

Postgraduate Diploma Intervention in Psychosomatic Disorders Using Gestalt



Postgraduate Diploma Intervention in Psychosomatic Disorders Using Gestalt

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 16 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-intervention-psychosomatic-disorders-using-gestalt

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01

Introduction

The increase of people suffering from Stress or Anxiety in today's society has become one of the major triggers of Psychosomatic Disorders. In fact, several studies assure that one out of every three citizens visit their doctor's office due to pain of this kind. In this sense, it has been proven that the most appropriate way to deal with these situations is to tackle the patient's conflict at its root through Psychology. Therefore, this program allows psychologists to specialize in the Gestalt Model so that their patients become aware of the present. Therefore, this program offers a high level of training that students will be able to combine with their professional practice thanks to its online modality.





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Become an expert in the Gestalt Model thanks to this TECH program"

The power of the mind over the body has the potential to cause a person to suffer from psychosomatic illness. An intense emotional situation in negative terms can trigger an imbalance between the physical and psychological parts, resulting in lowered defenses. Consequently, patients are more vulnerable to external agents.

This situation requires that people have the appropriate tools to develop a correct personal growth and focus on the here and now, instead of their worries. Gestalt Therapy is positioned as the perfect technique for this, focused on the integration of behaviors, thoughts and emotions of patients to predispose them to their mental recovery. Undoubtedly, this way of dealing with psychosomatic ailments needs more and more psychologists specialized in it, something to which this TECH program provides an answer.

In this way, students of the Postgraduate Diploma in Intervention in Psychosomatic Disorders Using Gestalt will specialize in techniques that make the patient focus on living their reality and increase their personal confidence, leaving the pain behind. To this end, they will delve into fundamental elements such as role-playing and dream analysis. In addition, one of the great advantages of this program is its wide range of possibilities in the Virtual Campus. This gives students the opportunity to complement their learning with an extensive digital library and to review the materials at any time, without any restrictions.

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

- ♦ The development of practical cases presented by experts in Gestalt model
- ♦ 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
- ♦ Practical exercises where the self-assessment 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 work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Help your patients to
grow personally and leave
psychosomatic illnesses behind"*



Enjoy unlimited access to the Virtual Campus of this Postgraduate Diploma to perfect your knowledge"

The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies 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 immersive education programmed to learn in real situations.

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

Examine in depth the different types of dreams and offer your patients the tools to learn to live them, instead of trying to explain them.

Specialize in the Gestalt Model with a global perspective from the world's largest online university.



02

Objectives

The main objective of this Postgraduate Diploma is to train psychologists in the application of the Gestalt Model for the treatment of Psychosomatic Disorders. The program aims for students to stand out in their careers thanks to the latest knowledge on this subject, translating it masterfully into their professional activity. To this end, TECH establishes a series of both general and specific objectives that will ensure that the students' expectations are more than met.



A hand holding a white card with a black ink drawing of a rooster's head. The drawing is a stylized, high-contrast illustration of a rooster's head, showing its comb, wattle, and beak. The background is a gradient of pink and purple.

“

Achieve the objectives of this program by using multimedia content such as video summaries or interactive diagrams”



General Objectives

- ♦ Explain the relation between psychic conflict and its psychosomatic expression
- ♦ 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
- ♦ Compare the behavior of bodily disorders with the basic patient conflicts
- ♦ Train as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- ♦ Explain the biochemical functioning of the affected system, as well as the antidotes for improvement





Specific Objectives

Module 1. Fundamentals of Psychosomatic Medicine

- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Describe all the research done in the last twenty years

Module 2. Psychological Intervention in Psychosomatic Disorders Using Gestalt

- ♦ Identify the symptom as a messenger rather than as the therapeutic target
- ♦ Implement metaphor and analogy together with clinical hypnosis in the from intervention process
- ♦ Implement techniques that connect with the pathological expression of the organism



Master the techniques that will help your patients relive and accept traumatic situations in a healthy way"

03

Course Management

TECH has a program with high educational standards thanks to a teaching team of psychologists who have excelled in the field of Clinical and Health Psychology. Students will learn from a faculty that is a member of prestigious scientific societies and has developed extensive research work. In this way, students will benefit from their excellent *know-how* and will be at their complete disposal through the Virtual Campus.



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A team of leading teachers in the field will perfect your knowledge to boost your career”

Management



Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many schools
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

Professors

Dr. Gandarias Blanco, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP

- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine

04

Structure and Content

The syllabus of this Postgraduate Diploma has been designed under the careful supervision of the team of psychologists that make up the faculty. This ensures that the program includes all the necessary concepts that students demand to excel in this area. In this line, the contents will deal with the psychosomatic patient, suppressive and integrative techniques, role-playing, dreams, or defense mechanisms in therapy.





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Examine in depth the psychosomatic orientation in Psychology to intervene successfully through Gestalt Therapy”

Module 1. Fundamentals of Psychosomatic Medicine

- 1.1. The Soma-Psyche 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?
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms

Module 2. Psychological Intervention in Psychosomatic Disorders Using Gestalt

- 2.1. Suppressive Techniques
 - 2.1.1. Experiencing Nothingness
 - 2.1.2. Making Sterile Emptiness become Fertile Emptiness
 - 2.1.3. Avoiding "Talking about" and Encouraging Living
- 2.2. Detecting the "Shoulds"
- 2.3. Detecting "as if" Role Playing
- 2.4. Expressive Techniques
 - 2.4.1. Externalizing the Internal
 - 2.4.2. Expressing the Unexpressed





- 2.4.3. Completing or Complementing Expression
 - 2.4.3.1. Role-Paying Games
 - 2.4.3.2. Working on Problems in an Imaginary Way
 - 2.4.3.3. Reviving Situations in a Healthy Way
- 2.5. Look for the Direction to Make the Direct Expression
 - 2.5.1. Continuous Repetition
 - 2.5.2. Exaggeration and Development
 - 2.5.3. Translation: Expressing in Words What is Done
- 2.6. Confronting Oneself
 - 2.6.1. Taking on Responsibility
 - 2.6.2. Allowing Fears to Surface
 - 2.6.3. Getting People to Express Their Feelings
- 2.7. Action and Identification
 - 2.7.1. Acting out Your Feelings and Emotions
- 2.8. Integrative Techniques
 - 2.8.1. Incorporate or Re-Integrate Aligned Parts:
 - 2.8.2. Intrapersonal Encounter
 - 2.8.3. Dialog between "I Should" and "I Want"
 - 2.8.4. Assimilation of Projections: Living the Projection as One's Own
- 2.9. Dreams in Gestalt
 - 2.9.1. Living the Dream, Not Explaining It
 - 2.9.2. Types of Dreams in Gestalt Psychology
- 2.10. Defense Mechanisms in Gestalt Psychology
- 2.11. Facilitating Internal and External Contact
- 2.12. Self-Regulation of the Organism
 - 2.12.1. Desensitization
 - 2.12.2. Projection
 - 2.12.3. Introjection
 - 2.12.4. Retroreflection
 - 2.12.5. Deflection
 - 2.12.6. Confluence
 - 2.12.7. Fixation
 - 2.12.8. Retention

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



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

This program will allow you to obtain your **Postgraduate Diploma in Intervention in Psychosomatic Disorders Using Gestalt** 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** title 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 Using Gestalt**

Modality: **online**

Duration: **6 months**

Accreditation: **16 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.



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