

# Postgraduate Diploma

Intervention in Psychosomatic  
Disorders with the Brief  
Psychotherapy Model



## Postgraduate Diploma

### Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-intervention-psychosomatic-disorders-brief-psychotherapy-model](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-intervention-psychosomatic-disorders-brief-psychotherapy-model)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

01

# Introduction

The Psychological Intervention of Psychosomatic Disorders is unique for inserting within the multidisciplinary action, the diagnostic evaluation and interventions of Brief Psychotherapy.





“

*Do not miss the opportunity to update your knowledge in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model to improve your care for patients”*



This Postgraduate Diploma is unique because you will be able to understand, and from there develop intervention protocols to address the psychological and social part of some disorders that have an essential influence on the world of emotions of the patient who suffers from it. That is why in most of these so-called psychosomatic disorders there is no structural damage, but there is damage in the functioning and the way of acting of the organ or organs that channel the expression of the conflict.

Current knowledge indicates the notable influence of the psychological aspect on biochemistry and central neurology. There are numerous investigations that support the possibility of worsening or improving medical conditions, depending on the mental capacity of the subject to deal with them. The cognitive style, the way reality is represented and above all the capacity to express emotions in a natural way, are fundamental elements to improve or worsen a psychosomatic condition.



*This Postgraduate Diploma in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model contains the most complete and up to date program on the market"*

This **Postgraduate Diploma in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Clinical cases presented by experts in the different specialties
- ♦ 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
- ♦ New developments in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based psychology and research methodologies in Psychology
- ♦ All of this will be complemented by 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 may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Intervention in Psychosomatic Disorders with Brief Psychotherapy Model, you will obtain a Postgraduate Diploma from TECH Global University"*

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma.*

Its faculty includes health professionals belonging to the field of psychology, who bring to this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, through which the Psychologist must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master the Intervention in Psychosomatic Disorders with the TBrief Psychotherapy Model in a practical and rigorous way.







“

*This updating program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”*



## General Objectives

---

- Train as a specialist in to identify the aspects of the psyche that do not allow emotional expression by psychological means
- Recognize the natural stressors that affect the different systems that make up our organism
- Achieve an anamnesis of the psychosomatic disorder
- Identify the current psychosomatic disorder in the subject's biography
- Control psychosocial stressors that unbalance the affected system
- Understand and manage psychic symbolism and its impact on the psychosomatic disorder



*Make the most of this opportunity and take the step to get up-to-date on the latest developments in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model"*





## Specific Objectives

---

- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Achieve greater diagnostic accuracy by performing psychosomatic and psychological equivalents
- ♦ Discernment training between the relationships of the nervous, endocrine and immune systems
- ♦ Identify technology that is effective in the improvement of psychosomatic disorders
- ♦ Develop joint protocols with other specialists
- ♦ Describe all the research done in the last twenty years
- ♦ Differentiate intervention according to the system affected
- ♦ Manage the differential characteristics the same psychosomatic disorder presents, and find similar intervention modalities for different disorders



03

# Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training. In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.



“

*Learn from leading professionals  
the latest advances in Intervention  
in Psychosomatic Disorders with the  
Brief Psychotherapy Model"*



## Management



### Mr. Aguado Romo, Roberto

- ◆ Psychologist Specialist in Clinical Psychology
- ◆ European specialist psychologist in Psychotherapy
- ◆ Managing Director of the evaluation and psychotherapy centers in Madrid, Bilbao and Talavera de la Reina
- ◆ Author of Time-Limited Psychotherapy
- ◆ Researcher at CerNet, Emotional Network, and European Institute for Time-Limited Psychotherapies



## Professors

### Dr. Fernández Sánchez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the T.E.N. technique. Head of studies on the master's degree in Time-Limited Psychotherapy and Health Psychology. Specialist in Clinical Hypnosis and Relaxation

### Dr. Gandarias, Gorka

- ♦ Health Psychologist
- ♦ European specialist psychologist in Psychotherapy by the EFPA in Vitoria, Spain
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in intervention in bizarre behavior and drug addiction

### Dr. Martínez Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha. Health Psychologist
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of specialization in the daily praxis of the psychologist, aware of the relevance of current training to treat the patient with psychological disorders and are committed to quality teaching using new educational technologies.



