying patient beliefs with verifiable facts, fostering an attitude of unconditional admiration and facilitating patients to visualize their wishes, placing active listening as the cornerstone of the therapeutic relationship. In addition, self-concept development will be addressed, allowing therapists to understand how illness can be interpreted as a messenger of areas of pain and harm, looking beyond the symptom to the underlying dynamics of the patient's interpersonal relationships.





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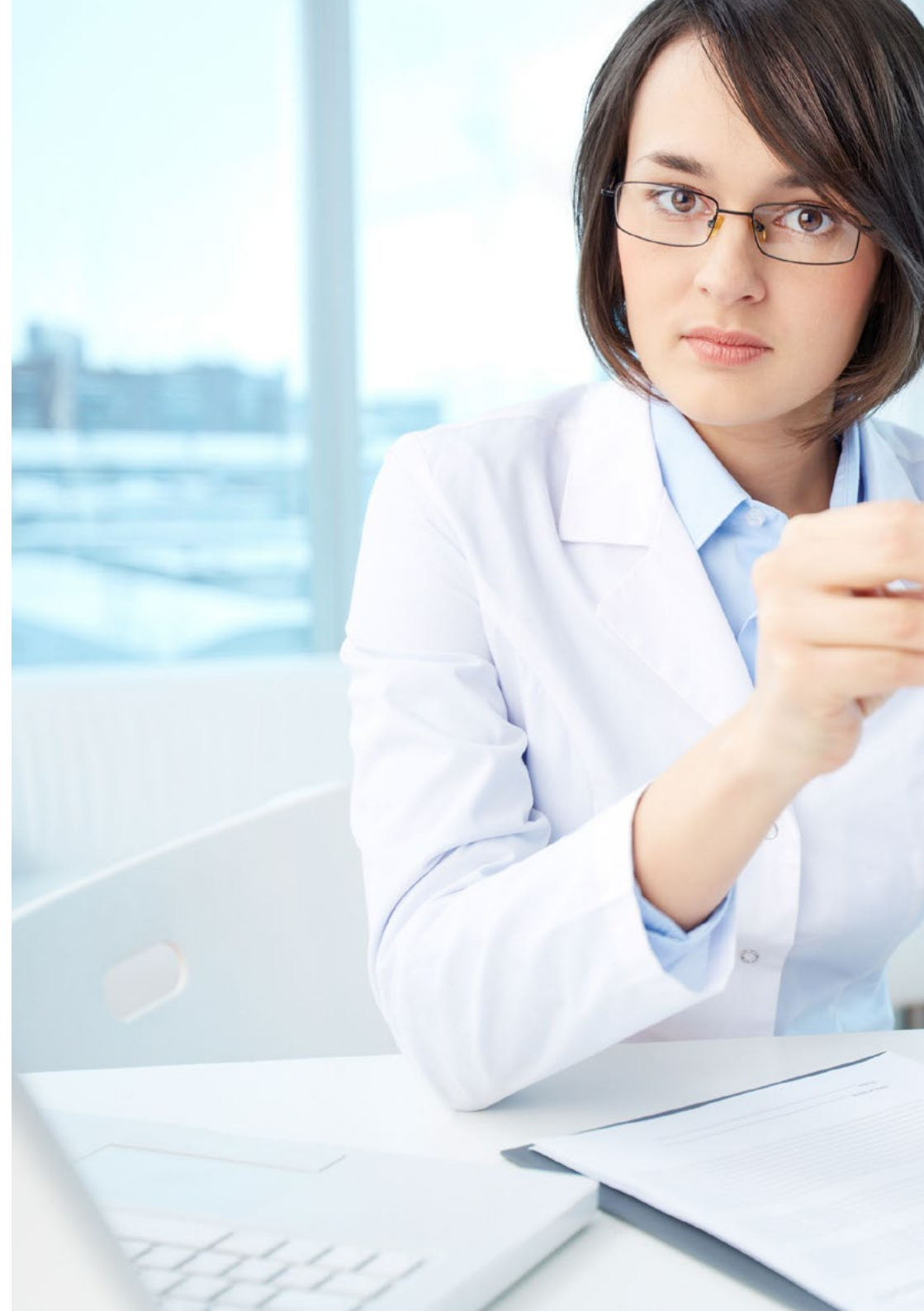
You will dive into the interactions between different brain chemical families influence on the patient's behavior and perceptions, through the best didactic materials, at the forefront of technology and education”

