

# Postgraduate Diploma

## Psychological Treatment of the Cancer Patient and their Family Members



## Postgraduate Diploma Psychological Treatment of the Cancer Patient and their Family Members

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

Website: [www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-psychological-treatment-cancer-patient-family-members](http://www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-psychological-treatment-cancer-patient-family-members)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 14*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Psychological intervention before, during and after cancer treatment has many benefits. Psycho-oncology exists to provide tools to professionals who have a specialization in psychology and wish to help patients and their relatives during this process. Therefore, with this program, the students will be able to approach a series of situations typical of this practice using the proposals of cognitive-behavioral models. For this purpose, they will take into account the type of cancer that the patient suffers from and the support that patients should receive during each stage of treatment.



“

*Performs acceptance and commitment therapy to help patients come to terms with their experience in the best way"*

In oncology patients, psychological intervention should include accompaniment by the professional in the different phases of the disease, from prevention, diagnosis, treatment and even grief. For this, psycho-oncology has a series of tools and therapies that help to reduce anxiety and depression.

In this sense, with this Postgraduate Diploma in Psychological Treatment of the Cancer Patient and their Family Members, the student will delve into the use of cognitive-behavioral therapies to treat cancer patients, among which deactivation techniques, widely used to prepare the patient for medical treatment, stand out.

On the other hand, the psychological aspects related to the different types of cancer will be addressed and highlighted, since patients usually react in a certain way depending on the location of the tumor. This is why students should understand that tumors in the head and neck affect the perception of body image, which has repercussions on self-esteem and self-concept. Meanwhile, cancer in the larynx is related to the loss of emotions and the expression of emotions, such as laughter and crying.

At the end of the program, students will be able to apply the appropriate techniques to treat their patients. They will also be educated in the selection and education of volunteers to assist in the accompaniment of oncology patients and their family members. In this way, this program will become an excellent opportunity that will lead psychologists to work in a private practice or, directly, in the oncology department of a hospital.

This **Postgraduate Diploma in Psychological Treatment of the Cancer Patient and their Family Members** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Psycho-Oncology
- ♦ 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
- ♦ Special emphasis on innovative methodologies for psychological intervention with cancer patients
- ♦ 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



*Master your skills and competencies for the selection, training and supervision of volunteers to accompany cancer patients"*



“

*Part of your job as a psychologist will be to help patients detect and empower their resources to overcome the disease”*

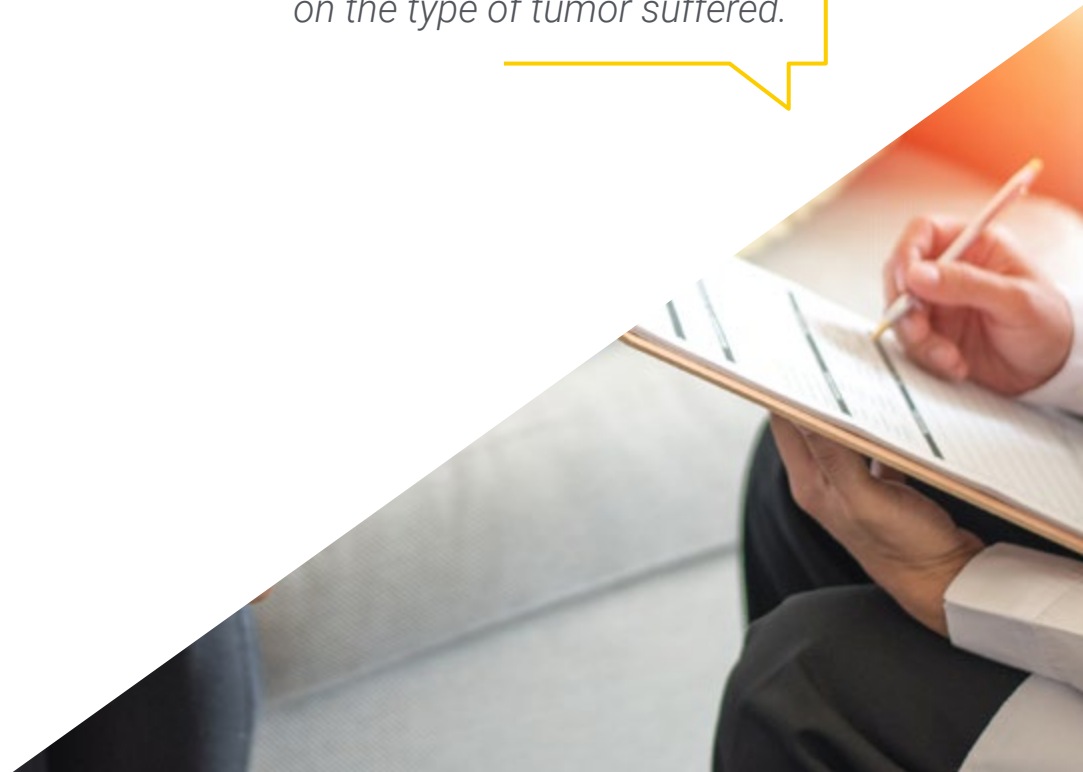
The program’s teaching team includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this educational program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The family of cancer patients should never be forgotten. Therefore, you will learn how to accompany and comfort them.*

