

# Postgraduate Diploma

## Applied Cognitive-Behavioral Psychology



## Postgraduate Diploma

### Applied Cognitive-Behavioral Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-applied-cognitive-behavioral-psychology](http://www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-applied-cognitive-behavioral-psychology)

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# 01

# Introduction

New technologies nowadays allow the treatment of patients with depressive disorders, autistic spectrum, eating disorders that due to their characteristics or their difficulties to attend face-to-face consultations, have found their tools of salvation in ICTs. An advance that is currently being applied and that still has a lot of development within Cognitive Behavioral Psychology. This 100% online program introduces the psychology professional to the most recent research in the application of this therapy in a wide variety of diseases that affect mental health. All this with an expert team with extensive experience that will contribute their knowledge in this specialization.





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*Thanks to this Postgraduate Diploma you will achieve an updated knowledge in the treatment programs used for multiple disorders"*

Sleep disorders, anxiety, depression, schizophrenia, social phobia, obsessive thoughts, addictions or personality disorder are just some of the mental health problems that the psychology professional who takes this Postgraduate Diploma in Applied Cognitive-Behavioral Psychology will address with the help of a specialized teaching team with extensive experience, which will allow them to learn about recent advances in the treatments used in these types of patients.

A program, where students will find the most updated agenda in this field, thanks to which they will deepen in the characteristics of each of the disorders, in order to subsequently make a correct assessment, diagnosis and finally proceed to the intervention and treatment. A process that requires an extensive knowledge that the students will be able to renew in a more pleasant and visual way with the multimedia content that is provided in this university program.

The psychology professional will therefore be able to keep abreast of the latest research on CBT, allowing them to act in their daily work with people who come with stress, serious behavioral disorders and they will renew the training of social skills or the various techniques applied in family interventions. All this with a theoretical approach, and a practical one, by having simulations of real cases that will be very useful.

Additionally, this Postgraduate Diploma includes masterclasses elaborated by a guest professor of great reference in the field of Psychology. His experience as a researcher and teacher will bring a unique vision to the topics addressed in this university program. All this with the main purpose of offering students the most complete and advanced knowledge.

A Postgraduate Diploma taught entirely in online mode that gives students the ease of being able to take it comfortably, wherever and whenever they want. You will only need a device with internet access to access the entire syllabus from the first day. A teaching system according to the current time with all the guarantees for the psychology professional to achieve its goal of knowledge renewal.

This **Postgraduate Diploma in Applied Cognitive-Behavioral Psychology** 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
- ♦ The practical exercises where the self-evaluation 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



*Download the multimedia content of this online program and view it whenever you need it"*



*Get up to date in family therapies, dialectical behavioral or acceptance therapies with this Postgraduate Diploma"*

