

# Postgraduate Diploma

## Emotion Psychotherapy with Limited Time Psychotherapy





## Postgraduate Diploma Emotion Psychotherapy with Limited Time Psychotherapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 22 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Emotion Psychotherapy with Time Limited Psychotherapy is a therapeutic approach that has gained relevance in recent years, combining emotional focus and time efficiency. Therefore, the effectiveness of this approach lies in its ability to offer brief but profoundly transformative interventions, adapted to the urgency and rhythms of today's lives. In fact, therapists who practice this modality work with clear objectives and focused planning. In this context, TECH has launched a fully online and extremely adaptable program, allowing graduates to only need an electronic device with an Internet connection to access educational resources. In addition, it is based on the revolutionary Relearning methodology.







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*With this 100% online Postgraduate Diploma, you will delve into specialized techniques that combine the understanding and management of emotions with efficient and time-bound therapeutic interventions”*

The therapeutic approach of Emotion Psychotherapy, with a Time-Limited approach, is distinguished by its ability to identify, explore and transform dysfunctional emotional patterns in a short time. By combining cognitive, emotional and behavioral strategies, this therapeutic modality allows individuals to achieve a greater understanding of their emotions, as well as to develop practical skills to manage them in their daily lives.

In this context, this Postgraduate Diploma is born, which will focus on the “role of the therapist”, highlighting the importance of this figure as a central pillar in the emotional healing process. It will also address the need for containment through safety and mastery of the discipline, highlighting the role of the therapist tutor for the establishment of an effective bond.

Likewise, psychologists will be able to disconnect the patient from their rational thinking, directing them towards their bodily sensations, thus facilitating a more direct access to the core of their emotions. In addition, the disease and disorder will be interpreted as manifestations of inadequate coping strategies, providing techniques for therapists to settle in the patient's emotional sphere, without affecting their own emotional balance.

Finally, we will analyze how illnesses can be interpreted as messages that signal areas of pain and psychological damage. In this sense, professionals will transcend the focus on isolated symptoms to address the patient's experience as a whole, considering how relationships within the mesocontext (such as the school, work or community environment) can reflect and perpetuate shortcomings observed in the microcontext (family and close personal environment).

In this way, TECH has deployed a fully online program that is highly adaptable to the needs of the student body, eliminating the need to attend a physical location or follow a predefined schedule. In addition, the program employs the innovative Relearning methodology, which focuses on repeating key concepts to improve the understanding and assimilation of the material more effectively.

This **Postgraduate Diploma in Emotion Psychotherapy with Limited Time Psychotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emotion Psychotherapy with Limited Time 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 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



*You will develop advanced skills to diagnose and treat complex emotional conditions, optimizing the time and resources of both the therapist and the patient. What are you waiting for to enroll?"*

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*You will delve into specific induction techniques, such as head movements, to facilitate hypnotic states that enable effective therapeutic intervention. With all the TECH quality guarantees!”*

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 analyze the relevance of describing the territory of the family therapist and the tutor therapist, as well as how to manage the dynamics of a multidisciplinary work, common in the current psychotherapeutic intervention.*

*Bet on TECH! You will be qualified to detect indicators of health and illness within broader relationships, allowing for a more holistic and effective understanding in therapeutic intervention.*





# 02

# Objectives

The main objective of the Postgraduate Diploma in Emotion Psychotherapy with Limited Time Psychotherapy will be to qualify professionals in the mastery of specialized techniques, enabling them to effectively manage patients' emotional processes in an optimized time frame. Therefore, advanced skills will be developed in the identification and modification of dysfunctional emotional patterns, using tools such as clinical hypnosis and other methods of rapid intervention. In addition, the role of therapists in the creation of effective and safe therapeutic bonds will be strengthened, preparing them to work in multidisciplinary and multicultural contexts.







