

Postgraduate Diploma  
Psychological Intervention  
In Non-Substance Addictions



## Postgraduate Diploma Psychological Intervention in Non-Substance Addictions

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 21 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-psychological-Intervention-non-substance-addictions](http://www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-psychological-Intervention-non-substance-addictions)

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# 01

# Introduction

Addiction is a dependency or habit that develops largely because of a need to do something in particular that is believed to “improve” in many cases the welfare of the person, however, many of these practices become addictions if they are not monitored in time. There are patients who are not directly addicted to substances, but in one way or another are addicted to practices that can be called harmless if there is no regulation on it. For this reason, this TECH program seeks to identify which are those practices that become addictions, generating serious problems in the behavior of those who practice them.



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*Every day, 31% of the population consumes tobacco, 7% consumes sedatives, 2% cannabis, and in the last month 1% have taken cocaine. Below 1% of people have taken amphetamines and synthetic drugs in the last month and 0.1% have taken heroin at some time during the year”*

In recent decades, those addictions where there is no substance that produces dependence, but rather a habit or behavior have also been added to list of addictions which require treatment. This is the case of pathological gambling and addiction to new technologies, which are causing serious psychological and social health problems in both adults and young people. For these cases, psychology has also developed treatments that seek the reduction and elimination of such habits and behaviors, which we will cover in the last unit of this program.

This program is unique for the multitude of techniques and tools given to the psychologist so that they can specialize in addiction intervention. Aimed at psychologists who wish to specialize in the field of addictions, or who want to update their knowledge in this regard, it offers the latest advances in the field of psychological treatment of addictions and prevention, so that they can intervene competently in this type of problem. The program covers most of the addictions that a psychologist will encounter in their daily practice and will help them to situate and orientate themselves in the intervention in a realistic and committed way, to know the role they must play in the intervention together with other professionals and to know how to apply the most appropriate techniques for each moment of the intervention process.

Also, the psychologist will find an exclusive and complementary set of Masterclasses, within the innovative multimedia content of this program. These sessions, created by an internationally renowned specialist in Behavioral Neuroscience, will guide students in keeping up to date with the latest scientific advances in Psychological Intervention in Non-Substance Addictions.

This **Postgraduate Diploma in Psychological Intervention in Non-Substance Addictions** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Development of 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.
- ♦ Latest news on Psychological Intervention in Non-Substance Addictions
- ♦ 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.



*The world's largest online university presents a unique series of Masterclasses, guided by an international expert in Behavioral Neuroscience. What are you waiting for to enroll?"*

“

*This Postgraduate Diploma is the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in Psychological Intervention in Non-Substance Addictions, you will obtain a degree from TECH Global University.”*

Its teaching staff includes health professionals from the field of psychology, who contribute their work experience to this program, as well as renowned specialists belonging to leading scientific societies.

Thanks to its multimedia content developed with the latest educational technology, it 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, whereby the professional must try to solve the different professional practice situations that arise throughout the program. 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.

*Thanks to its completely up-to-date content, you will be able to approach Psychological Intervention in Non-Substance Addictions in a much more efficient way.*

*The Postgraduate Diploma includes real clinical cases and exercises to bring the development of the Postgraduate Diploma closer to the psychologist's clinical practice.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist is able to master Psychological Intervention in Non-Substance Addictions in a practical and rigorous manner.







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*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

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- ♦ Discover the neurological principles of different addictions
- ♦ Define the basic concepts commonly used by the scientific community in the field of addictions and identify the different aspects for the psychologist to take into account in the evaluation and intervention of these cases
- ♦ Offer a base of knowledge and procedures which provides the student with the necessary confidence and solid foundations to address real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Show the criteria for the choice of therapeutic goals when facing an addiction intervention
- ♦ Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the above approach
- ♦ Transmit the importance of multidisciplinary intervention as the key to the effectiveness of treatment in the case of addictions



*Make the most of the opportunity and take the step to get up to date on the latest developments in Psychological Intervention in Non-Substance Addictions”*





## Specific Objectives

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### **Module 1. Current Classification of Addictions and Their Basic Concepts**

- ♦ Provide information about the current state of the drugs market, well as the plans to fight against drugs and addictions
- ♦ Adequately gauge the phenomenon of addictions and to show the impact of addictions on the population
- ♦ Know the role of the psychologist in the treatment of addictions

### **Module 2. Assessment, Prevention and Psychological Treatment in Addictions**

- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions
- ♦ Apply the assessment of the physical environment and general health status as a method of addiction prevention
- ♦ Know the main laboratory tests applicable to the prevention and psychological treatment of this type of patients
- ♦ Understand the role of personality and its disorders in addictions

### **Module 3. Intervention in Non-Substance Addictions: Pathological Gambling, The Internet, New Technology, Emotional Dependency**

- ♦ Know the impact and effect of non-substance-related addictions on health
- ♦ Master the characteristics of non-substance addictions
- ♦ In-depth knowledge in non-substance related disorders
- ♦ Conduct a psychological assessment in addiction to gambling and new technologies
- ♦ Apply pharmacological and psychological treatment

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 program.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and developing the program.