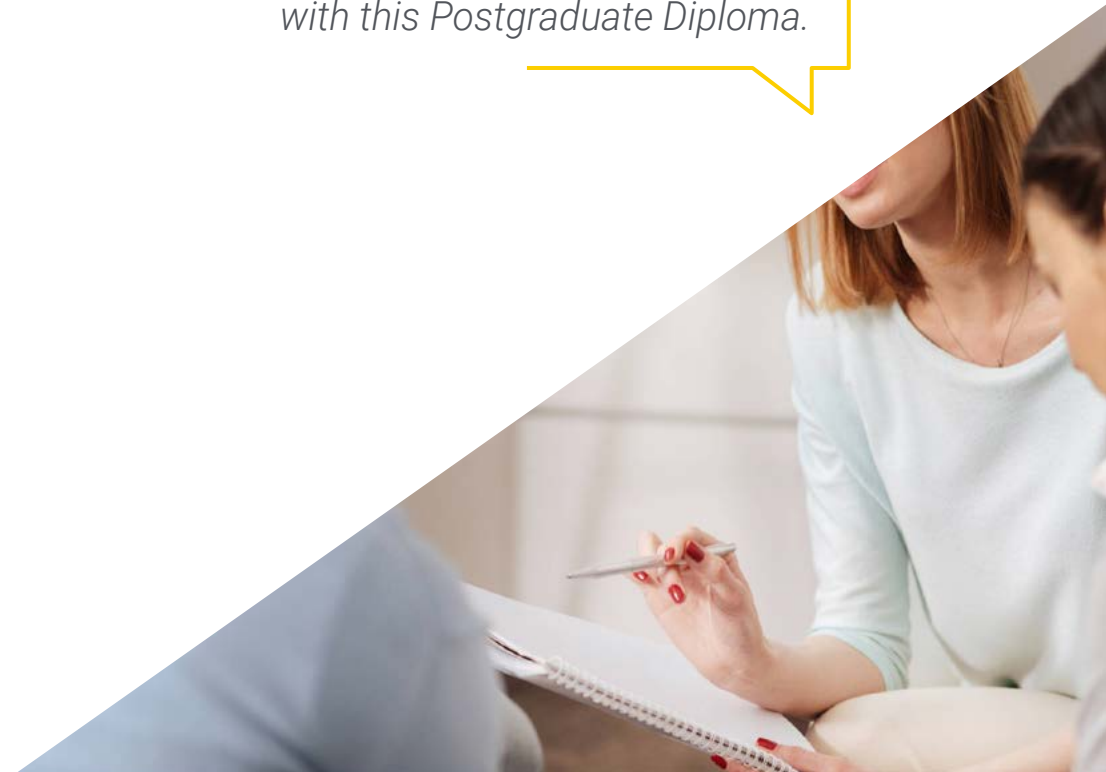
*Deepen your knowledge and gain insight into the future of Cognitive Behavioral Psychology thanks to the research presented in this program.*

*Delve into the intervention with patients who have suffered the death of a loved one or post-traumatic stress with this Postgraduate Diploma.*

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 design of the program of this Postgraduate Diploma will allow the psychology professional to acquire knowledge of the most current technological tools used in the practice of CBT. Throughout the 6 months of duration of this program, students will learn about the advances made in the techniques that address behavior modification, the treatment programs used and the new lines of research in this area. The multimedia didactic material provided by the teaching team will make the renewal of this knowledge easier and more agile.





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*TECH Technological University gives you the opportunity to achieve your goals in a comfortable and simple way. Access the entire syllabus 24 hours a day, without sessions or attendance"*



