Postgraduate Diploma
Health Psychology

tec*h*. technological university

Postgraduate Diploma
Health Psychology

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

Official Nº of hours: **450 h.**

Website: www.techtitute.com/psychology/postgraduate-diploma/posgraduate-diploma-health-psychology

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Introduction

Psychologists play a fundamental role in healthcare when it comes to improving people's physical, mental and social wellbeing. Today they are an essential component in resolving different psychological disorders.

With this intensive training you will develop your skills and knowledge in Health Psychology. You will learn, from professionals with extensive experience in the sector, the latest techniques and innovations in the field, which you will be able to implement in your daily professional practice.

This Postgraduate Diploma will broaden your horizons as a psychologist and will allow you to grow personally and professionally"

This Postgraduate Diploma provides extensive knowledge in advanced models and techniques in Health Psychology. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different areas in which psychology has developed and in different sectors of the population.

Throughout this program, you will learn the current and newest approaches on this topic. You will delve into the different characteristics and fundamental aspects of pharmacology; you will learn the efficacy of medication and its application, as well as how to correctly assess and intervene in the different types of addictions.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic and more efficient. We will work to keep you motivated and to develop your passion for learning, helping you to think and develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Postgraduate Diploma in Health Psychology** has the most complete and up-to-date academic program on the market. The most important features of the program include:

- The development of 100 case studies presented by experts in Health Psychology
- The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for Psychologist
- New developments and innovations in the different areas of psychology
- Practical exercises where the self-assessment process can be carried out to improve learning
- Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- Special emphasis on cutting-edge 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

A training program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"

Access deep knowledge of Health Psychology and its multiple implications, in a complete Postgraduate Diploma created to propel you to another professional level"

Increase your confidence as a by updating your knowledge through this Postgraduate Diploma.

This Postgraduate Diploma marks the difference between a professional with a lot of knowledge, and a professional who knows how to apply it in their daily practice.

It includes a very broad teaching staff made up of experts in psychology, who share their work experience in this training, as well as recognized specialists from leading communities 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 an immersive training program designed to train in real situations.

This program is designed around Problem Based Learning, where the student must try to solve the different professional practice situations that arise during the course. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced psychology experts.

Objectives

This Postgraduate Diploma is aimed at psychologists, so that they can acquire the necessary tools to develop in the field, learning about the latest trends and delving into the issues that are at the forefront of this branch of knowledge. Only with the right preparation, you will be able to successfully achieve your objectives.

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If your goal is to improve in your profession, to acquire a qualification that will enable you to compete among the best, then look no further. This training will give your career the boost it needs"

General Objective

- To instruct professionals qualified to practice Health Psychology, in accordance with current legislation, to provide them with the knowledge to carry out effective evaluations and interventions in aspects of people's behavior and activity that influence the promotion and improvement of their general state of health.

This Postgraduate Diploma is aimed at all psychologists who want to achieve a high degree of specialization"

Specific Objectives

Module 1: Scientific and Professional Foundations of General Health Psychology

- Understand the definition and characteristics of Clinical and Health Psychology, its historical background and its relationship with other disciplines

- Study ethical and deontological standards in the practice of both the health profession and research, with emphasis on data protection obligations

- Provide a biopsychosocial perspective on health problems and comment on the theories that explain the relationship between psychological factors and health status

- Detail the different explanatory theories of stress and its impact on health and disease in individuals

- Understand the importance of interprofessional communication in General Health Psychology and to detail how it is carried out and the health care settings in which it is most frequently performed

- Know the main models of psychopathology and the current classification systems and understand their usefulness for Health Psychology

- Describe what evidence-based clinical practice consists of, the benefits it provides, the methodology it uses, the skills needed to develop it, and its limitations and future challenges

- Discover how outcome assessment and evaluation of the therapeutic process is carried out

- Delve into the phases of the research process in psychology and the different research designs that can be used

- Present the main ways of applying new technologies to psychological treatment, as well as their main advantages and disadvantages