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*Learn the latest advances in Psychological Intervention in Non-Substance Addictions from leading professionals"*

## International Guest Director

Dr. David Belin, a renowned specialist in **Behavioral Neuroscience**, has left a significant impact on **international research**. In fact, even during his **doctorate**, he revolutionized the field by developing the **first pre-clinical model of Cocaine Addiction**, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of scientific innovation, combining advanced techniques, from Experimental Psychology, to precise brain manipulations and molecular studies. All this with the aim of unraveling the neural substrates of Impulsive/Compulsive Disorders, such as Drug Addiction and Obsessive Compulsive Disorder.

Likewise, his career took a transcendental turn when he joined Professor Barry Everitt's laboratory at the University of Cambridge. His pioneering research on the corticostriatal mechanisms of cocaine seeking, as well as the relationships between impulsivity and compulsive self-administration of the drug, expanded the global understanding of individual vulnerability to addiction.

Similarly, Dr. Belin obtained tenure at the Institut National de la Santé et de la Recherche Médicale (INSERM), in France. There, he established a research team in Poitiers, which focused on the Neural and Cellular Mechanisms of vulnerability to Compulsive Disorders. However, he has never stopped his research on the Neural and Psychological Mechanisms of Compulsive Disorders.

With more than 75 publications, he has been awarded the **Mémain-Pelletier** prize of the **Académie des Sciences de France** and the **Young Investigator** award of the **European Behavioural Pharmacology Society**. He was one of the first members of the **FENS-Kavli Network of Excellence**, an international network of young scientists supporting Neuroscience research.



## Dr. Belin, David

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- Research at the University of Cambridge
- Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM)
- Mémain-Pelletier Award of the Académie des Sciences
- Young Investigator Award from the European Behavioural Pharmacology Society
- Ph.D. in Behavioral Neuroscience from the University of Bordeaux 2
- Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- Member of: Homerton College and FENS-Kavli Network of Excellence

“

*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Management



### Mr. Gandarias White, Gorka

- Psychologist specialized in Psychotherapy and Gestalt Therapy
- 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).



## Coordinator



### **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 educational centers
- 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. Martínez Lorca, Alberto

- ♦ Area Specialist in Nuclear Medicine at the University Hospital La Paz
- ♦ Physician in the Nuclear Medicine Department at the Ramón y Cajal University Hospital
- ♦ Specialist in Nuclear Medicine at the Rey Juan Carlos University Hospital
- ♦ Doctor of Medicine
- ♦ Research Expert in the Area of Cancer and Hormone Receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching in Emotionally Conscious Bonding
- ♦ Director of Neurological Studies at CEP. Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population at the Teddy Bear Hospital

### 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. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

### Dr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### 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



**Dr. Roldán, Lucía**

- ♦ Health Psychologist.
- ♦ Cognitive-Behavioral Intervention Specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