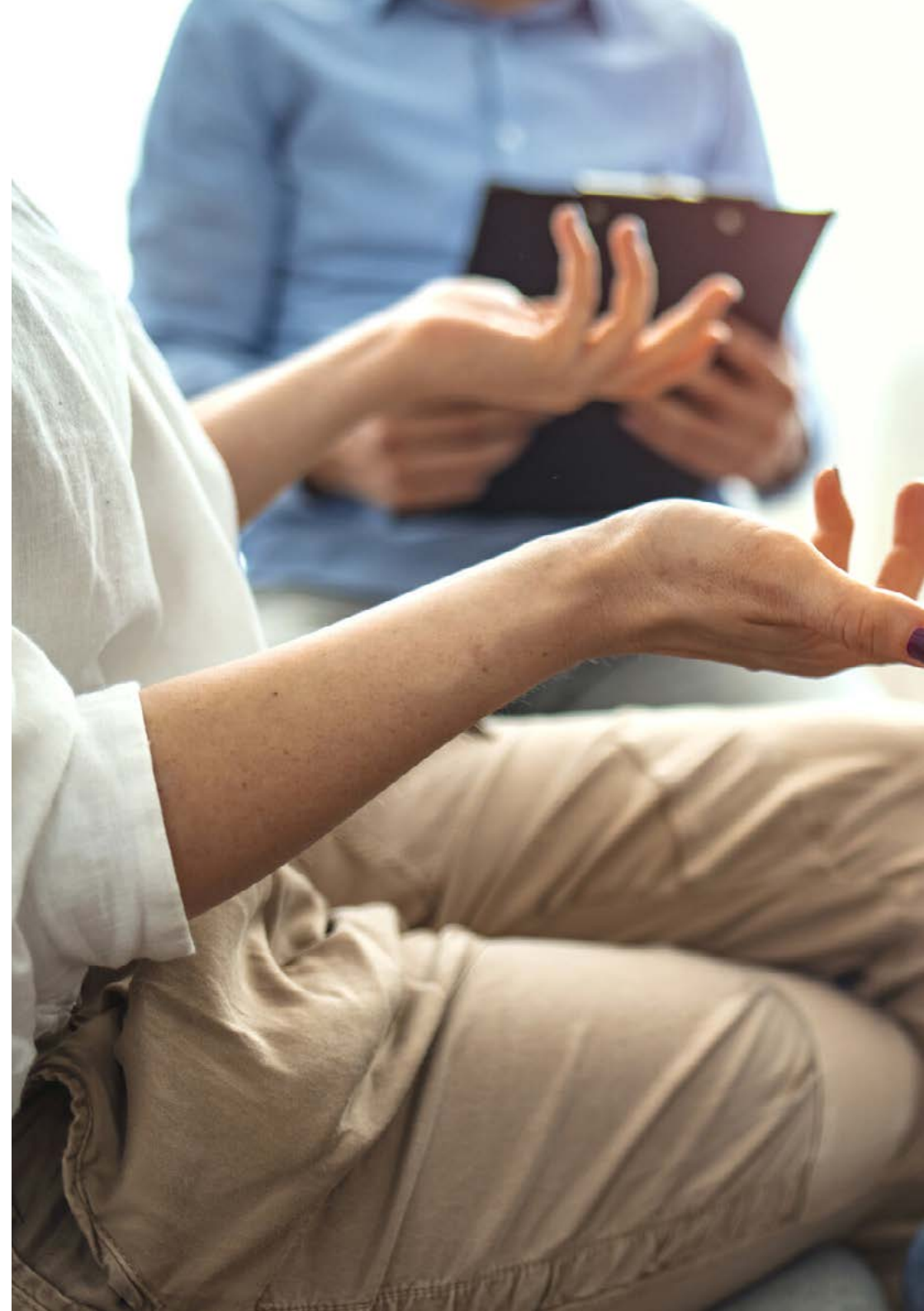
## General Objectives

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



*You will acquire a renewed knowledge in the use of ICT in patients with social phobia"*





## Specific Objectives

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### Module 1. Applied Cognitive-Behavioral Psychology

- ♦ Know and internalize the bases of cognitive-behavioral psychology
- ♦ Learn about current and new lines of research
- ♦ Know how to apply the techniques within cognitive-behavioral psychology

### Module 2. Cognitive-Behavioral Model Applied in Health Psychology Intervention

- ♦ Know and contextualize the emergence of health psychology
- ♦ Understand the importance of the birth of other theories and explanatory models
- ♦ Know and analyze the relationship between both approaches

### Module 3. Behavior Modification

- ♦ Know the basics of behavior modification techniques
- ♦ Know and recognize the different theoretical currents of behavior modification
- ♦ Know and learn how to apply behavior modification techniques

