

Postgraduate Diploma Psychological Assessment and Intervention in Adults



Postgraduate Diploma Psychological Assessment and Intervention in Adults

- » 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-psychological-assessment-intervention-adults

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01

Introduction

Learn about the main mental and behavioral disorders in adults, with this intensive educational program carefully designed by professionals in the field. You will update your knowledge and skills in Psychological Assessment and Intervention in Adults, in a practical way, thanks to its 100% online modality.



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A deep and comprehensive dive into strategies and approaches in Psychological Assessment and Intervention in Adults"

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

This Postgraduate Diploma provides extensive knowledge in advanced models and techniques in assessment, diagnosis and psychological intervention in this field of health. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this educational program, the student will cover all the current approaches in the work carried out by health psychologists. The correct approach to psychological assessments and interviews; the implementation of psychological techniques for stress prevention or the assimilation of the different phases of the research process in Psychology. These will be some of the many topics of work and study that students will be able to integrate into their education with this comprehensive program.

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 analyze and to develop critical thinking skills.

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

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

- ♦ The development of more than 100 practical cases presented by experts in Psychological Assessment and Intervention in Adults
- ♦ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for carrying out research
- ♦ News and innovations on research in the different fields of psychology
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ♦ Special emphasis on research 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 program created for professionals who aspire to excellence and that will allow you to acquire new skills and strategies in a smooth and effective way"

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Access deep insights into Psychological Assessment and Intervention in Adults and its multiple implications, in a comprehensive Postgraduate Diploma designed to propel you to another professional level”

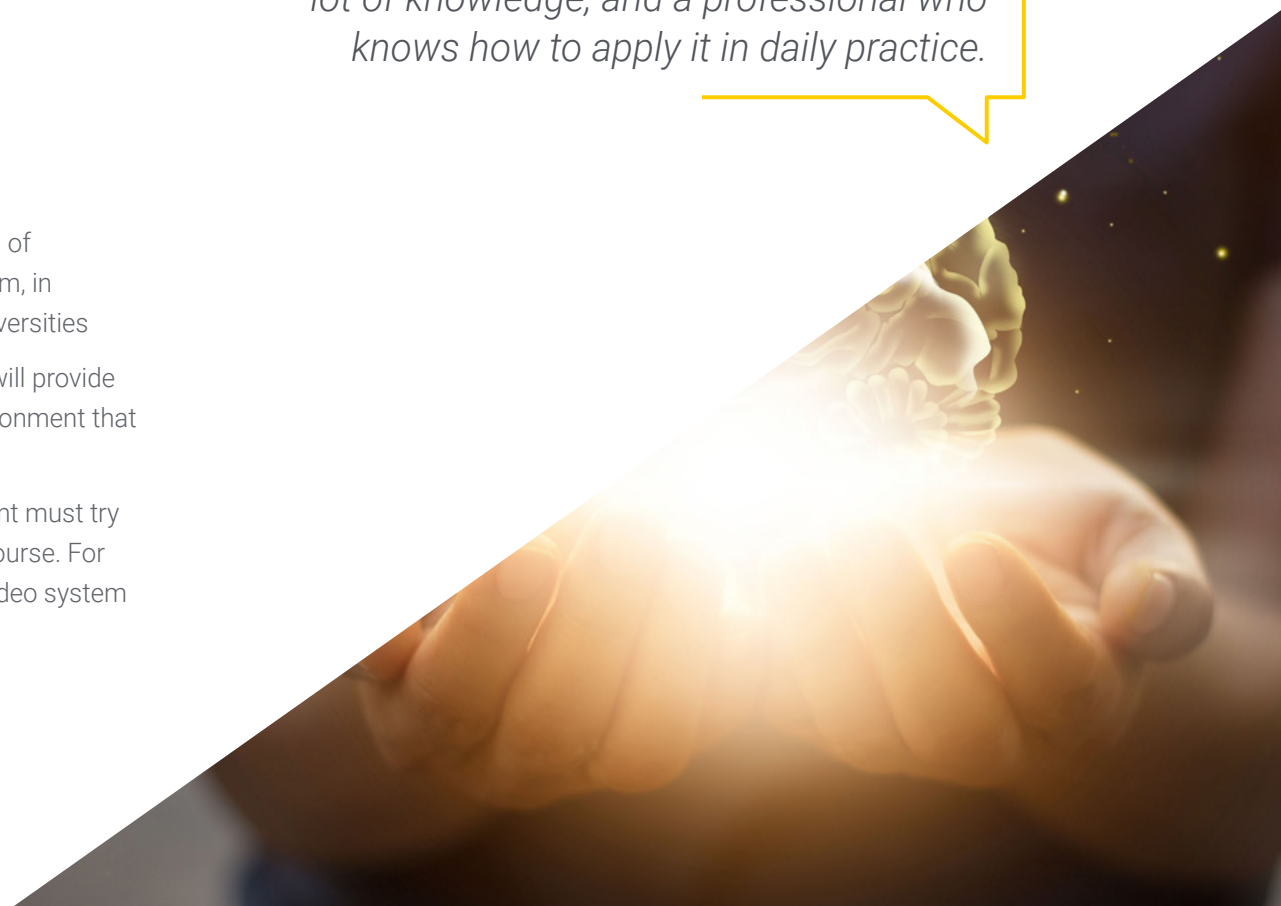
It includes a very broad teaching staff of professionals belonging to the field of psychology, who contribute their work experience to this educational program, in addition to recognized specialists of reference societies and prestigious universities

