

# Postgraduate Diploma

## Psychological Intervention in Tobacco and Alcohol Addiction





## Postgraduate Diploma Psychological Intervention in Tobacco and Alcohol Addiction

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/psychology/postgraduate-diploma/postgraduate-diploma-psychological-intervention-tobacco-alcohol-addiction](http://www.techtute.com/pk/psychology/postgraduate-diploma/postgraduate-diploma-psychological-intervention-tobacco-alcohol-addiction)

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# 01

# Introduction

In the 2016 World Drug Report, the United Nations Office on Drugs and Crime (UNODC) states that 1 in 20 adults used at least one drug in 2014, that's 250 million people aged 15-64, a figure equivalent to the combined population of Germany, France, Italy and the United Kingdom.

In the same report, it's mentioned that more than 29 million people who consume drugs suffer from disorders related to them. It also states that 12 million of these are intravenous drug users, and 14% of these are living with HIV, which has a devastating impact on their health. However, only 1 in every 6 people receive treatment.



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*Don't miss the opportunity to update your knowledge in Psychological Intervention in Tobacco and Alcohol Addiction to improve your professional practice”*

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 Postgraduate Diploma 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.

This **Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction** 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.
- ♦ Latest news on Psychological Intervention in Tobacco and Alcohol Addiction
- ♦ 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.
- ♦ Availability of content from any fixed or portable device with internet connection



*The Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction contains the most complete and up-to-date program on the market"*

“

*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Psychological Intervention in Tobacco and Alcohol Addiction, you will obtain a qualification from TECH Technological University"*

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, 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 train 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 Tobacco and Alcohol Addiction 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 can master in a practical and rigorous way Psychological Intervention in Tobacco and Alcohol Addiction.





A hand is holding a white card with a black ink drawing of a spider. The drawing is a stylized, symmetrical spider with a central body and several pairs of legs. The background is a gradient of pink and purple, with a white diagonal line separating the top-left image area from the bottom-right text area.

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*This up-to-date 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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- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the evaluation framework in the case 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 of Tobacco and Alcohol Addiction"*





## Specific Objectives

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### Module 1. Cognitive-Behavioral Treatment of Tobacco Addiction

- ♦ Apply pharmacological treatments to support cognitive-behavioral therapy
- ♦ Perform psychological intervention in adolescents with tobacco addiction
- ♦ Learn about other types of therapeutic interventions aimed at stopping tobacco addiction and its prevention

### Module 2. Time-Limited Psychotherapy Intervention in Smoking

- ♦ Manage the biological treatment of withdrawal syndrome applied to smoking
- ♦ Effectively apply behavioral treatment of tobacco dependence
- ♦ Recognize the signs which indicate prescription of an addiction treatment
- ♦ Outline the different types of assessment to be carried out in the case of addictions, as well as to provide the necessary knowledge for the correct interpretation of tests that are not the responsibility of the psychologist

### Module 3. Cognitive-Behavioral Treatment of Alcohol Addiction

- ♦ Know the impact and effects of alcohol on health
- ♦ Delve into the neurobiology of addiction to alcohol
- ♦ Manage alcohol-related disorders
- ♦ Carry out a psychological assessment on alcohol addiction

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 preparing the program.



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*Learn the latest advances in Psychological Intervention in Tobacco and Alcohol Addiction from leading professionals”*

## Management



### Mr. Gandarias Blanco, Gorka

- Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- Master's Degree in Time-Limited and Health Psychotherapy
- International Master's Degree in Clinical and Health Psychology and Diploma in Therapy Management
- Guidance counselor in a secondary school with a high number of students with learning difficulties
- 10 years of experience in residential facilities, intervening with adolescents with behavioral problems and disorders and consumption and addiction problems

## Coordinator



### Dr. Aguado Romo, Roberto

- President of the European Institute of Time-Limited Psychotherapy
- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Specialist in the area of Nuclear Medicine at the Rey Juan Carlos University Hospital

### Mr. Fernández, Ángel

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

### Mr. Kaiser, Carlos

- ♦ Chief of Service and Medical Specialist in O.R.I. at the General Hospital of Segovia
- ♦ 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
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies

### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- ♦ Collaborator in different Red Cross programs
- ♦ Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- ♦ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at Human Resources Consulting Services (HRCS)
- ♦ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy

### Ms. Roldan, 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

- ♦ European specialist psychologist in Psychotherapy at the Spanish Police Confederation health center Madrid
- ♦ Head of Psychosocial Unit
- ♦ Health Psychologist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in chronic patients
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of the program in daily psychological practice, aware of the current relevance of specialization in order to be able to treat the patient with mental pathology and committed to quality teaching through new educational technologies.





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*This program in Psychological Intervention in Tobacco and Alcohol Addiction contains the most complete and up-to-date program on the market”*

### Module 1. Cognitive-Behavioral Treatment of Tobacco Addiction

- 1.1. Social Concept of Tobacco
- 1.2. Classification of Problems Related to Tobacco
- 1.3. Impact and Effect of Tobacco on Health
- 1.4. Neurobiology of Tobacco Addiction
- 1.5. Tobacco Consumption Problems
- 1.6. Psychological Evaluation in Smoking
- 1.7. Medical Treatment
- 1.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 1.9. Other Therapeutic Interventions and Types of Intervention Programs
- 1.10. Psychological Intervention in Adolescents
- 1.11. Approach to Other Pathologies Present in Tobacco Addiction
- 1.12. Prevention of Relapses and Maintaining Results

### Module 2. Time-Limited Psychotherapy Intervention in Smoking

- 2.1. Historical and Social Aspects
- 2.2. Prevalence of Tobacco Consumption in Spain
- 2.3. Figures Worldwide
- 2.4. The Consumption of Tobacco and Health
- 2.5. Tobacco Bias and Explanatory Models of Smoking Behavior
- 2.7. Tobacco and Psychopathology
- 2.8. Tobacco and Schizophrenia
- 2.9. Alcohol and Tobacco
- 2.10. Smoking Treatment
- 2.11. Biological Treatment of Abstinence Syndrome
- 2.12. Behavioral Treatment of Smoking
- 2.13. Treatment With Time-Limited Psychotherapy (TLP)
  - 2.13.1 Interpersonal Moment of Intervention With TLP
  - 2.13.2 Intrapersonal Moment of Intervention With TLP
- 2.14. A Real Case is Worth More Than a Thousand Explanations



### Module 3. Cognitive-Behavioral Treatment of Alcohol Addiction

- 3.1. Definition and Classification of Alcoholic Drinks
- 3.2. Classification of Problems Related to Alcohol
- 3.3. Impact and Effect of Alcohol on Health
- 3.4. Neurobiology of Alcohol Addiction
- 3.5. Disorders Related to Alcohol
- 3.6. Psychological Evaluation in Alcohol Addiction
- 3.7. Medical Treatment
- 3.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 3.9. Other Therapeutic Interventions and Types of Intervention Programs
- 3.10. Psychological Intervention in Adolescents
- 3.11. Approach to Other Pathologies Present in Alcohol Addiction
- 3.12. Prevention of Relapses and Maintaining Results

“*A unique, key and decisive program 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 Methodology

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.

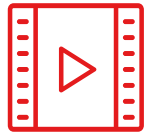
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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 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