### Module 4. Treatment Program

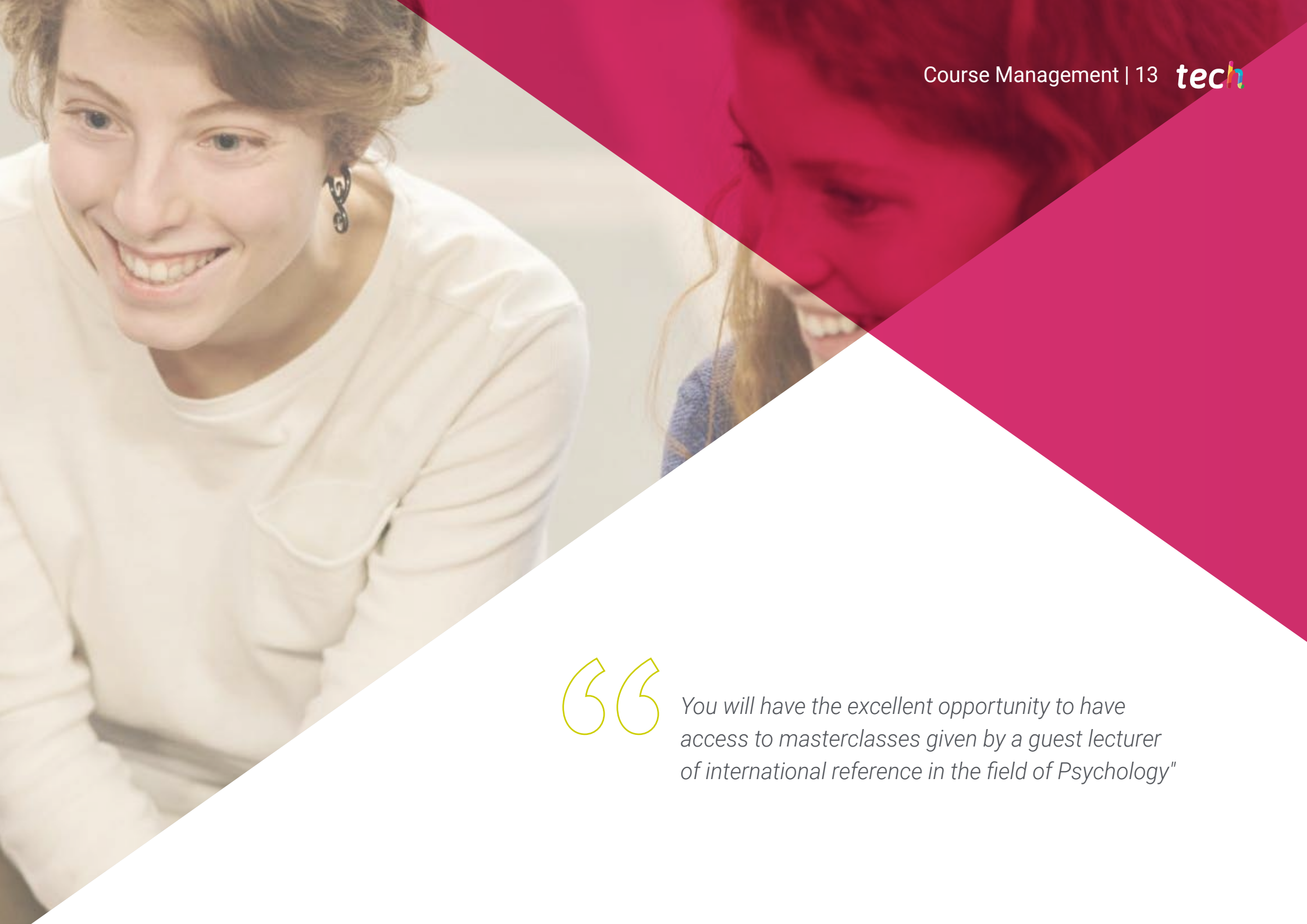
- ♦ Know the main treatment programs
- ♦ Know what ICTs are and their usefulness in clinical psychology
- ♦ Become familiar with the current and future treatments linked to new technologies

03

# Course Management

In its maxim of offering an elite education for all, TECH Technological University has , renowned professionals in all its university programs so that students acquire a solid knowledge in each of the specialties. Therefore in this Postgraduate Diploma, the psychology professional has a highly qualified management and teaching staff with experience in centers and clinics of reference. Its present professional activity will allow students to be aware of the latest developments in Applied Cognitive-Behavioral Psychology .





