Postgraduate Diploma
EMDR Therapy

tech *technological university*

Postgraduate Diploma
EMDR Therapy

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

Website: **www.techtitute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-emdr-therapy**

Index

Introduction

Suffering physical aggressions, accidents, natural disasters or witnessing them, all these situations can generate a strong emotional impact on the person to the point of generating a trauma that is difficult to overcome without the help of a specialist. Studies and scientific advances in Third-Generation Therapies have demonstrated the effectiveness of certain interventions compared to other more conventional ones. This progress has a direct impact on patients. This 100% online program provides the psychology professional with advanced and updated knowledge in this field through multimedia content developed by a teaching team specialized in this area of psychology.

This Postgraduate Diploma provides you with a specialization in recent techniques that can be applied on a daily basis in your practice"

The discrepancies between the authors who defend Cognitive therapies, in which they work with the patient on their beliefs, versus those who bet on the application of EMDR therapy, has allowed more and more studies to be conducted to demonstrate the effectiveness in people who have suffered traumas. The predominance of the benefits of EMDR has made this method gain strength and more psychology professionals are interested in delving into it. This Postgraduate Diploma deepens through an innovative content in the evolution of the techniques used and the skills that the therapist must have.

The specialized teaching team that integrates this degree will be in charge of providing students with the most updated information in this field. Likewise, the video summaries, the detailed videos, and especially the simulations of clinical cases will be very useful, not only in the updating of knowledge by the professional, but also in the approach of real situations that can be put into practice in their usual practice.

In this way, this 100% online Postgraduate Diploma will delve into recent lines of research, intervention in Behavioral-Analytic Psychology, intervention in patients with trauma in EMDR therapies, the different situations in which the psychology professional may find themselves and how to handle them, as well as the progress of Third-Generation therapies.

Also, the psychology professional who takes this university program has 24 hours a day a library of multimedia resources, which can be downloaded to view it whenever you want and a learning system, *Relearning*, which will favor the renewal and updating of their knowledge in this area of mental health in a more agile and simple way.

This **Postgraduate Diploma in EMDR Therapy** 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

This Postgraduate Diploma shows you the skills most commonly used today to deal with the main problems when working with trauma"

" *Renew your knowledge of the techniques most commonly used today to deal with trauma patients"*

Broaden your professional perspective with a Postgraduate Diploma that provides you with the lines of research that address the future of EMDR therapy.

A university education that allows you to combine your professional responsibilities with the latest knowledge in EMDR Therapy.

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 Postgraduate Diploma provides the psychology professional with the most recent techniques used in the field of EMDR Therapy. Therefore, at the end of this university program, students will have updated their knowledge about the evolutionary process developed through Cognitive-Behavioral psychology, about the latest studies in this type of therapy and the different skills recently applied in clinical consultation. The specialized teaching team will accompany the students during the 6 months of this diploma so that they can reach their goals.

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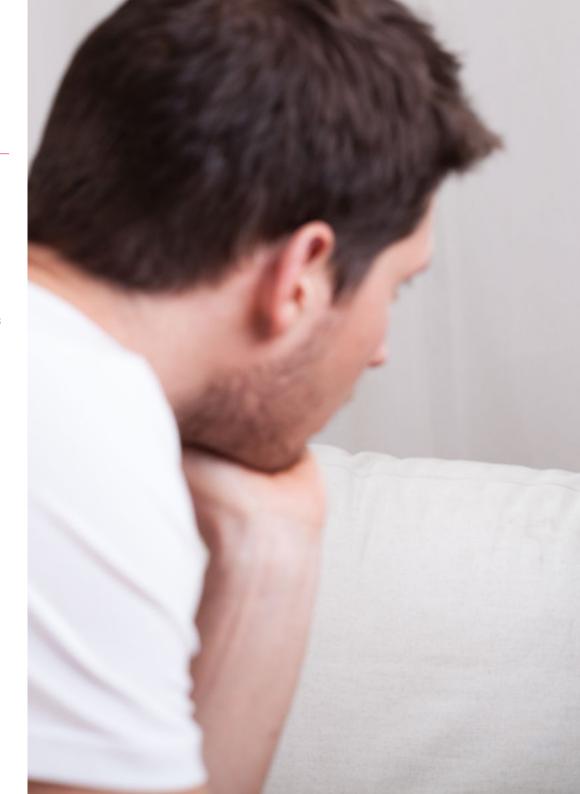*TECH Technological University provides you with all necessary tools to update your knowledge in an a more agile way"*