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 an immersive program designed to learn 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 research experts.

Increase your confidence as a healthcare psychiatrist 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 daily practice.



02

Objectives

This program is aimed at healthcare psychologists, so that they can acquire the tools required 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 program will give your career the boost it needs"

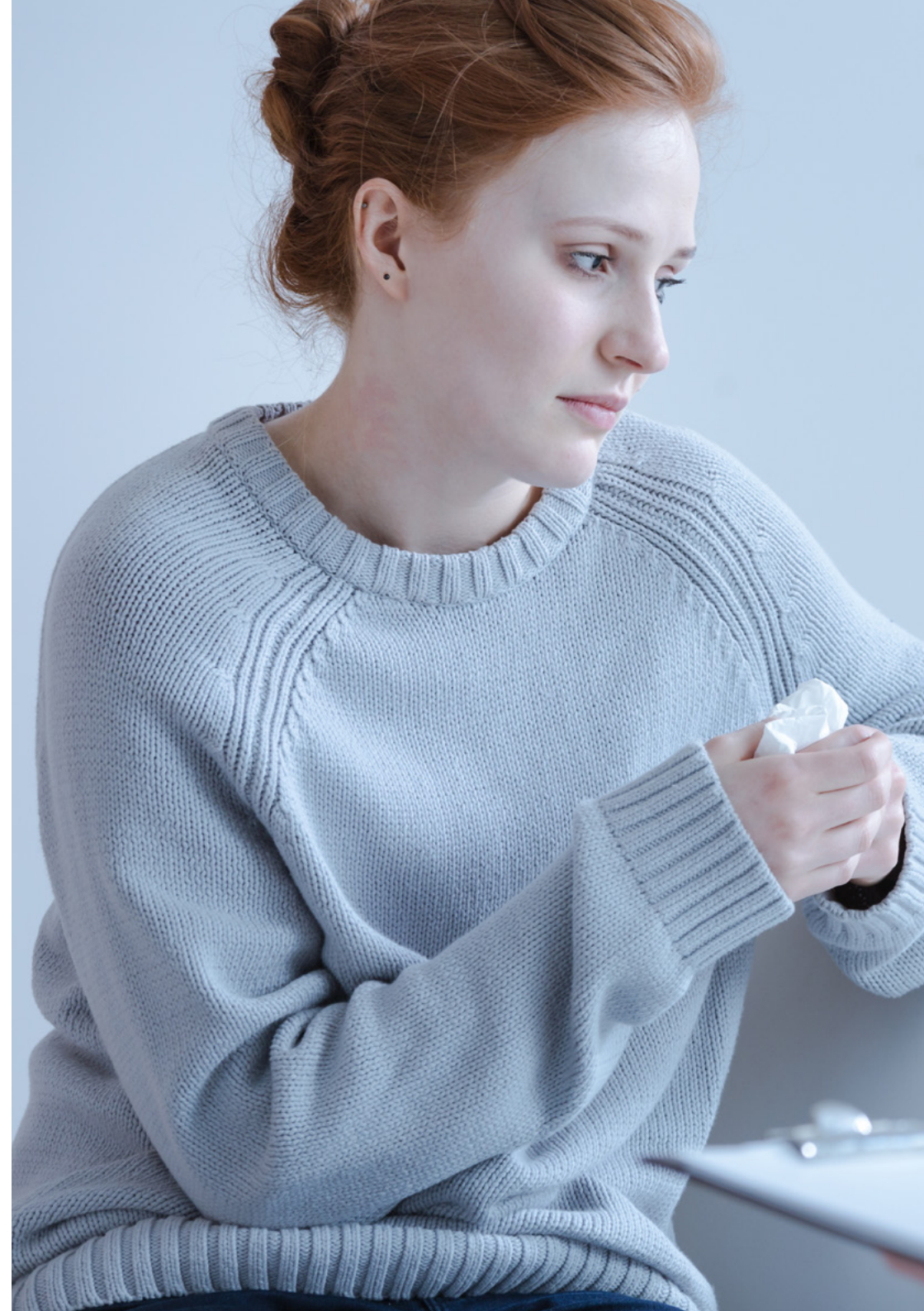


General Objective

- ◆ Enable professionals qualified to perform in Psychological Assessment and Intervention in Adults, according to current legislation, with the ability to carry out effective assessments and treatments in people's behavior and activity in order to promote and improve their general state of health



This Postgraduate Diploma is aimed at all psychologists who want to achieve a high degree of specialization in the healthcare sector”





Specific Objectives

Module 1: Assessment in General Health Psychology

- ◆ Identify the phases of the psychological evaluation process and the different actions carried out by a General Health Psychologist in each of them
- ◆ Know the types of evaluation techniques that exist in health psychology
- ◆ Describe the characteristics of psychological interviews, their stages and the peculiarities of the different types of interviews, especially the initial interview and the return interview
- ◆ Mention the main changes and controversies in the latest edition of the DSM
- ◆ Detail the assessment techniques necessary for problem identification and psychopathological diagnoses
- ◆ Understand the usefulness of a clinical formulation within the psychological assessment process, as well as the different formulation models that exist
- ◆ Know the most commonly used instruments for evaluating quality of life, lifestyles and stress
- ◆ Understand the characteristics of the most common chronic conditions and the most commonly used assessment tools for these problems
- ◆ Know the criteria for diagnosing the main mental and behavioral disorders