Module 2: Skills and Techniques of the General Health Psychologist

- Understand the importance of the therapeutic relationship in the practice of health psychology and the factors that help to establish it
- Explain the different phases of the therapy process and the main obstacles that may be encountered in each one
- Know the skills necessary for practising General Health Psychology, especially communication and listening skills
- Mention the most feared scenarios of the therapy process and the most frequent mistakes made by psychologists and propose concrete strategies for dealing with them
- Possess working knowledge of the different therapeutic orientations in Psychology and acquire an attitude of respect towards the knowledge and techniques coming from each one of them
- Understand the contribution of psychodynamic, phenomenological-existential and humanistic models to General Health Psychology
- Understand the contribution of cognitive-behavioral, contextual, and systemic models to General Health Psychology and their main techniques
- Identify the benefits of positive psychology in promoting and improving individuals health status

Module 3: Prevention and Health Promotion in Health Psychology

- Apply the concepts related to prevention and health promotion applied to the physical and mental health of individuals
- Study the levels of prevention and preventive models applied to physical and mental health
- Discover the main psychological techniques of health promotion and prevention of the main physical health problems
- Know the levels of prevention and the preventive models applied to mental health
- Specify the main psychological techniques for stress prevention and promotion of healthy lifestyles
- Teach the main psychological techniques for health promotion and prevention of the main mental health problems and disorders
- Identify the characteristics of prevention and health promotion in crises and emergencies

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Course Management

To ensure the highest quality of content and an eminently practical approach, TECH has relied on a teaching staff with extensive experience in General Health Psychology. This allows an approach that combines the theoretical vanguard in the field of psychology with clinical experience in the most current techniques of general health psychology, allowing the specialist a much deeper and rigorous update.

You will be able to count on the help of a teaching staff with first-hand knowledge of the most current health psychology reality"

Management

Dra. Sánchez Padrón, Nuria Ester

- Psychologist with experience in educational attention to children at risk, teaching and training
- Graduate in Psychology from the University of La Laguna
- Master's Degree in General Health Psychology from the University of La Rioja
- Training in Emergency Psychological Care
- Training in Psychological Care in Penitentiary Institutions