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*Through a deep understanding of the impact of relationships in the mesocontext and self-concept on mental health, you will not only address symptoms, but facilitate substantial change in your patients”*



## 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)



*You will apply evidence-based methods, which facilitate significant and lasting changes in short periods of time, thanks to the best didactic materials, at the forefront of technology and education”*





## Specific Objectives

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### Module 1. The Therapist Role

- ◆ Contain with safety and craft
- ◆ Identify the role of the therapist as the main engine of the therapy
- ◆ Implement the mentor therapist, indispensable to achieve the right bonding
- ◆ Describe the territory of the family therapist and of the mentor therapist
- ◆ Teach how to live together in an intervention where multidisciplinary work is totally normal

### Module 2. Role of Clinical Hypnosis in Time Limited Psychotherapy

- ◆ Know how to disconnect patients from their thoughts and place them in their bodily sensations
- ◆ Identify the illness and the disorder as a way of expressing a poorly adapted form of survival
- ◆ Know how to settle in the emotional sphere of the patient without having a contamination that affects the therapist's balance
- ◆ Know the whole process with induced head movements

### Module 3. 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
- ◆ Detect indicators of health and disease in relationships in the mesocontext

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

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- 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 the program will focus on the role of therapists, highlighting the importance of establishing a safe and effective bond with patients, as well as the management of interventions in a multidisciplinary environment. Emphasis will also be placed on clinical hypnosis as a crucial tool to reconnect patients with their bodily sensations and disengage them from disruptive thought patterns. In addition, psychologists will analyze how the patient's life contexts affect their self-concept and emotional health, identifying and modifying relational and environmental patterns that perpetuate psychological distress.







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*You will be equipped with advanced methodologies for rapid and transformative intervention, essential in modern clinical practice, through an extensive library of innovative multimedia resources”*

### Module 1. The Therapist Role

- 1.1. Therapists as Referential Figures
- 1.2. Asymmetrical Relationships
- 1.3. Detecting Basic Conflicts
- 1.4. Tutor Therapist
- 1.5. Family Therapists
- 1.6. Interdisciplinary Interventions
- 1.7. Therapeutic Styles
- 1.8. Experience What Patients Have Experienced as Much as Possible
- 1.9. Commitment to Patients
- 1.10. Therapist Presence Even When Not Present: Therapist Introjection

### Module 2. Role of Clinical Hypnosis in Time Limited Psychotherapy

- 2.1. Clinical Hypnosis as an Exploratory Tool
- 2.2. Neurological Resemblance of Clinical Hypnosis and Trauma
- 2.3. Axes of Clinical Hypnosis in TLP
- 2.4. What Does it Feel Like to be in a Hypnotic State?
- 2.5. Psychoeducational Phase
- 2.6. Hypnotic Induction Phase
- 2.7. Techniques for Delving into the Hypnotic State
- 2.8. Stabilization Technique
- 2.9. Therapeutic Phase

### Module 3. Contexts in the Development of Self-Concept

- 3.1. Microcontext
- 3.2. The Self, the You and the Other
- 3.3. Basic Reference Person
- 3.4. Basic Trust
- 3.5. Establishment of Emotional Patterns
- 3.6. Vital Script that Sculpts our Destiny
- 3.7. Traumatic Emotional Memory
- 3.8. Self-Dialogue







- 3.9. Channels of Conflict Expression
- 3.10. Basic Desires
- 3.11. Attachment
- 3.12. Containment
- 3.13. Delimitation
- 3.14. Endogenous Primary Basic Desires
- 3.15. Basic Secondary Desires
- 3.16. Mesocontext
- 3.17. Basic Conflicts
- 3.18. Macro Context

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*Upon completion of this Postgraduate Diploma, you will be better equipped to respond to the demands of today's clinical environment, enhancing your employability and ability to provide high quality psychological services”*

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. Gervas, 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.

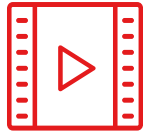
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