- ◆ Study the most commonly used assessment instruments for the main mental and behavioral disorders

Module 2: General Health Psychology Skills and Techniques

- ◆ 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 essential skills 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: Psychological Intervention in Adults

- ◆ Describe the etiology, course, and prevalence of major mental and behavioral disorders in adults
- ◆ Know the most commonly used psychological intervention techniques for adult patients with mental disorders
- ◆ Discover the latest recommendations of scientific evidence for treating adults with different psychological problems
- ◆ Review the characteristics of the most important physical health problems and the psychological factors related to their onset and continuation
- ◆ Know the main psychological intervention techniques for patients with different physical health problems
- ◆ Present the latest recommendations from scientific evidence for the treatment of adults with different physical health problems

03

Course Management

In order to achieve greater excellence in the approach and quality of the contents, TECH has assembled a teaching staff with proven experience in the field of Psychological Intervention with Adults. This guarantees that the entire syllabus is focused on the most current and rigorous clinical practice, providing the psychologist with a unique vision adapted to the most recent scientific postulates.



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TECH only chooses the best professionals to elaborate its contents. With this Postgraduate Diploma you will obtain the best possible update in Psychological Assessment and Intervention in Adults"

Management



Dr. Sánchez Padrón, Nuria Ester

- ♦ Psychologist with experience in educational attention to children at risk, teaching and training.
- ♦ Degree 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 Psychological Assessment and Intervention in Adults, who are conscious of the importance of up-to-date education in order to be able to delve deeper into this field of knowledge and produce publications of academic quality.