*Psychological aspects have a great impact on the type of tumor suffered.*



# 02

## Objectives

The design of this program will favor the development of the students' abilities to elaborate an accompaniment proper to the profession. In this sense, they will learn the cognitive behavioral methods most commonly used in psycho-oncology, such as the exposure technique or guided imagery. In this way, they will be able to develop treatment plans that will help mitigate the effects of long hours of biomedical therapies, as well as deal with the grieving process in patients with a terminal diagnosis.







“

*Helps eliminate the fear and phobias  
that your patients may acquire  
during the disease process”*



## General Objectives

---

- ◆ Gain in-depth knowledge of the area of study and development of the profession
- ◆ Know the application of psychology in the nursing care for cancer
- ◆ Define the functions of a psycho-oncology unit and the role of the psycho-oncologist in the health care setting
- ◆ Gain in-depth knowledge of the different therapeutic options in the psychological treatment of cancer
- ◆ Contribute to the control of mood alterations through appropriate psychological strategies
- ◆ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors
- ◆ Understand the influence of the psychological aspects of each type of tumor and to contribute to their control by means of psychological strategies
- ◆ Know how to assess and intervene in adaptive and maladaptive emotions and behaviors of the different oncologic processes
- ◆ Know how to differentiate between adaptive and maladaptive emotions and behaviors at the end of life
- ◆ Explore and apply strategies for emotional self-regulation
- ◆ Know, evaluate, diagnose and intervene in the most prevalent psychological problems in palliative care
- ◆ Explore personal, social and cultural beliefs and values of the family in relation to illness and death
- ◆ Prepare for the loss
- ◆ Detect psychological reactions in the different phases of grief
- ◆ Provide appropriate individual and family bereavement support
- ◆ Prevent and identify pathological grief
- ◆ Gain in-depth knowledge of the basics and acquire basic communication skills
- ◆ Understand in depth the theoretical bases of the professional-patient relationship





- ◆ Be able to deliver bad news and answer difficult questions
- ◆ Elaborate an initial assessment (detailed clinical history) and analysis of the social and spiritual emotional impact on the patient and their family
- ◆ Know how to apply the instruments for the assessment of the patient and the family, useful and appropriate for each symptom and stage of the disease
- ◆ Know in depth the conceptual bases, the methodology, the systematics and the procedures related to research in psycho-oncology
- ◆ Search and La select information: electronic databases, websites, libraries, magazines, texts, etc.
- ◆ Apply bioethical principles to daily clinical practice with special emphasis on the most complex and specific situations
- ◆ Deepen understanding in the conceptual and practical bases of ethics applied to the oncological process
- ◆ Analyze in a scientific, rigorous and systematic way, ethical problems from an interdisciplinary perspective
- ◆ Delve into the understanding of the methodology of bioethics, rational and interdisciplinary, and know how to apply it to concrete or general situations



*Successfully test different types of video games and become an integral part of your company”*