Module 1. Establishment of the Therapeutic Bond

- 1.1. Accompaniment
- 1.2. Containment
- 1.3. Escort
- 1.4. The Impossibility Not to Influence
- 1.5. Influencing Only the Problem
- 1.6. Not Influencing Personality Structure
- 1.7. Getting Patients to Influence Change
- 1.8. Influence Not So Much What Happens As What the Patient Does with What Happens to Them
- 1.9. Integrate Emotions and Affective Experiences within Current Reality
- 1.10. Focus on Solutions and Healthy Aspects in Subjects
- 1.11. Address the Cause for Consultation and for Basic Conflicts
- 1.12. Use the Cause for consultation as a Guide for Therapy
- 1.13. Get the Model itself to Place the Basic Conflict in Front of the Patient and the Therapist

Module 2. Contexts in the Development of Self-Concept

- 2.1. Microcontext
- 2.2. The Self, the You and the Other
- 2.3. Basic Reference Person
- 2.4. Basic Trust
- 2.5. Establishment of Emotional Patterns
- 2.6. Vital Script that Sculpts our Destiny
- 2.7. Traumatic Emotional Memory
- 2.8. Self-Dialogue
- 2.9. Channels of Conflict Expression
- 2.10. Basic Desires
- 2.11. Attachment
- 2.12. Containment
- 2.13. Delimitation
- 2.14. Endogenous Primary Basic Desires
- 2.15. Basic Secondary Desires
- 2.16. Mesocontext
- 2.17. Basic Conflicts
- 2.18. Macro Context





Module 3. Scientific and Neurobiological Basis of PTL

- 3.1. Globalizing Model of Brain Functioning
- 3.2. Hemispheric Specialization
- 3.3. Hemispheric Lateralization in Hypnosis
- 3.4. More Cerebral Verticality than Horizontality
- 3.5. Rivers of Chemistry
- 3.6. Chemical Families and Interactions Between Them
- 3.7. Theory of the Etiology of Mental Health and Mental Illness.
- 3.8. Health Model: Conscious Emotional Bonding
- 3.9. Illness Model: Time-Limited Psychotherapy

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You will foster an attitude of unconditional admiration and facilitate patients visualization of their wishes, placing active listening as the cornerstone of the therapeutic relationship”

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 Diploma in Bonding Relationship from Time Limited Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Bonding Relationship from 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.

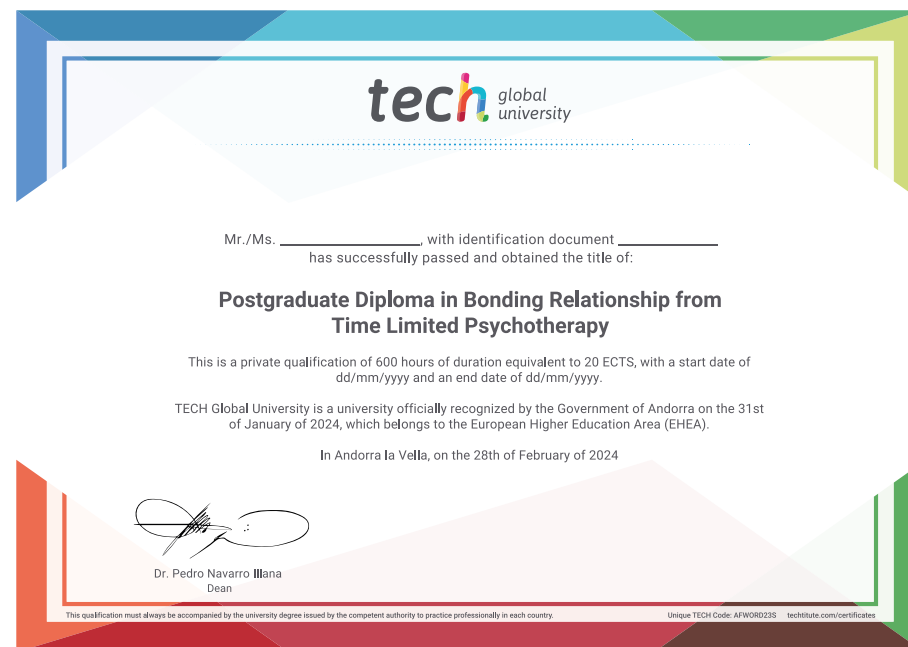
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Bonding Relationship from Time Limited Psychotherapy**

Modality: **online**

Duration: **6 months**

Accreditation: **20 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.



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