

# Postgraduate Diploma

Behavior Modification, Classical and  
Operant Conditioning Based Therapies



## Postgraduate Diploma Behavior Modification, Classical and Operant Conditioning Based Therapies

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

Website: [www.techtute.com/pk/psychology/postgraduate-diploma/postgraduate-diploma-behavior-modification-classical-operant-conditioning-based-therapies](http://www.techtute.com/pk/psychology/postgraduate-diploma/postgraduate-diploma-behavior-modification-classical-operant-conditioning-based-therapies)

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# 01

# Introduction

Worldwide, roughly 450 million people are affected by some kind of mental health problem, and although between 35% and 45% of them do not receive any treatment at all, in recent years Cognitive-Behavioral Therapy has gained momentum. In this 100% online program, the psychologist will achieve a specialization with the latest advances and research areas that address this type of therapy. All this with a multimedia content and a methodology that will allow you to combine your professional responsibilities with the advanced update of knowledge in this area of psychology.



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*This Postgraduate Diploma provides you with a wide knowledge with the most recent content on Behavior Modification, Classical and Operant Conditioning Based Therapies and its application in each patient”*

This Postgraduate Diploma is aimed at the psychology professional who wishes to acquire a specialization in their area with an in-depth and detailed learning, which will take a look at the historical evolution of psychological therapies to the present. A study plan that has a wide multimedia content in which video summaries and additional readings will provide students with an updated, innovative and in accordance with the current needs of students.

This 100% online teaching will start from the roots of psychology and go into the theoretical-practical framework of psychoanalysis, the Western schools with special emphasis on the French school and British, American and Russian psychology. Also, it will go into the main schools of thought of psychology that emerged in the 20th century, such as Gestalt, Behaviorism, Humanism, Cognitivism or Constructivism.

The program will also delve into the emergence of third-generation therapies, where the patient's experience becomes a key element together with the social and cultural context in which there has been a lack of adaptation in their behavior. A teaching that will emphasize the evolution of Cognitive-Behavioral psychology itself, and will give relevance to the role of the therapist in clinical consultation.

An online diploma that provides the psychologist the ease of taking it comfortably, wherever and whenever they want. They will only need a device with internet access to access all the most updated and modern multimedia content available in high-level education from day one. This way, students will be able to distribute the teaching load of this program according to their needs, allowing them to perfectly combine their work responsibilities with a quality university education.

This **Postgraduate Diploma in Behavior Modification, Classical and Operant Conditioning Based Therapies** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in psychology and cutting-edge therapies
- ♦ 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 and view it whenever and wherever you want”*

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*With this diploma you will be up to date with the latest techniques in managing difficult discussions and conversations”*

*This Postgraduate Diploma will show you the skills most commonly used by therapists in Counselling in healthcare environments.*

*A 100% online program that allows you to distribute the course load according to your needs. TECH Technological University adapts to your needs.*

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

This university program provides the psychologist with a deep and extensive knowledge about Behavior Modification, Classical and Operant Conditioning Therapies so that, at the end of the six months of this diploma, they will have obtained a renewed knowledge about the techniques and practices currently used in Cognitive-Behavioral therapy. Likewise, they will achieve a greater understanding of the emergence of these therapies, their benefits and disadvantages, all of this applying recent scientific lines of research. The case studies provided in this postgraduate diploma are a very useful tool for the professional who wishes to apply it in their daily practice.