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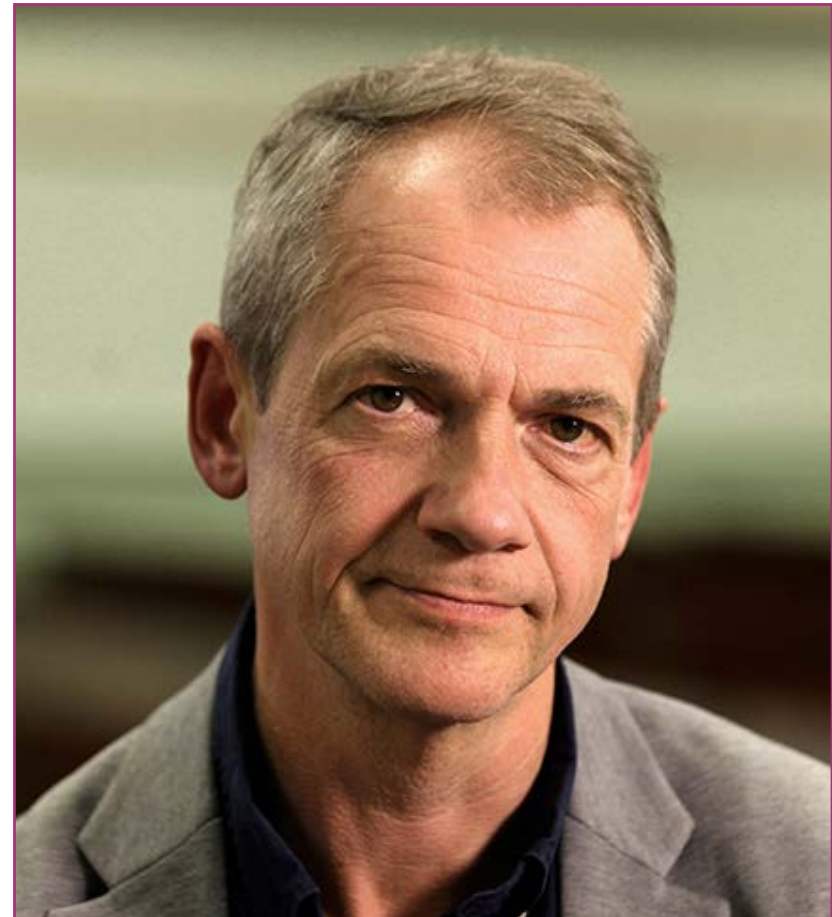
*You will have the excellent opportunity to have access to masterclasses given by a guest lecturer of international reference in the field of Psychology”*

## International Guest Director

Alexander von Humboldt Professor of Translational Clinical Psychology and the Department of Clinical Psychology at Philipps University Marburg, Germany, and Professor of Clinical Psychology in the Department of Psychological and Brain Sciences at Boston University.

He has served as president of numerous professional organizations and is currently editor-in-chief of Cognitive Therapy and Research. In addition, he has been included in the list of Highly Cited Researchers 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 been an advisor to the DSM-5 development process and has been a member of the DSM-5 Anxiety Disorder sub-working group and a member of the DSM-5-TR cross-cultural review group. Dr. Hofmann 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. Hofmann, Stefan G.

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- ♦ Professor of the Neurology and Psychology Department from Boston University
- ♦ Editor-in-Chief of the Cognitive Therapy and Research Journal
- ♦ Consultant in the creation of the DSM-5
- ♦ Professor of the Department of Psychological and Brain Sciences from Boston University
- ♦ Ph.D. in Psychology from the University of Marburg
- ♦ Fellowship in Psychology at Stanford University
- ♦ Alexander von Humboldt Professor 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 syllabus of this Postgraduate Diploma has been created with the criteria established by the teaching team that makes up this university. Therefore, students will update their knowledge throughout the 4 modules that make up this online training. They will deepen in the intervention through the Applied Cognitive-Behavioral Psychology in different disorders that affect a wide aspect of the population. Techniques, tools, diagnoses and intervention will be developed with the most cutting-edge didactic material in academic teaching. The Relearning based on the reiteration of content, will allow students to consolidate their knowledge in a more natural and progressive way.