## Specific Objectives

---

### Module 1. Psychological Treatments in Cancer and Third Generation Therapies

- ◆ Determine realistic treatment objectives together with the patient and/or their family
- ◆ Detect training in the methods of intervention with cancer patients, especially empirically supported treatment techniques
- ◆ Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- ◆ Detect and enhance, as far as possible, the patient's own resources

### Module 2. Most Relevant Psychological Aspects According to Different Tumor Locations

- ◆ Identify those somatic symptoms and/or psychological alterations that are perceived by the patient as a threat
- ◆ Compensate for, eliminate or attenuate such symptoms, symptom control
- ◆ Detect and enhance, as far as possible, the patient's own resources
- ◆ Facilitating adaptation to the disease during the biomedical treatment process (affecting anxiety, anguish, side effects of chemotherapy, phobias of radiotherapy devices, sexual dysfunctions and also hospital admissions)
- ◆ Encourage active coping styles
- ◆ Facilitate therapeutic adherence to medical treatment





### Module 3. Other Psychological Interventions in Specific Cancer-Related Areas

- ◆ Perform in-depth management of the combined protocol for the smoking withdrawal process and relapse prevention
- ◆ Perfect the skills and competencies necessary for the selection, training and supervision of volunteers
- ◆ Detect the psychological factors associated with participation in cancer *screening* and genetic counseling programs, as well as to encourage participation in them by increasing the perception of control
- ◆ Analyze the use and some of the advantages of group therapy compared to individual treatment
- ◆ Gain in-depth knowledge of psychological preparation programs for the different medical oncological treatments and their side effects
- ◆ Be able to identify and mitigate the sequelae that remain in cancer survivors