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This Postgraduate Diploma in Psychological Assessment and Intervention in Adults has the most complete and up-to-date scientific program on the market”

Module 1. Assessment in General Health Psychology

- 1.1. Psychological Assessment Process
 - 1.1.1. Descriptive-Predictive Process
 - 1.1.2. Intervention-Assessment Process
- 1.2. Assessment Techniques in Health Psychology
 - 1.2.1. Features of the Assessment Techniques
 - 1.2.2. Types of Assessment Techniques
- 1.3. The Interview as an Assessment Technique
 - 1.3.1. Conceptualization of the Psychological Interview
 - 1.3.2. Interview Process
- 1.4. Observation
 - 1.4.1. Observation Features
 - 1.4.2. Observation Process
- 1.5. Diagnosis in Health Psychology
 - 1.5.1. Features and Limitations of the DSM-5
 - 1.5.2. Assessment for Problem Identification
- 1.6. Clinical Formulation
 - 1.6.1. Clinical Case Formulation
 - 1.6.2. Functional Analysis (Conceptual and Empirical Foundations)
 - 1.6.3. Functional Analysis (Strategies)
- 1.7. Communication of Results in Health Psychology
 - 1.7.1. Return Interview
 - 1.7.2. Written Report
- 1.8. Quality of Life, Lifestyle and Stress Assessment
 - 1.8.1. Assessment of Quality of Life and the Intervention Process
 - 1.8.2. Lifestyle and Self-Efficacy for Health Assessment
 - 1.8.3. Stress Assessment
- 1.9. Assessment in Chronic Conditions.
 - 1.9.1. Psychological Assessment in HIV
 - 1.9.2. Psychological Assessment in Chronic Pain
 - 1.9.3. Psychological Assessment in Oncology Patients

- 1.10. Assessment in Schizophrenia Spectrum Disorders
 - 1.10.1. Theoretical and Conceptual Aspects in the Assessment of Schizophrenia Spectrum Disorders
 - 1.10.2. Assessment Tools for Schizophrenia Spectrum Disorders
- 1.11. Assessment in Depressive and Bipolar Disorders
 - 1.11.1. Theoretical and Conceptual Aspects in the Assessment of Depressive and Bipolar Disorders
 - 1.11.2. Assessment Tools in Depressive and Bipolar Disorders
- 1.12. Assessment in Anxiety Disorders
 - 1.12.1. Theoretical and Conceptual Aspects in the Assessment of Anxiety Disorders
 - 1.12.2. Anxiety Disorders Assessment Tools
- 1.13. Assessment in Trauma-Related, Dissociative, Somatic Symptom and OCD Disorders
 - 1.13.1. Trauma-Related Disorders and Dissociative Disorders
 - 1.13.2. Somatic Symptom Disorders
 - 1.13.3. Obsessive-Compulsive Disorder and Related Disorders
- 1.14. Assessment of Eating, Sleep and Excretory System Disorders
 - 1.14.1. Eating Disorders
 - 1.14.2. Sleep Disorders
 - 1.14.3. Excretory System Disorders
- 1.15. Assessment in Sexual and Paraphilic Disorders
 - 1.15.1. Sexual Dysfunctions
 - 1.15.2. Paraphilic Disorders
- 1.16. Assessment in Addictive Disorders
 - 1.16.1. Diagnostic Criteria for Addictive Disorders
 - 1.16.2. Addictive Disorders Assessment Tools
 - 1.16.3. Personality Disorders

Module 2. General Health Psychology Skills and Techniques

- 2.1. The Therapeutic Relationship and the Therapeutic Process
 - 2.1.1. Therapeutic Process
 - 2.1.2. Therapeutic Relationship
- 2.2. Basic Skills and Competencies for Health Psychologists