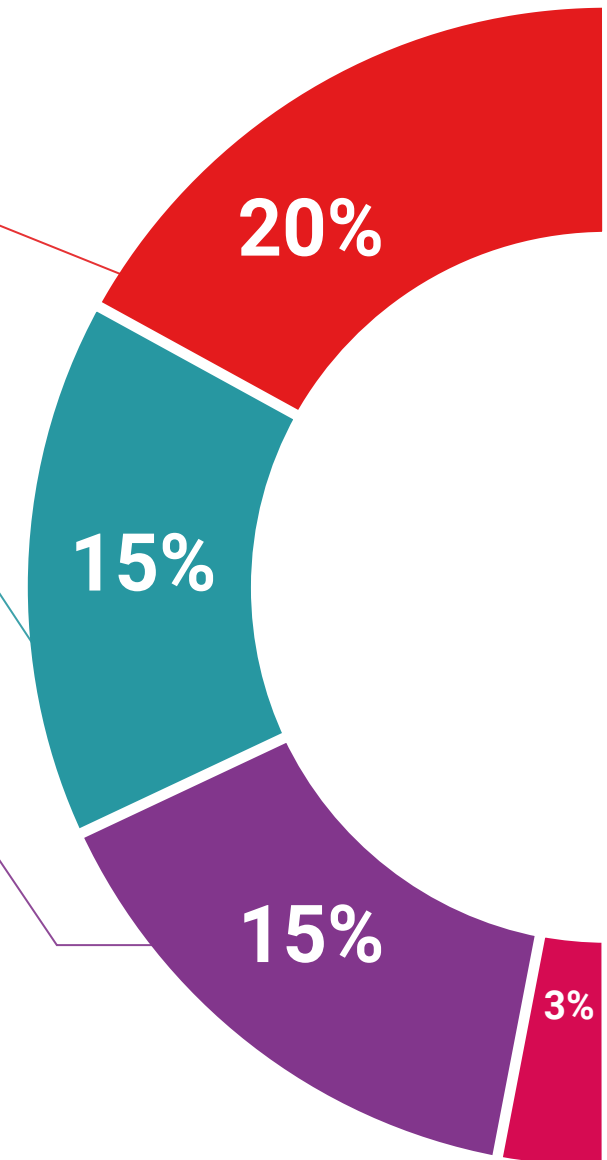
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

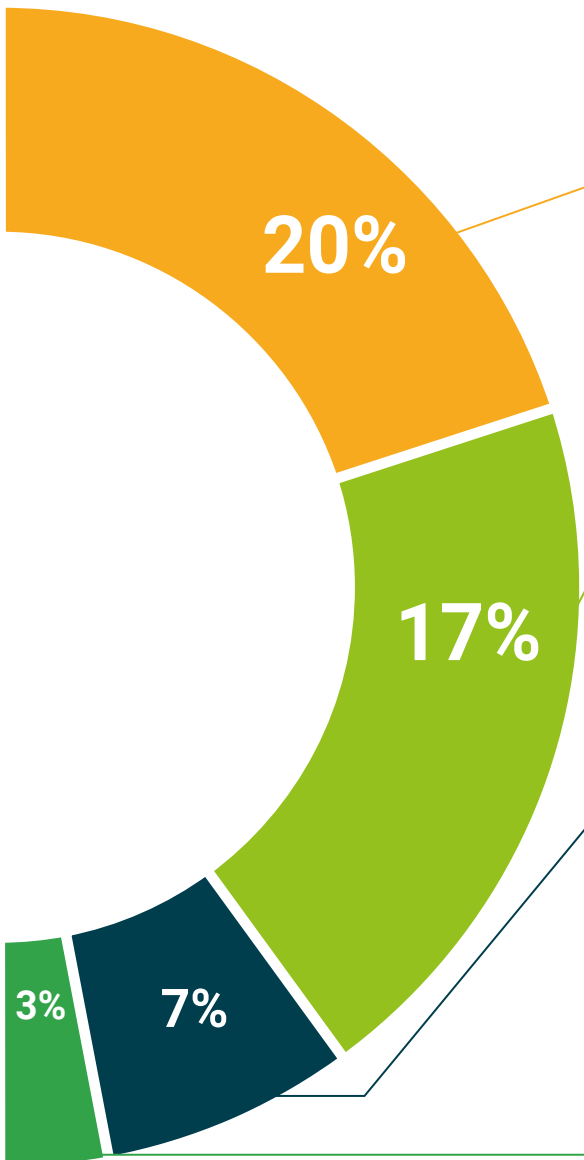
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Emotion Psychotherapy with Limited Time Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education program, access to a Postgraduate Diploma issued by TECH Global University.





The image features two graduation caps against a blue sky with light clouds. One cap is in the foreground, tilted upwards, and another is behind it. The background is split into a blue sky on the left and a magenta-to-white gradient on the right.

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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 Emotion Psychotherapy with Limited Time 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 Emotion Psychotherapy with Limited Time Psychotherapy**

Modality: **online**

Duration: **6 months**

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