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*A syllabus that will allow you to renew your knowledge in the different disorders effectively addressed by Cognitive Behavioral Psychology”*

## Module 1. Applied Cognitive-Behavioral Psychology

- 1.1. Intervention in Anxiety Disorders
  - 1.1.1. Assessment and Diagnosis in Anxiety Disorders
  - 1.1.2. Intervention and Treatment
- 1.2. Intervention in Mood Disorders
  - 1.2.1. Assessment and Diagnosis in Mood Disorders
  - 1.2.2. Intervention and Treatment
- 1.3. Intervention in Sleep Disorders
  - 1.3.1. Assessment and Diagnosis in Sleep Disorders
  - 1.3.2. Intervention and Treatment
- 1.4. Intervention in Chronic Pain Disorders
  - 1.4.1. Assessment and Diagnosis in Chronic Pain Disorders
  - 1.4.2. Intervention and Treatment
- 1.5. Cognitive-Behavioral Intervention in Psychosomatic Disorders
  - 1.5.1. Assessment and Diagnosis in Psychosomatic Disorders
  - 1.5.2. Intervention and Treatment
- 1.6. Intervention in Eating Disorders
  - 1.6.1. Assessment and Diagnosis in Eating Disorders
  - 1.6.2. Intervention and Treatment
- 1.7. Grief Intervention
  - 1.7.1. Concept of Grief
  - 1.7.2. Intervention and Treatment
  - 1.7.3. Accompaniment
- 1.8. Intervention in Depressive Disorders
  - 1.8.1. Assessment and Diagnosis in Depressive Disorders
  - 1.8.2. Intervention and Treatment
- 1.9. Stress Intervention
  - 1.9.1. Concept of Stress
  - 1.9.2. Associated Theories
  - 1.9.3. Intervention and Treatment

## Module 2. Cognitive-Behavioral Model Applied in Health Psychology Intervention

- 2.1. Introduction to the Biopsychosocial Model of Health
  - 2.1.1. Importance for an Integrative Model
  - 2.1.2. Birth of the Biopsychosocial Model
- 2.2. Emergence of Health Psychology
  - 2.2.1. History and Birth of Health Psychology
  - 2.2.2. Theoretical Basis
- 2.3. The Emergence of Community Psychology
  - 2.3.1. Origins of Community Psychology
  - 2.3.2. Impact and Use
- 2.4. Emotion-Based Therapy
  - 2.4.1. What Is Emotion-Based Therapy?
  - 2.4.2. Main Authors
  - 2.4.3. Clinical Use
- 2.5. Humanist Theories
  - 2.5.1. Birth of Humanist Theories
  - 2.5.2. Theoretical Approach and Main Authors
  - 2.5.3. Application
- 2.6. Carl Rogers' Therapy
  - 2.6.1. Who Is Carl Rogers?
  - 2.6.2. Theoretical Basis
  - 2.6.3. Therapeutic Application
- 2.7. Social Skills Training
  - 2.7.1. Social Skills Training Programs
  - 2.7.2. Social Skills in Pathological Disorders
  - 2.7.3. Usefulness and Effectiveness
- 2.8. Acceptance and Commitment Therapy
  - 2.8.1. Basis and Foundations
  - 2.8.2. Structure and Procedures
  - 2.8.3. Application and Effectiveness



- 2.9. Dialectical Behavioral Therapy
  - 2.9.1. Basis and Foundations
  - 2.9.2. Structure and Procedures
  - 2.9.3. Application and Effectiveness
- 2.10. Family Therapy, Principles and Techniques
  - 2.10.1. Basis and Foundations
  - 2.10.2. Structure and Procedures
  - 2.10.3. Application and Effectiveness

### Module 3. Behavior Modification

- 3.1. Main Theories and Authors
  - 3.1.1. Beginnings of Behavioral Theories
  - 3.1.2. Most Relevant Authors
- 3.2. Behavioral Assessment
  - 3.2.1. Behavioral Assessment Strategies
  - 3.2.2. Functional Analysis of Behavior
- 3.3. Functional Analysis of Behavior
  - 3.3.1. Origin and Foundations of Functional Behavioral Analysis
  - 3.3.2. Clinical Utility
- 3.4. Operant Techniques for Behavioral Enhancement
  - 3.4.1. What Behaviors Do We Want to Increase?
  - 3.4.2. Techniques to Increase Behavior
- 3.5. Covert Conditioning Techniques
  - 3.5.1. Fundamentals of Covert Conditioning
  - 3.5.2. Uses in Clinical Practice
- 3.6. Techniques to Reduce or Eliminate
  - 3.6.1. What Behaviors Do We Want to Eliminate?
  - 3.6.2. Techniques to Reduce or Extinguish a Behavior
- 3.7. Token Economy Program
  - 3.7.1. Theoretical Basis for the Token Economy
  - 3.7.2. Its Use in the Classroom
  - 3.7.3. Its Clinical Use