- 2.2.1. Basic Skills for Therapists
- 2.2.2. Characteristics of a Therapist
- 2.2.3. General Health Psychologist Skills
- 2.3. Listening Skills
 - 2.3.1. Listening
 - 2.3.2. Listening Techniques
- 2.4. Verbal and Non-Verbal Communication
 - 2.4.1. Non-Verbal Communication
 - 2.4.2. Verbal Communication Techniques
- 2.5. Obstacles and Feared Scenarios in the Therapeutic Process
 - 2.5.1. Obstacles in Initiation and Assessment
 - 2.5.2. Obstacles in Implementing the Treatment
- 2.6. Most Frequent Errors Made by Psychologists
 - 2.6.1. Risk of Dual Relationship
 - 2.6.2. Other Obstacles in the Therapeutic Process
- 2.7. Psychotherapy and Therapeutic Components
 - 2.7.1. Models in Psychotherapy
 - 2.7.2. Integration in Psychotherapy
- 2.8. Contribution of Psychodynamic, Phenomenological-Existential, and Humanistic Models
 - 2.8.1. Psychodynamic Models
 - 2.8.2. Phenomenological-Existential and Humanistic Models
- 2.9. Behavioral Techniques
 - 2.9.1. Relaxation Techniques
 - 2.9.2. Exposure Techniques
 - 2.9.3. Operant Techniques
- 2.10. Cognitive Techniques
 - 2.10.1. Skills Training
 - 2.10.2. Cognitive Restructuring
- 2.11. Third Generation Therapies

- 2.11.1. Therapies Based on *Mindfulness*
- 2.11.2. Dialectical Behavior Therapy
- 2.11.3. Behavioral Activation Therapy
- 2.11.4. Functional Analytic Psychotherapy
- 2.12. Group Intervention and Family Therapy
 - 2.12.1. Group Intervention
 - 2.12.2. Family Therapy
- 2.13. Positive Psychology
 - 2.13.1. Positive Psychology: Concepts
 - 2.13.2. Positive Psychology: Techniques
- 2.14. Health Psychology
 - 2.14.1. Prevention and Health Promotion
 - 2.14.2. *Counseling*

Module 3. Psychological Intervention in Adults

- 3.1. Psychological Intervention in Psychotic Disorders
 - 3.1.1. Psychotic Disorders: Etiology, Course, and Prevalence
 - 3.1.2. Psychotic Disorders: Scientific Evidence
 - 3.1.3. Psychotic Disorders: Psychological Intervention Techniques
- 3.2. Psychological Intervention in Depressive and Bipolar Disorders
 - 3.2.1. Intervention in Depressive Disorders
 - 3.2.1.1. Depressive Disorders: Etiology, Course, and Prevalence
 - 3.2.1.2. Depressive Disorders: Scientific Evidence.
 - 3.2.1.3. Depressive Disorders: Psychological Intervention Techniques
 - 3.2.2. Intervention in Bipolar Disorder
 - 3.2.2.1. Bipolar Disorder: Etiology, Course, and Prevalence
 - 3.2.2.2. Bipolar Disorder: Scientific Evidence
 - 3.2.2.3. Bipolar Disorder: Psychological Intervention Techniques
- 3.3. Psychological Intervention in Anxiety Disorders
 - 3.3.1. Anxiety Disorders: Etiology, Course, and Prevalence
 - 3.3.2. Anxiety Disorders: Scientific Evidence
 - 3.3.3. Anxiety Disorders: Psychological Intervention Techniques
- 3.4. Psychological Intervention in OCD, PTSD, and Related Disorders