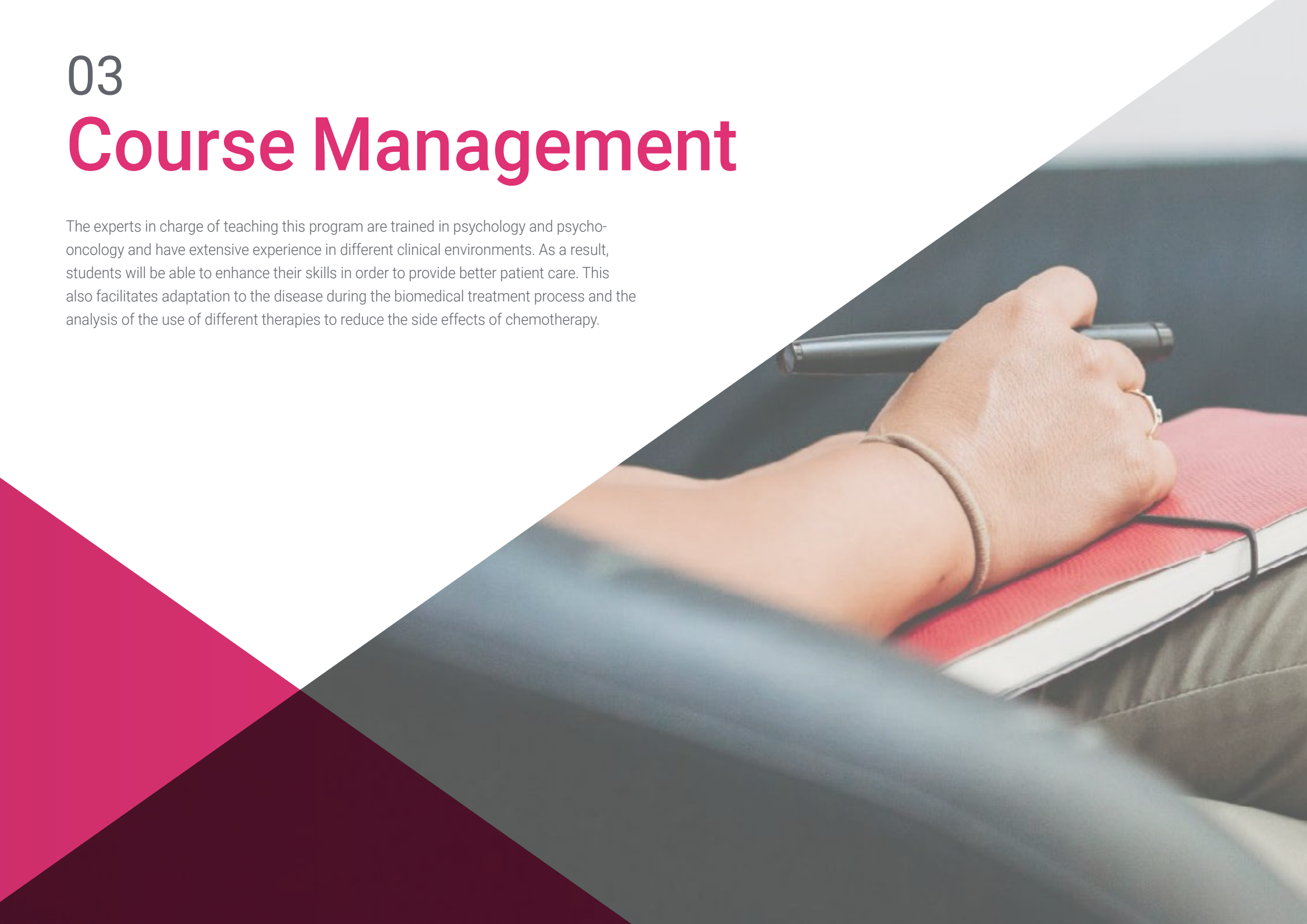
“

*Every patient has the right to be treated with dignity during their illness. Help them at all times"*

03

# Course Management

The experts in charge of teaching this program are trained in psychology and psycho-oncology and have extensive experience in different clinical environments. As a result, students will be able to enhance their skills in order to provide better patient care. This also facilitates adaptation to the disease during the biomedical treatment process and the analysis of the use of different therapies to reduce the side effects of chemotherapy.





“

*You will become an excellent professional thanks to the accompaniment of this excellent group of psychologists and doctors”*

## Management



### Mr. Garrido Jiménez, Sergio

- ◆ Provincial Coordinator of the Section of Psycho-Oncology and Palliative Care of (Ilustre Colegio Oficial de Psicólogos de Andalucía Oriental - COPAO) in Jaén
- ◆ General Health Psychologist for the Junta de Andalucía. NICA 43384
- ◆ Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain - CGCOP)
- ◆ Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA
- ◆ Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- ◆ Member of the Spanish Society of Psycho-Oncology (SEPO)
- ◆ Degree in Psychology. University of Jaen (UJA)
- ◆ Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)

## Professor

### Ms. Pino Estrada, Marta

- ◆ Psycho-Oncologist at Spanish Association Against Cancer Madrid
- ◆ Clinical Psychologist of Integral Rehabilitation at Bartolomé Puerta
- ◆ Degree in Psychology from the University of Jaen
- ◆ Master's Degree in Psycho-Oncology from the Complutense University of Madrid
- ◆ Specialist in Childhood Psychology and Neuropsychology at Euroinnova Business School