04
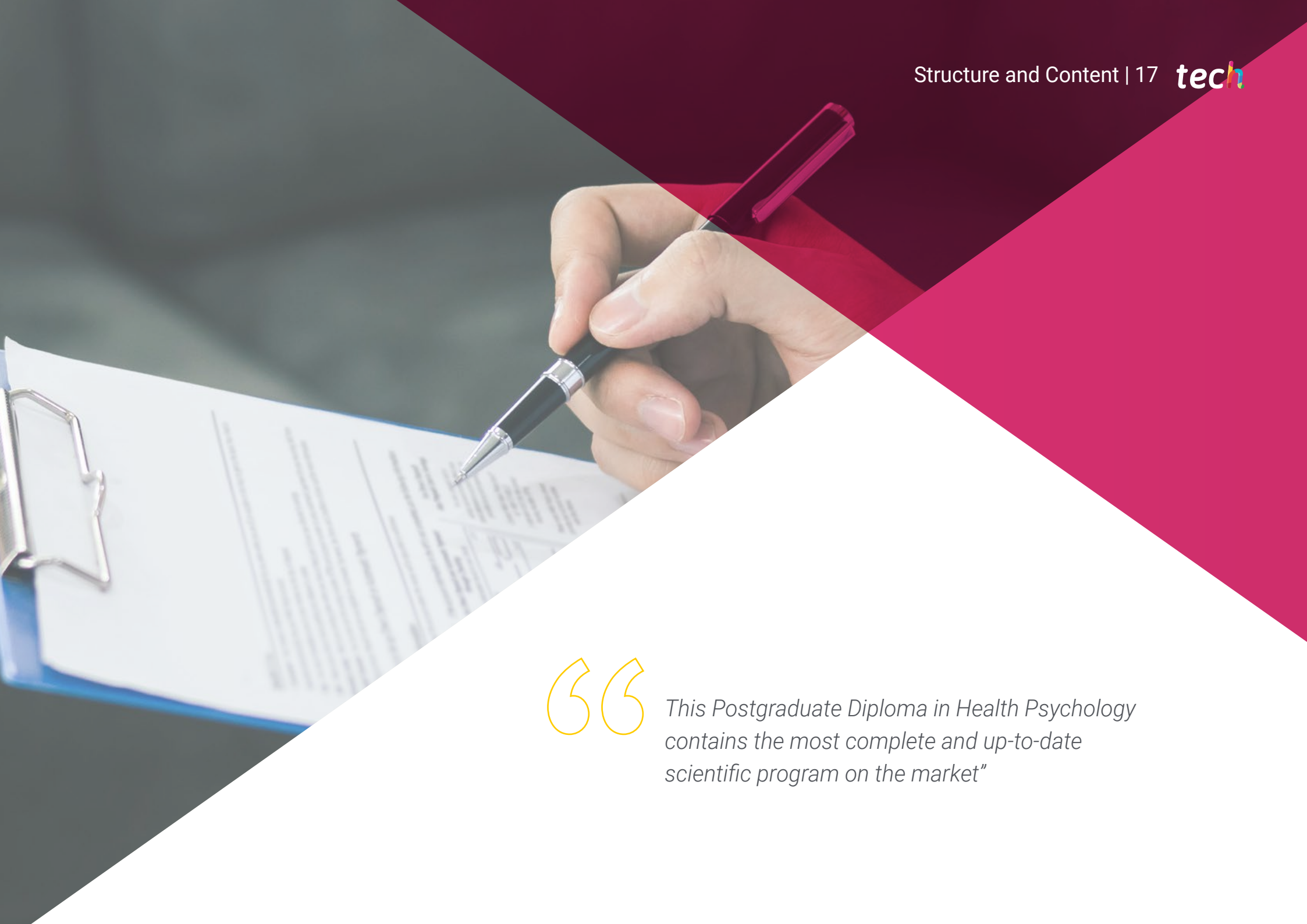# Structure and Content

The structure of the contents has been designed by a team of professionals in Health Psychology, who are conscious of the importance of up-to-date training in order to delve deeper into the field of knowledge and produce publications of academic quality.

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"

This Postgraduate Diploma in Health Psychology contains the most complete and up-to-date scientific program on the market"