General Objectives

- Study the paradigm shift that Third-Generation Therapies have brought about 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

An extensive library of multimedia resources will provide you with the most up-to-date knowledge in CAT intervention"

Specific Objectives

Module 1. 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

Module 2. Cognitive-Analytic Psychotherapy and EMDR
- Learn about and internalize the basics of Cognitive-Analytic Psychotherapy and EMDR
- Learn about current and new lines of research
- Know the concept of trauma, as well as its intervention from this perspective

Module 3. 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

03
Structure and Content

TECH offers in all its degrees an elite education within everyone's reach. That is why it incorporates in its university programs the most updated content in each area. In this way, the psychology professional who takes this program will find in this instruction a study plan divided into three modules where you will find the techniques currently used by psychologists and future lines of action in this field. The 100% online modality, without fixed schedules of sessions, will allow you to distribute the teaching load according to your needs.

A curriculum that provides you with the techniques most commonly used by psychologists in consultation with patients who are going through a grieving process"

Module 1. Evolution of Cognitive-Behavioral Psychology

1.1. Emergence and Advancement of New Psychological Treatments
- 1.1.1. The Beginnings and Contextual Framework to the Change
- 1.1.2. The Beginnings of New Treatments
- 1.1.3. Paradigm Shift

1.2. Emergence of the First and Second Waves
- 1.2.1. The Beginnings of Change
- 1.2.2. Introduction to the Process of Change
- 1.2.3. The First and Second Waves

1.3. Cognitive - Behavioral Techniques as Foundation
- 1.3.1. The Importance of Cognitive - Behavioral Basis
- 1.3.2. Introduction to Cognitive - Behavioral Techniques

1.4. Applied Operant Conditioning
- 1.4.1. Authors and Foundations of Operant Knowledge
- 1.4.2. Operant Knowledge First Steps
- 1.4.3. Applied Operant Conditioning

1.5. Coping Styles and Techniques
- 1.5.1. Coping Styles: Definition and Introduction
- 1.5.2. Main Theories
- 1.5.3. Measuring Tools
- 1.5.4. Intervention Techniques

1.6. Relaxation Techniques
- 1.6.1. Relaxation Techniques: Introduction and Biological Foundation
- 1.6.2. Predominant Techniques
- 1.6.3. Use in Clinical Psychology

1.7. Rational Psychotherapies
- 1.7.1. Basis for Rational Psychotherapy
- 1.7.2. Relevant Authors
- 1.7.3. Clinical Use

1.8. Problem - Solving Techniques
- 1.8.1. Emergence of Problem-Solving Strategies
- 1.8.2. Most Commonly Used Techniques
- 1.8.3. Learning and Using Problem-Solving Techniques

1.9. Social Skills Training
- 1.9.1. The Importance of Social Skills
- 1.9.2. *Soft and Hard Skills*
- 1.9.3. Training and Work in Social Skills

1.10. Emergence of Third Generation Therapies
- 1.10.1. First Steps
- 1.10.2. What Are Third Generation Therapies?
- 1.10.3. Progress and Current Situation

Module 2. Cognitive-Analytic Psychotherapy and EMDR

2.1. Introduction to CAT
- 2.1.1. Introduction and History of CAT
- 2.1.2. The Emergence of CAT
- 2.1.3. Most Relevant Authors

2.2. Evaluation Principles in CAT
- 2.2.1. Patient Evaluation Basis in CAT
- 2.2.2. Interview
- 2.2.3. Assessment Tools

2.3. Reformulation
- 2.3.1. What Is Reformulation?
- 2.3.2. Practical Application of Reformulation

2.4. Intervention in CAT
- 2.4.1. Intervention Basis in CAT
- 2.4.2. Techniques Applied to Clinical Psychology

2.5. The Therapeutic Relationship in CAT
- 2.5.1. Importance of the Therapeutic Relationship
- 2.5.2. What Is *Rapport*?
- 2.5.3. Techniques to Improve Therapeutic Relationships

Module 3. Therapist Skills

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.

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.

"

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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 adapted in 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.

20%

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.

15%

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".

15%

3%

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.

20%

17%

7%

3%

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 assess and re-assess 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

This Postgraduate Diploma in EMDR Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

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

This **Postgraduate Diploma in EMDR Therapy** 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 EMDR Therapy**

Official Nº of Hours: **450 h.**

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Awards the following
CERTIFICATE
to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE DIPLOMA
in
EMDR Therapy

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

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

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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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