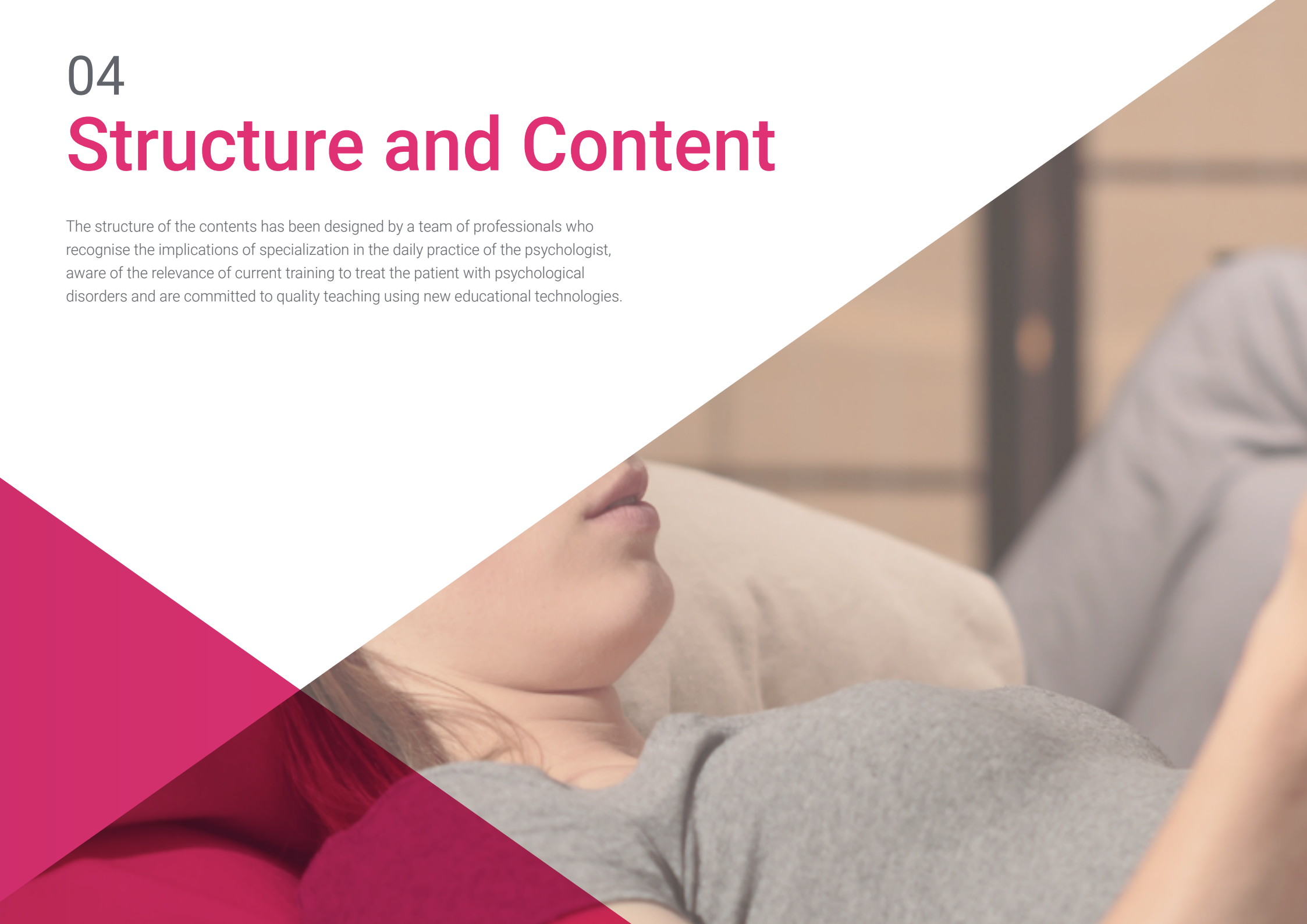
**Ms. Soria, Carmen**

- ♦ Psychologist at Integra Therapy
- ♦ Head of the Psychosocial Unit of the Assessment and Psychotherapy Center (CEP) associated with the European Institute of Time-Limited Psychotherapies
- ♦ Private practice specialized in long-term disorders such as personality, bipolar and psychotic disorders
- ♦ Collaborating professor of the Practicum at the Complutense University of Madrid
- ♦ Professor of the Master's Degree of Psychotherapy of the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in General Health Psychology
- ♦ Master's Degree in Clinical and Health Psychology by CINTECO
- ♦ Master's Degree in Time-Limited Psychotherapy by the European Institute of Time-Limited Psychotherapies
- ♦ EMDR Therapist
- ♦ Specialized training in Personality Disorders and Psychotic Disorders in Adults and Adolescents
- ♦ Training in Dissociative Disorders
- ♦ Training in Couples Therapy
- ♦ Degree in Psychology from the Autonomous University of Madrid

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 practice 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.





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*A path to achieve education and professional growth that will propel you towards a greater level of competitiveness in the employment market”*

### Module 1. Current Classification of Addictions and Their Basic Concepts

- 1.1. Situation of Drugs at the International Level
- 1.2. Epidemiology of Addictions
- 1.3. Neurobiology of Addiction
- 1.4. Psychosocial Factors Related to Addictions
- 1.5. Legislation and Legal Aspects BORRAR
- 1.6. The Role of the Psychologist in the Treatment of Addictions
- 1.7. Classification of Substances Which Lead to Addiction
- 1.8. Basic Concepts in Addictions: Use, Abuse, Dependence, Tolerance, Abstinence, Craving, Polyconsumption
- 1.9. Classification of Disorders Related to Substance Abuse and Addictive Disorders
- 1.10. Classification of Non-Substance-Related Addictive Disorders
- 1.11. Comorbidity and Dual Pathology

### Module 2. Assessment, Prevention and Psychological Treatment in Addictions

- 2.1. Assessment of the Physical Field and General State of Health
- 2.2. Assessment Through Laboratory Tests
- 2.3. Assessment of Neuropsychological Aspects
- 2.4. Assessment of Personality and Its Disorders
- 2.5. Assessment of Mental State and Its Disorders
- 2.6. Assessment of the Severity of Addiction to Substances
- 2.7. Assessment of the Severity of Addiction Not Related to Substances
- 2.8. Assessment of Psychosocial Aspects
- 2.9. Prevention of Addictions
- 2.10. Principles to Follow in the Treatment of Addictions
- 2.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 2.12. Transtheoretical Model
- 2.13. Cognitive Behavioural Treatment: Commonly Used Techniques
- 2.14. Treatment Oriented Towards the Family
- 2.15. Group Therapy
- 2.16. Other Focuses of Treatment
- 2.17. Care Resources and Devices and Addiction Treatment