“

*This Postgraduate Diploma in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model contains the most complete and up-to-date program on the market”*

## Module 1. Fundamentals of Psychosomatics

- 1.1. The psyche-soma unit
- 1.2. Functional Symptom, Conversion and Disease
  - 1.2.1. Psychosomatic Orientation in Psychology
  - 1.2.2. Liaison Psychology
- 1.3. Resurgence of a New Discipline: Health Psychology
  - 1.3.1. Disciplinary Delimitation
- 1.4. The Alexithymia Construct
  - 1.4.1. Historical Review of the Concept
  - 1.4.2. Features
  - 1.4.3. Etiological Hypotheses
  - 1.4.4. Assessment
  - 1.4.5. Processing Emotional Stimuli in Alexithymia
- 1.5. Psychosomatic Patients
  - 1.5.1. Psychosomatic Disease Components and Characteristics
  - 1.5.2. Processes and Dynamics of Psychosomatic Disease
  - 1.5.3. Ways Psychosomatic Disorders Manifest
- 1.6. Stress and Psychosomatics Disorders
- 1.7. Personality and Psychosomatics
- 1.8. Psychosocial Aspects of Psychosomatic Disorders
- 1.9. Psychosomatic Processes: A Defense Mechanism for Integrity?
  - 1.9.1. Emigration
  - 1.9.2. Solape
  - 1.9.3. Compensation
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms

## Module 2. Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model

- 2.1. Delimitation of a focal area of intervention
  - 2.1.1. Achieve readaptation of the focal area
  - 2.1.2. Rehabilitation as a goal
- 2.2. Adapt the technique to the patient's needs
- 2.3. Corrective emotional experience
- 2.4. Patient expression
  - 2.4.1. Emotional discomfort
  - 2.4.2. Ability to express conflicts in intrapersonal terms
  - 2.4.3. Willingness to examine your feelings
  - 2.4.4. Ability to tolerate frustration
  - 2.4.5. Benefits of Disease
- 2.5. Role of the active therapist
- 2.6. Bellak and Small method
  - 2.6.1. Preparation of clear and precise objectives
  - 2.6.2. Five days of one-hour intervention
  - 2.6.3. Intervention scenario is the problem
  - 2.6.4. Reworking
- 2.7. Malan method
  - 2.7.1. Delimitation of the objective
  - 2.7.2. Crystallization of a focal point
  - 2.7.3. Selective attention
  - 2.7.4. Partial interpretations





- 2.8. Sifneos Method
  - 2.8.1. Work where you find the emotional crisis
  - 2.8.2. Anxiolytic and dynamic work
  - 2.8.3. Therapeutic contract
- 2.9. Gilliéron method
  - 2.9.1. Crisis: breakdown of a relatively stable equilibrium
  - 2.9.2. Avoid determination of the proposed problem
  - 2.9.3. Therapeutic contract
- 2.10. Mann method
  - 2.10.1. 12 one-hour meetings
  - 2.10.2. Universal basic conflicts
    - 2.10.2.1. Independence-dependence
    - 2.10.2.2. Activity-passivity
    - 2.10.2.3. Self-esteem-loss of self-esteem
    - 2.10.2.4. Elaborated duel-unelaborated duel
- 2.11. Davanloo method
  - 2.11.1. Kind firmness
  - 2.11.2. Resistance work
  - 2.11.3. Various spotlights
- 2.12. Corrective process in brief psychotherapy
  - 2.12.1. Operational Reference Conceptual Scheme (O.R.C.S.)
  - 2.12.2. Temporo-spatial location, role, age, sex, social status
- 2.13. Belonging
  - 2.13.1. Actors' Identity
  - 2.13.2. Responsibility to take on the task
- 2.14. Cooperation
  - 2.14.1. Actual degree of effectiveness
  - 2.14.2. Progress or regress roles