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*Broaden your professional horizons with this university program and apply the latest trends in psychological therapies”*



## General Objectives

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- Study the paradigm shift brought about by Behavior Modification, Classical and Operant Conditioning Based Therapies in the field of psychology
- Know the different types of Third Generation Therapies
- Delve into the past, present and future of this area in psychology
- Study the evolution of the different types of therapies
- Learn about the main developments and treatments related to Third Generation Therapies



*In this Postgraduate Diploma, you will learn about the current techniques used in Cognitive-Behavioral Therapy and their benefits”*





## Specific Objectives

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### Module 1. Historical Evolution of Psychology

- ♦ Understand the beginnings of psychology and its transformation into a scientific psychology
- ♦ Learn about each of the most famous theories within psychology
- ♦ Synthesize notions of the historical chronology of psychology

### Module 2. Therapist Skills

- ♦ Develop the different skills all therapists must master
- ♦ Differentiate between the different types of skills
- ♦ Learn how and when to use the these different skills

### Module 3. Evolution of Cognitive-Behavioral Psychology

- ♦ Become familiar with the origins and development of Cognitive - Behavioral Psychology
- ♦ Gain a general understanding of the starting point of Third Generation Therapies
- ♦ Learn about the beginnings and theoretical foundations of Cognitive-Behavioral psychology

03

# Structure and Content

The Relearning methodology used by TECH Technological University in all of its degrees favors students, since it allows them to acquire a much more agile and simple renewal of knowledge. This allows them to reduce the long hours of study so frequent in other teaching methods. In this system, a university program has been configured consisting of 3 modules in which recent additions to psychology, the evolution of Cognitive-Behavioral therapy and the skills that the therapist must possess in different situations are studied in depth.





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*TECH Technological University brings you the latest content to broaden your professional horizons with this Postgraduate Diploma”*

## Module 1. Historical Evolution of Psychology

- 1.1. Psychology Roots
  - 1.1.1. Psychology Origins and Beginnings
  - 1.1.2. Philosophy as Base
  - 1.1.3. A New Discipline
- 1.2. Psychoanalysis
  - 1.2.1. The Historical Development of Psychoanalysis
  - 1.2.2. Freudian Theory
  - 1.2.3. Clinical Applications
- 1.3. The Birth of Scientific Psychology
  - 1.3.1. Birth of Science
  - 1.3.2. The German School
  - 1.3.3. Other Schools
  - 1.3.4. The Institutionalization Process
- 1.4. Western Schools
  - 1.4.1. The French School
  - 1.4.2. British Psychology
  - 1.4.3. American Psychology
  - 1.4.4. Russian Psychology
- 1.5. Psychology Testing
  - 1.5.1. Mental Tests
  - 1.5.2. Binet's Metric Scales
  - 1.5.3. Army Alpha and Army Beta
  - 1.5.4. The Beginnings of Psychometry
- 1.6. Behaviorism
  - 1.6.1. The Beginnings of Behaviorism
  - 1.6.2. Watson's Contribution
  - 1.6.3. The Development of the Proposal
- 1.7. Gestalt Psychology
  - 1.7.1. Gestalt Theory
  - 1.7.2. First Schools
  - 1.7.3. Advances in Gestalt Therapy

- 1.8. Conditioning
  - 1.8.1. The Beginnings of Conditioning
  - 1.8.2. Classical conditioning
  - 1.8.3. Operant Conditioning
- 1.9. Cognitive Psychology
  - 1.9.1. The Emergence of Cognitive Psychology
  - 1.9.2. Most Relevant Authors and Theories
  - 1.9.3. Tendencies and Evolution
- 1.10. Humanistic Psychology
  - 1.10.1. The Emergence of Humanistic Psychology
  - 1.10.2. Humanistic Therapy Principles
  - 1.10.3. Most Relevant Authors and Tendencies

## Module 2. Therapist Skills

- 2.1. Therapist Factors in Clinical Intervention
  - 2.1.1. Therapists as Modulating Agents
  - 2.1.2. What Are the Factors to Consider?
- 2.2. Therapist Emotional Control
  - 2.2.1. Basic Emotions
  - 2.2.2. Why Should Emotions be Controlled?
  - 2.2.3. Emotional Intelligence
  - 2.2.4. How Are Emotions Controlled?
- 2.3. Counseling in Health Care Settings
  - 2.3.1. What is Counseling?
  - 2.3.2. How Is It Used in Health Care Settings?
- 2.4. Basic Communication Skills
  - 2.4.1. Introduction to and the Importance of Communication Skills
  - 2.4.2. Basic Communication Techniques
- 2.5. Applied Communication Skills
  - 2.5.1. Communication Skills Applied to Clinical Intervention
  - 2.5.2. Communication Skills Applied to Crisis Intervention