Module 1. Psychopharmacology

1.1.   Psychopharmacology in Clinical Psychology

1.1.1.   Evidence-Based Treatments

1.1.2.   Deontology

1.1.3.   Biases in Psychopharmacology

1.2.   Principles of Neurotransmission and Pharmacodynamics

1.2.1.   Pharmacodynamics

1.2.2.   Receptors

1.2.3.   Principles of Neurotransmission

1.2.4.   The Nerve Impulse

1.3.   Antidepressants Part 1

1.3.1.   Depression and Symptomatology

1.3.2.   Biochemical origin of Depression

1.3.3.   Selective Serotonin Reuptake Inhibitors (SSRIs)

1.3.4.   Partial Antagonists/Serotonin Reuptake Inhibitors (APIRS) (Vilazodone)

1.3.5.   Serotonin-Noradrenaline Reuptake Inhibitors (SNRIs)

1.3.6.   Noradrenaline-Dopamine Reuptake Inhibitors (NADRIs)

1.3.7.   Selective Noradrenaline Reuptake Inhibitors (SNRIs)

1.3.8.   Serotonergic Reuptake Inhibitors/Serotonergic Antagonists (SRIs)

1.3.9.   Tricyclic or Last Generation Antidepressants

1.4.   Antidepressants Part 2

1.4.1.   Monoamine Oxidase Inhibitors (MAOIs)

1.4.2.   Agomelatine

1.4.3.   Alpha-2 Antagonists

1.4.4.   Bipolar Disorder

1.4.5.   Mood Stabilizers

1.4.6.   Choice of Treatment

1.5.   Anxiolytics

1.5.1.   Symptoms

1.5.2.   GABAergic System

1.5.3.   Active ingredients

1.5.4.   Medical treatment

1.6.   Sleep Disorders

1.6.1.   The neurobiology of sleep and wakefulness

1.6.2.   Active ingredients

1.6.3.   Insomnia

1.6.4.   Hypersomnia

1.7.   Antipsychotics

1.7.1.   Neurotransmitters and Circuits in Schizophrenia

1.7.2.   Conventional Antipsychotics

1.7.3.   Atypical Antipsychotics

1.8.   Attention Deficit Hyperactivity Disorder (ADHD)

1.8.1.   Symptomatology of Attention Deficit Hyperactivity Disorder (ADHD) 2.9.2.

1.8.2.   Active ingredients

1.8.3.   Pharmacological treatment of ADHD

1.9.   Impulsivity, Compulsivity, and Addiction, and Neutocognitive Disorders

1.9.1.   Implication of Learning

1.9.2.   Involvement of Mesolimbic Pathways in Impulsivity and Compulsivity

1.9.3.   Addiction

1.9.4.   Obsessive Compulsive Disorder

1.9.5.   Neurocognitive Disorders (NCD)

Module 2. Health Psychology and Quality of Life

Module 3. Addiction Assessment and Intervention

3.1.   Definition of Addictions
    3.1.1.   Substance Addictions
    3.1.2.   Non-Substance Addictions
    3.1.3.   Typical Behaviors

3.2.   Context and Comorbidity of Addictions
    3.2.1.   Cultural Characteristics
    3.2.2.   Risk factors
    3.2.3.   Protective Factors
    3.2.4.   Genetic Vulnerability
    3.2.5.   Comorbidity

3.3.   Neurobiological Mechanisms
    3.3.1.   Characteristics of Addictive Behavior
    3.3.2.   Licit Drugs
    3.3.3.   Illicit Drugs

3.4.   Assessment of Addictions
    3.4.1.   Description, Classification, and Explanation of Addictions
    3.4.2.   Evolutionary History
    3.4.3.   Assessment Tools

3.5.   Prevention Models
    3.5.1.   Rational and Informative Model
    3.5.2.   Influence Model
    3.5.3.   General Skills Model

3.6.   Addictions Intervention
    3.6.1.   General Prevention
    3.6.2.   Specific Prevention

3.7.   Psychopathology and Drug Addiction
    3.7.1.   Drug Addiction and Polydrug Addiction
    3.7.2.   Anxiety and Depression

3.8.   Dual Pathology
    3.8.1.   Drug-dependent Patients
    3.8.2.   Profiles
    3.8.3.   Phases: Acute and Chronic

3.9.   Interview for the Assessment of Addictions
    3.9.1.   Motivational Interview
    3.9.2.   Specific Evaluation of the Different Addictions

3.10. Treatment of Addictions
    3.10.1.   Intervention Strategy
    3.10.2.   Therapeutic Process
    3.10.3.   Therapeutic Objectives

Our curriculum has been designed with teaching effectiveness in mind: so that you learn faster, more efficiently, and on a more permanent basis"

Methodology

This training program offers 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 Harvard 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 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.

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.
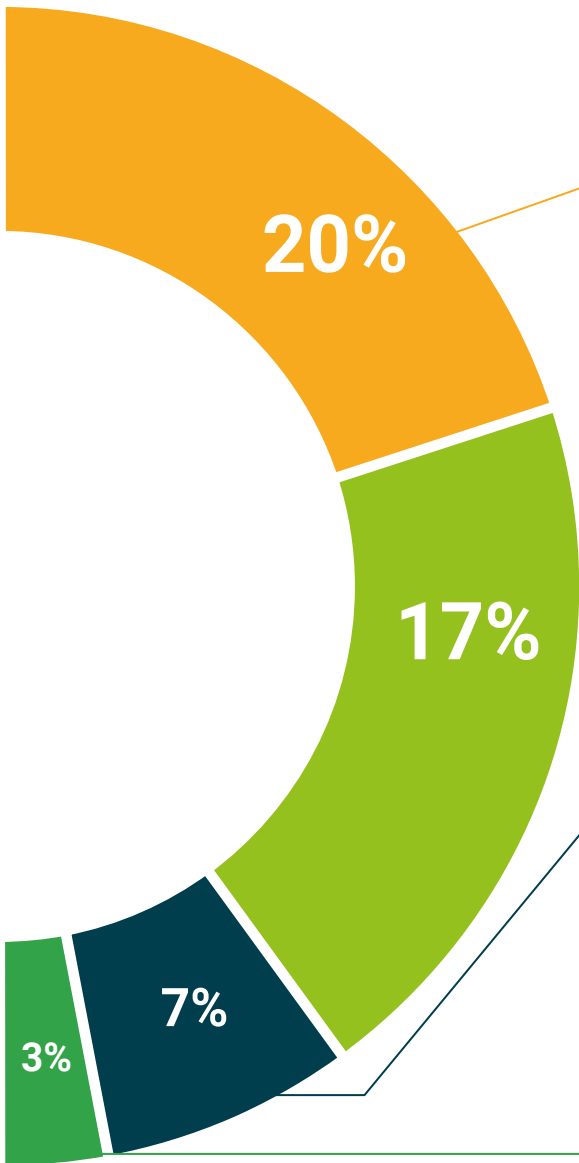
This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".