- 3.8. Contingency Contracts
  - 3.8.1. Basics of Contingency Contracts
  - 3.8.2. Usefulness and Effectiveness
- 3.9. Latest Applications and Studies
  - 3.9.1. Neobehavioral Theories
  - 3.9.2. Main Authors
  - 3.9.3. Research Lines

#### Module 4. Treatment Programs

- 4.1. Introduction to Treatment Programs
  - 4.1.1. Characteristics of Treatment Programs
  - 4.1.2. Most Popular Treatment Programs
- 4.2. Autism Spectrum
  - 4.2.1. Principles of the Autism Spectrum
  - 4.2.2. Assessment and Diagnosis
  - 4.2.3. Intervention and Treatment
- 4.3. Schizophrenia
  - 4.3.1. Basis of the Disease
  - 4.3.2. Assessment and Diagnosis
  - 4.3.3. Intervention and Treatment
- 4.4. Neuropsychological Conditions
  - 4.4.1. Most Common Conditions
  - 4.4.2. Assessment and Diagnosis
  - 4.4.3. Treatment Programs
- 4.5. Social Phobia Treatment
  - 4.5.1. Common Treatment Programs for Social Phobia
  - 4.5.2. Treatments and Lines of Research
  - 4.5.3. Cognitive-Behavioral Intervention
- 4.6. Specific Phobia Treatment





- 4.6.1. Characteristics of the Diagnosis
- 4.6.2. Assessment
- 4.6.3. Intervention and Treatment
- 4.7. A Clinical Model of Obsessive Thoughts
  - 4.7.1. Thoughts and Beliefs
  - 4.7.2. Obsessions and Compulsions
  - 4.7.3. Treatment
- 4.8. Treatment of Sexual Disorders
  - 4.8.1. Assessment and Diagnosis of Sexual Disorders
  - 4.8.2. Non-Pharmacological Treatment for Sexual Disorders
- 4.9. Treatment of Addictions
  - 4.9.1. Concept of Addiction
  - 4.9.2. Components of Addiction
  - 4.9.3. Intervention Programs
- 4.10. Treatment of Personality Disorders
  - 4.10.1. Characteristics of Personality Disorders
  - 4.10.2. Assessment and Diagnosis
  - 4.10.3. Intervention and Treatment



*An online program that will allow you to learn about the most recent treatments applied to people with personality or sexual disorders"*

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.