- 2.6. Communication, Ethics and Decision-Making
    - 2.6.1. Communicating Bad News
    - 2.6.2. Ethical Factors
    - 2.6.3. Introduction to Decision-Making
  - 2.7. Grief Accompaniment Techniques
    - 2.7.1. Introduction to the Concept of Grief
    - 2.7.2. Intervention Methods
    - 2.7.3. Accompaniment Techniques
  - 2.8. Handling Difficult Discussions and Conversations
    - 2.8.1. Introduction to Emotional Control
    - 2.8.2. Guidelines for Action
    - 2.8.3. Handling Difficult situations
  - 2.9. Managing Patient Emotions and Self-Control Techniques
    - 2.9.1. How Can We Manage Patient Emotions?
    - 2.9.2. Basis for Intervention
    - 2.9.3. Self-Control Techniques
  - 2.10. Termination Techniques and Family Accompaniment
    - 2.10.1. Introduction to Therapy Termination Techniques
    - 2.10.2. Family Accompaniment
    - 2.10.3. Monitoring
- Module 3. Evolution of Cognitive-Behavioral Psychology**
- 3.1. Emergence and Advancement of New Psychological Treatments
    - 3.1.1. The Beginnings and Contextual Framework to the Change
    - 3.1.2. The Beginnings of New Treatments
    - 3.1.3. Paradigm Shift
  - 3.2. Emergence of the First and Second Waves
    - 3.2.1. The Beginnings of Change
    - 3.2.2. Introduction to the Process of Change
    - 3.2.3. The First and Second Waves
  - 3.3. Cognitive-- Behavioral Techniques as Foundation
    - 3.3.1. The Importance of Cognitive-- Behavioral Basis
    - 3.3.2. Introduction to Cognitive-- Behavioral Techniques
  - 3.4. Applied Operant Conditioning
    - 3.4.1. Authors and Foundations of Operant Knowledge
    - 3.4.2. Operant Knowledge First Steps
    - 3.4.3. Applied Operant Conditioning
  - 3.5. Coping Styles and Techniques
    - 3.5.1. Coping Styles: Definition and Introduction
    - 3.5.2. Main Theories
    - 3.5.3. Measuring Tools
    - 3.5.4. Intervention Techniques
  - 3.6. Relaxation Techniques
    - 3.6.1. Relaxation Techniques: Introduction and Biological Foundation
    - 3.6.2. Predominant Techniques
    - 3.6.3. Use in Clinical Psychology
  - 3.7. Rational Psychotherapies
    - 3.7.1. Basis for Rational Psychotherapy
    - 3.7.2. Relevant Authors
    - 3.7.3. Clinical Use
  - 3.8. Problem-Solving Techniques
    - 3.8.1. Emergence of Problem-Solving Strategies
    - 3.8.2. Most Commonly Used Techniques
    - 3.8.3. Learning and Using Problem-Solving Techniques
  - 3.9. Social Skills Training
    - 3.9.1. The Importance of Social Skills
    - 3.9.2. Soft and Hard Skills
    - 3.9.3. Training and Work in Social Skills
  - 3.10. Emergence of Third Generation Therapies
    - 3.10.1. First Steps
    - 3.10.2. What Are Third Generation Therapies?
    - 3.10.3. Progress and Current Situation

04

# 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.



05

# Certificate

The Postgraduate Diploma in Behavior Modification, Classical and Operant Conditioning Based Therapies 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 Behavior Modification, Classical and Operant Conditioning Based Therapies** 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 Behavior Modification, Classical and Operant Conditioning Based Therapies**

Official N° of Hours: **450 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.

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guarantee accreditation teaching  
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community commitment  
personalized service innovation  
knowledge present  
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virtual classroom



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