# 04

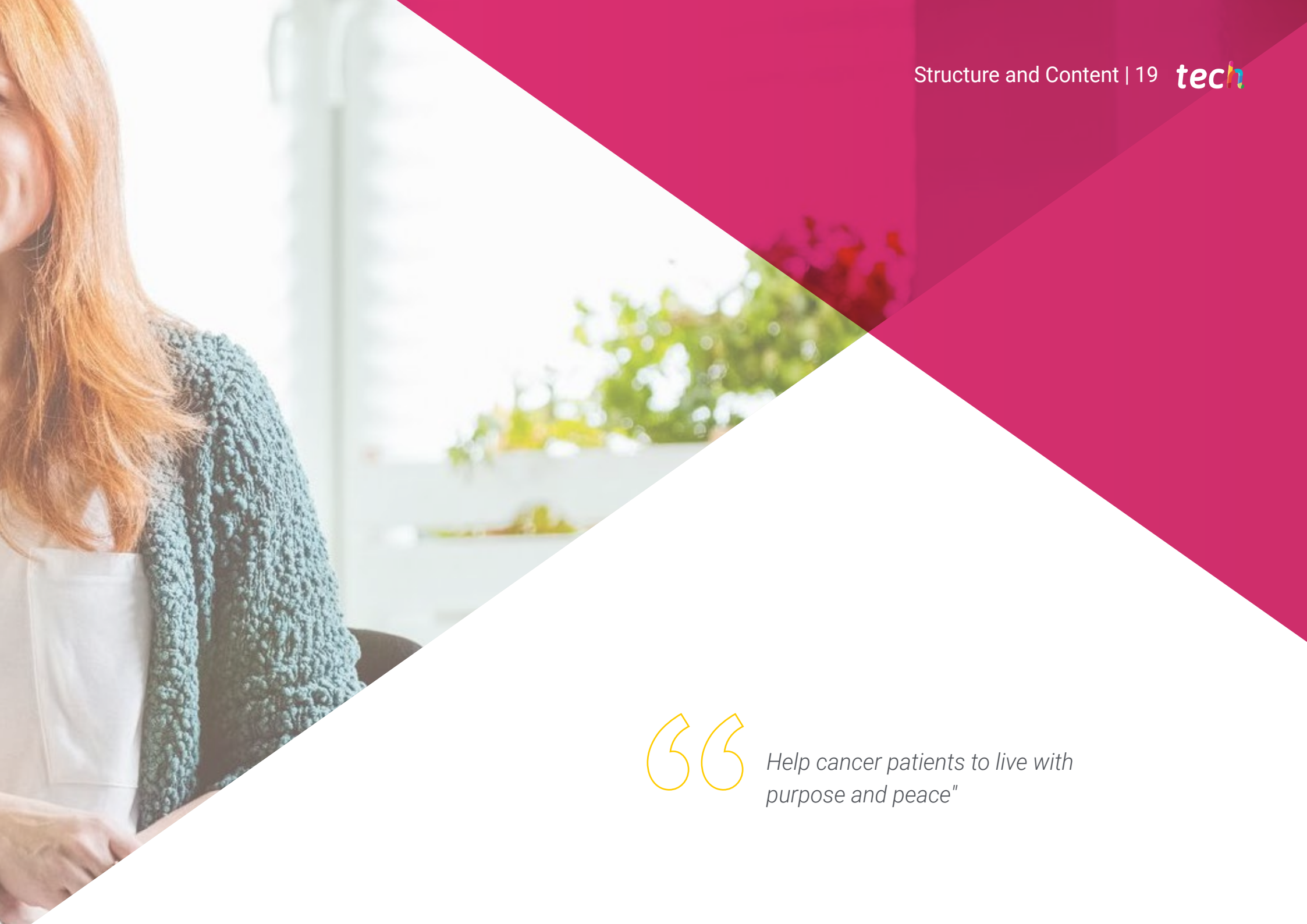
## Structure and Content

The syllabus of this program has been designed following the requirements that the sector demands from its professionals. In addition, it has the contributions of the teaching staff, which knows perfectly the needs of oncology patients.

For this reason, this program will enable students to learn about the psychological treatments most commonly used in the field of oncology to help patients and their relatives to overcome each phase of the disease.







“

*Help cancer patients to live with  
purpose and peace”*

## Module 1. Psychological Treatments in Cancer and Third Generation Therapies

- 1.1. Effective Psychological Treatments in Psycho-Oncology
- 1.2. Cognitive-Behavioral Therapy in Cancer Treatment
  - 1.2.1. Identification of Automatic Thoughts and Modification of Cognitions
  - 1.2.2. Activation Control Techniques
    - 1.2.2.1. Diaphragmatic Breathing Training
    - 1.2.2.2. Progressive Muscular Relaxation
  - 1.2.3. Behavioral Activation
  - 1.2.4. Exposition Techniques and Guided Imagination
- 1.3. Cognitive Training Program
- 1.4. Rehabilitation Program Based on Physical Exercise
- 1.5. Mindfulness
  - 1.5.1. Mindfulness Training Program
  - 1.5.2. Compassion and Self-Compassion Practice
- 1.6. Acceptance and Commitment Therapy (ACT)
  - 1.6.1. Components of ACT and Clinical Methods
- 1.7. Therapy Focused on the Search for Meaning
  - 1.7.1. Cancer and Feeling. Exploration of the Sources of Meaning
- 1.8. Dignity Therapy
  - 1.8.1. The Concept of Dignity in Cancer Patients
  - 1.8.2. Models of Dignity. Chochinov
- 1.9. Systemic Family Therapy
  - 1.9.1. Family and Cancer. Most Common Family Dynamics
- 1.10. Pseudotherapies and Pseudosciences Against Cancer
  - 1.10.1. Positions of Government Agencies
  - 1.10.2. Pseudotherapies and Pseudosciences With and Without Scientific Evidence