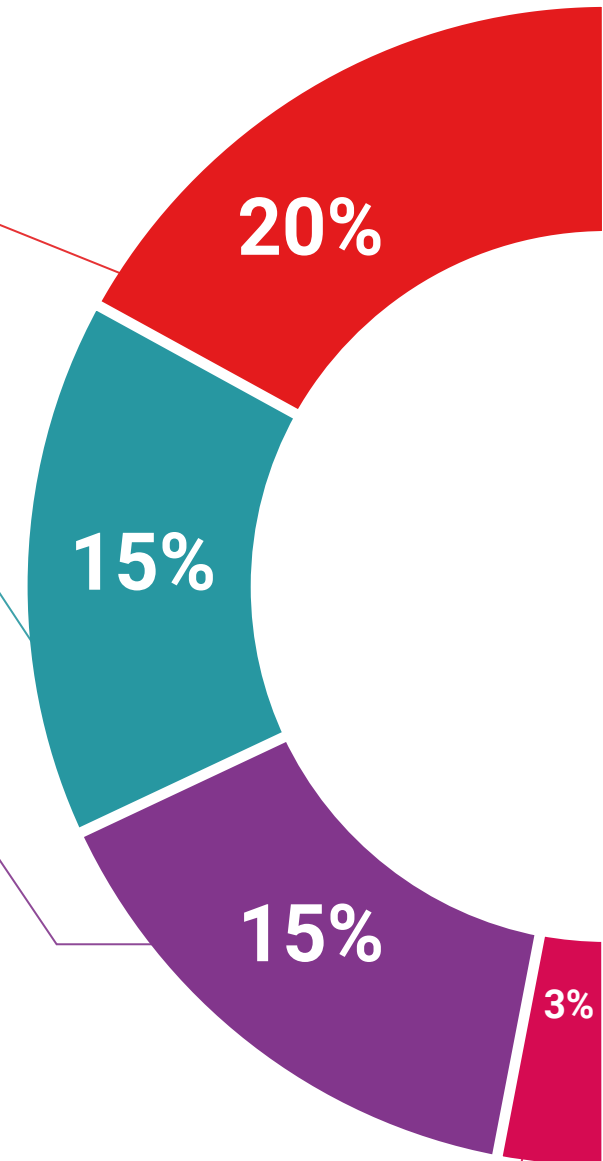
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

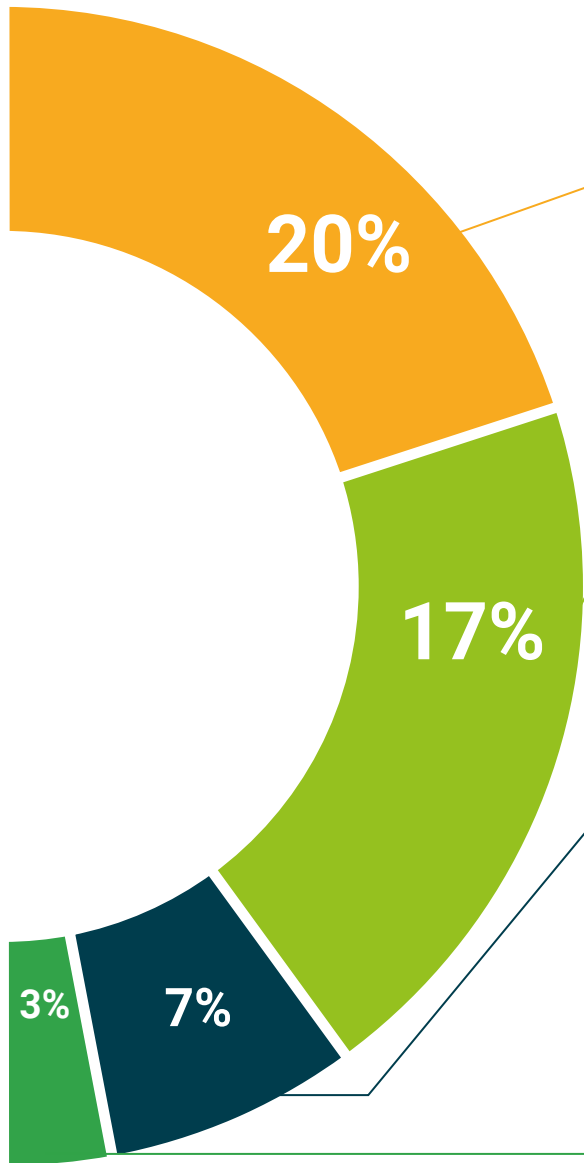
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 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 Tobacco and Alcohol Addiction guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction** contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Diploma in Psychological Intervention in Tobacco and Alcohol Addiction**

Official N° of Hours: **525 h.**



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

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present evaluation  
development language  
virtual classroom



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