**Module 3.** Intervention in Non-Substance Addictions: Pathological Gambling, The Internet, New Technology, Emotional Dependency

- 3.1. Pathological Gambling and Addiction to New Technology
- 3.2. Classification of Problems Related to Gambling and New Technologies
- 3.3. Impact and Effect of Non-Substance-Related Addictions on Health
- 3.4. Evaluation of Addictions Not Related to Substances
- 3.5. Non-Substance-Related Disorders
- 3.6. Psychological Evaluation in Addictions to Gambling and New Technologies
- 3.7. Medical Treatment and Psychological Treatment: Cognitive-Behavioural Treatment
- 3.8. Treatment With Time-Limited Psychotherapy
- 3.9. Psychological Intervention in Adolescents
- 3.10. Approach to Other Pathologies Present in Addiction Not Related to Substances
- 3.11. Relapse Prevention and Maintenance

“ *A unique, crucial and decisive learning 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.





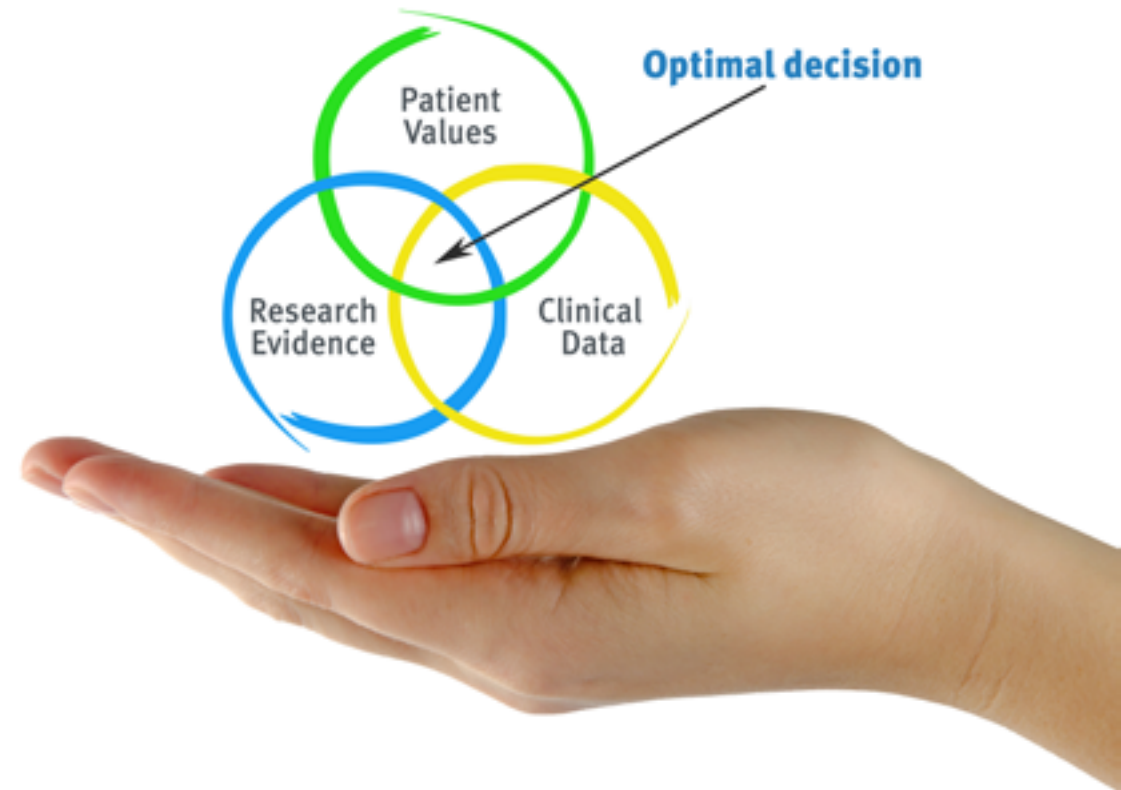
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gervas, 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 Psychological Intervention in Non-Substance Addictions guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Psychological Intervention in Non-Substance Addictions** 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 Psychological Intervention in Non-Substance Addictions**

Modality: **Online**

Duration: **6 months**.

Accreditation: **21 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 Psychological Intervention in Non-Substance Addictions

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- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Psychological Intervention in Non-Substance Addictions