## Module 2. Most Relevant Psychological Aspects According to Different Tumor Locations

- 2.1. Leukemias, Lymphomas and Myelomas
  - 2.1.1. Bone Marrow Transplantation and Isolation Situations
- 2.2. Breast Cancer and Gynecology
  - 2.2.1. Body image
  - 2.2.2. Sexuality
  - 2.2.3. Self-esteem
  - 2.2.4. Chemobrain Effect
- 2.3. Prostate Cancer
  - 2.3.1. Incontinence and Sexual Impotence
- 2.4. Colon Cancer and the Digestive System
  - 2.4.1. Living with a Colostomy
- 2.5. Intervention in Laryngectomized Patients
  - 2.5.1. Speech Therapy Intervention
  - 2.5.2. Alteration in Social and Work Life
- 2.6. Head and Neck Tumors
- 2.7. Thyroid Cancer
- 2.8. Tumors of the Central Nervous System
  - 2.8.1. Cognitive Deficits and Mobility Limitations
- 2.9. Lung Cancer
- 2.10. Child Cancer
  - 2.10.1. Emotional Development and Child Intellect
  - 2.10.2. Social Impact on the Child
  - 2.10.3. Impact on the Family

## Module 3. Other Psychological Interventions in Specific Cancer-Related Areas

- 3.1. Psychological Treatment to Give Up Smoking
  - 3.1.1. Myths About Tobacco
  - 3.1.2. Analysis of Smoking Behavior. Physical and Psychological Dependence
  - 3.1.3. Program Structure. Sessions and Methodology
  - 3.1.4. Abstinence and Prevention of Relapse
- 3.2. Early Detection of Cancer
  - 3.2.1. Screening Tests (Mammography, FOBT, Cytology, etc.)
  - 3.2.2. Anticipatory Anxiety and Difficulties in Participation
  - 3.2.3. Oncologic Genetic Counseling
- 3.3. Mutual of Self-Help Groups
- 3.4. Psycho-Educational Groups for Family Members and Patients
  - 3.4.1. Topics to Approach and Work Methodology
  - 3.4.2. Inclusion and Exclusion Criteria
- 3.5. Psychological Intervention in Cancer Survivors. The Return to "Normality"
- 3.6. Control of Secondary Effects in Cancer Patients
  - 3.6.1. Pain Control
  - 3.6.2. Against Fatigue and Sleep
  - 3.6.3. Sexuality Control
  - 3.6.4. Cognitive Alterations. Chemobrain Effect
- 3.7. Preparation and Intervention for Hospitalization and Surgery
- 3.8. Psychological Preparation for Other Medical Treatment (Chemotherapy, Radiotherapy, etc.)
- 3.9. Psychological Intervention in Bone Marrow Transplants (BMT)
- 3.10. Strategies for Training Volunteers in Cancer Patient Care
  - 3.10.1. The Volunteer Interview. Assignment and Matching of the Volunteer to Each Profile
  - 3.10.2. Specific Training of the Volunteer. Tutoring and Monitoring

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



“

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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.



“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

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

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Diploma in Psychological Treatment of the Cancer Patient and their Family Members guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





“

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

This **Postgraduate Diploma in Psychological Treatment of the Cancer Patient and their Family Members** 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 Treatment of the Cancer Patient and their Family Members**

Official N° of Hours: **450 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  
development language  
virtual classroom



## Postgraduate Diploma Psychological Treatment of the Cancer Patient and their Family Members

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

# Postgraduate Diploma

Psychological Treatment of  
the Cancer Patient and their  
Family Members