- 3.4.1. Intervention in OCD and Related Disorders
- 3.4.2. Intervention in PTSD and Related Disorders
- 3.5. Psychological Intervention in Eating Disorders
 - 3.5.1. Eating Disorders: Etiology, Course and Prevalence
 - 3.5.2. Eating Disorders: Scientific Evidence
 - 3.5.3. Eating Disorders: Psychological Intervention Techniques
- 3.6. Psychological Intervention in Sleep Disorders
 - 3.6.1. Sleep Disorders: Etiology, Course and Prevalence
 - 3.6.2. Sleep Disorders: Scientific Evidence
 - 3.6.3. Sleep Disorders: Psychological Intervention Techniques
- 3.7. Psychological Intervention in Sexual Dysfunctions
 - 3.7.1. Sexual Dysfunctions: Etiology, Course and Prevalence
 - 3.7.2. Sexual Dysfunctions: Scientific Evidence
 - 3.7.3. Sexual Dysfunctions: Psychological Intervention Techniques
- 3.8. Psychological Intervention in Addictive Disorders
 - 3.8.1. Addictive Disorders: Etiology, Course and Prevalence
 - 3.8.2. Addictive Disorders: Scientific Evidence
 - 3.8.3. Addictive Disorders: Psychological Intervention Techniques
- 3.9. Psychological Intervention in Personality Disorders
 - 3.9.1. Personality Disorders: Etiology, Course and Prevalence
 - 3.9.2. Personality Disorders: Scientific Evidence
 - 3.9.3. Personality Disorders: Psychological Intervention Techniques
- 3.10. Psychological Intervention in Physical Health Problems
 - 3.10.1. Physical Health Problems: Etiology, Course and Prevalence
 - 3.10.2. Physical Health Problems: Scientific Evidence
 - 3.10.3. Physical Health Problems: Psychological Intervention Techniques

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.



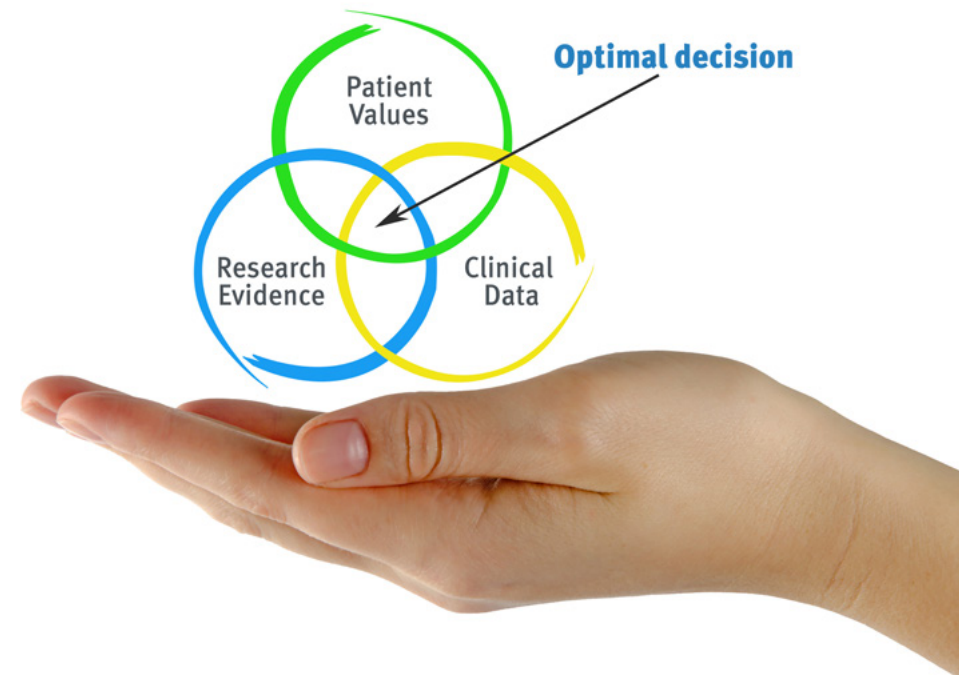
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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 Harvard case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to balance 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 enabled 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 study, 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 balance 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.



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.