- 2.15. Relevance
  - 2.15.1. Ability to focus on task
  - 2.15.2. Process axis
- 2.16. Communication.
  - 2.16.1. Information Theory
  - 2.16.2. Libido dynamics
- 2.17. Learning
  - 2.17.1. Ability to acquire
  - 2.17.2. Ability to rebuild
- 2.18. Télé
  - 2.18.1. Positive
  - 2.18.2. Negative
- 2.19. Basic principles of therapy in brief psychotherapy
- 2.20. Tactics
  - 2.20.1. How the action plan is used
- 2.21. Logistics
  - 2.21.1. Minimum energy for best results
- 2.22. Strategy
  - 2.22.1. Designing an Action Plan
  - 2.22.2. Path to follow to reach the goal
- 2.23. Technique
  - 2.23.1. How are the instruments used?
  - 2.23.2. Skills
- 2.24. Interventions in brief psychotherapy
- 2.25. Suggestion
  - 2.25.1. Produce ideas or impulses in the patient
  - 2.25.2. Direct and indirect





- 2.26. Abreaction
  - 2.26.1. Emotional discharge
  - 2.26.2. Expression of the facts
- 2.27. Advice
  - 2.27.1. Indication of new guidelines
  - 2.27.2. Position alternatives
- 2.28. Pointing or confrontation
  - 2.28.1. Direct towards the focus of the conflict
  - 2.28.2. Existence of contradictions
- 2.29. Clarification or clarification
  - 2.29.1. Conscious and unconscious
  - 2.29.2. Knowledge of your feelings
- 2.30. Interpretation
  - 2.30.1. Uncover unconscious elements
  - 2.30.2. Explanation of the elements that maintain the problem

“*An unique, key, and decisive educational experience to boost your professional development”*



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.





“

*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.*





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 Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



A photograph of two black graduation caps against a blue sky with light clouds. The caps are positioned diagonally, with one in the foreground and another slightly behind it. The background is split into a blue sky and a magenta/pink geometric shape.

“

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



This private qualification will allow you to obtain a **Postgraduate Diploma in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

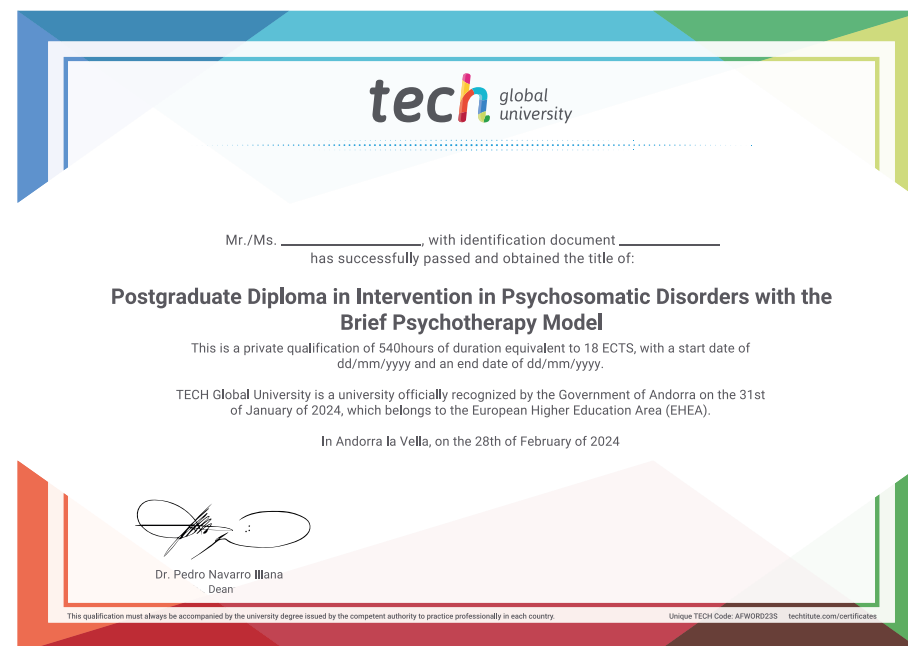
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



## Postgraduate Diploma Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Intervention in Psychosomatic Disorders with the Brief Psychotherapy Model