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%
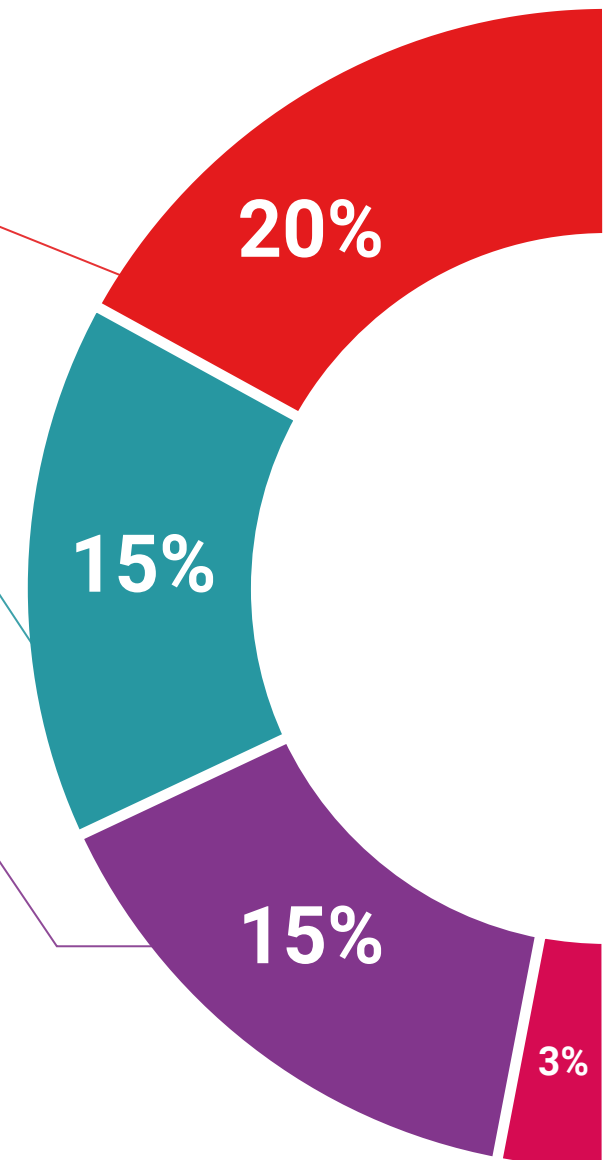
Expert-Led Case Studies and Case Analysis

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 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 your 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.

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Certificate

The Postgraduate Diploma in Health Psychology guarantees students, in addition to the most rigorous and up-to-date training, access to an Postgraduate Diploma issued by TECH Technological University.

" *Successfully complete this training and receive your university degree without travel or laborious paperwork"*

This **Postgraduate Diploma in Health Psychology** contains the most complete and updated program on the market.

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

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

Title: **Postgraduate Diploma in Health Psychology**

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

Health Psychology

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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Postgraduate Diploma
Health Psychology

Course Modality: **Online**

Duration: **6 months.**

Certificate: **TECH Technological University**

Official Nº of hours: **450 h.**

Postgraduate Diploma
Health Psychology

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