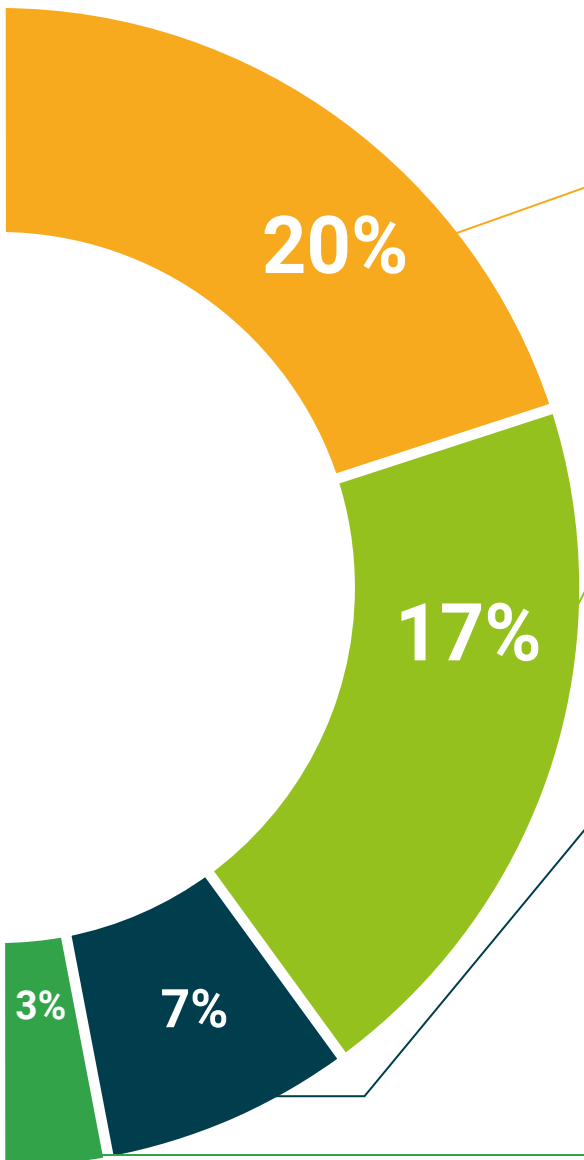
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 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.



06

Certificate

Through a different and stimulating learning experience, you will be able to acquire the skills required to take a big step in your education. An opportunity to progress, with support and monitoring of a modern and specialized university, which will propel you to another professional level.



The image features two black graduation caps (mortarboards) against a bright 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 white lower-right section and a magenta upper-right section. The quote is located in the white section.

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Include in your professional profile a Postgraduate Diploma in Psychological Assessment and Intervention in Adults: A huge step forward in your competitiveness in the sector”

This private qualification will allow you to obtain a **Postgraduate Diploma in Psychological Assessment and Intervention in Adults** 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.

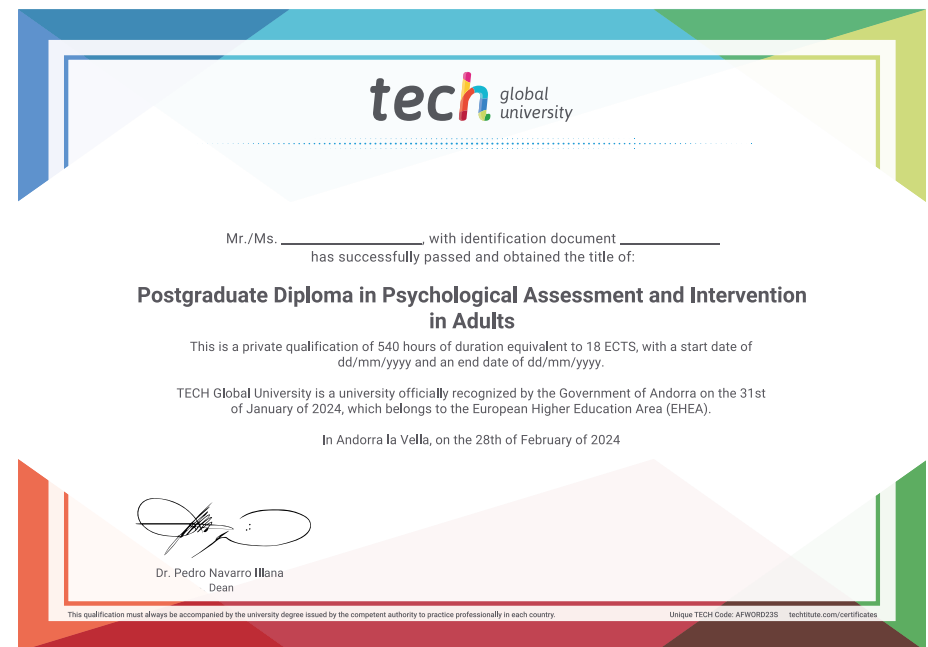
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Psychological Assessment and Intervention in Adults**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**





Postgraduate Diploma Psychological Assessment and Intervention in Adults

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

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