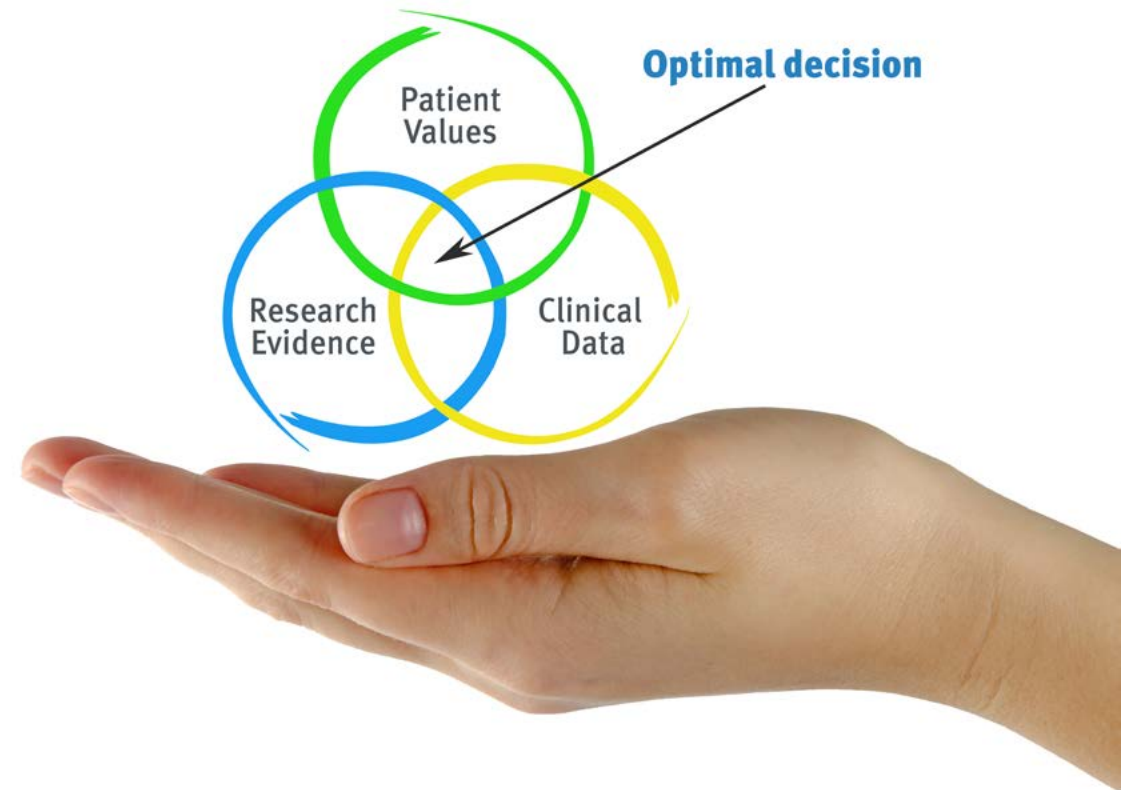
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Applied Cognitive-Behavioral Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

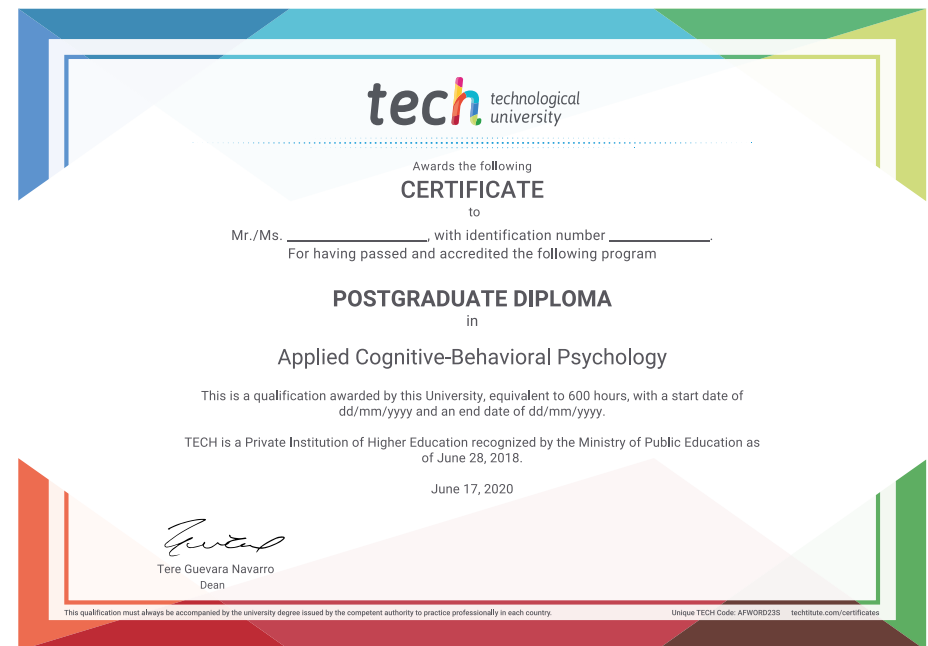
This **Postgraduate Diploma in Applied Cognitive-Behavioral Psychology** contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Diploma in Applied Cognitive-Behavioral Psychology**

Official N° of Hours: **600 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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  
online training  
development language  
virtual classroom



**Postgraduate Diploma**  
Applied Cognitive-Behavioral  
Psychology

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

# Postgraduate Diploma

## Applied Cognitive-Behavioral Psychology