

# Postgraduate Diploma Scientific Basis of Time- Limited Psychotherapy



## Postgraduate Diploma Scientific Basis of Time- Limited Psychotherapy

- » 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-scientific-basis-time-limited-psychotherapy](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-scientific-basis-time-limited-psychotherapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

# 01

# Introduction

Time-limited psychotherapy has achieved success in addressing pathologies as frequent as phobias, agoraphobia, anxiety disorders and a long etcetera. These achievements have motivated many psychology professionals to investigate its methodologies and apply them in their clinical consultations. An interest that inspires the creation of this 100% online program, which provides the most rigorous information on the scientific and neurobiological bases on which TLP is based. A 6-month advanced program, which also delves into the main pathologies to be treated by this discipline and the role of the therapist. All in a 100% online academic format, taught by real specialists in this field.





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*A Postgraduate Diploma that is 100%  
online and compatible with your daily  
professional responsibilities”*

In the early 1990s the first research on Third Generation models began, leading to the publication in 2002 of Reciprocal Interaction Therapy. Clinical Hypnosis in Psychotherapy. A first step that would open the way to what today is known as Time-Limited Therapy.

Know the bases on which the theory, techniques and therapeutic methodologies of this branch of psychology are based is essential for professionals who wish to apply them in their daily practice. For this reason, TECH has created this Postgraduate Diploma in Scientific Basis of Time-Limited Psychotherapy, developed by an excellent team of experts in this field.

This is an intensive program of 550 teaching hours, where students can expand their knowledge about the role that the therapist should have within the TLP, the universe of disorders that can be addressed, as well as the theoretical foundations that support its use in addressing the patient with anxiety, panic, eating behavior problems or post-traumatic stress.

A syllabus with a theoretical-practical approach, which at the same time acquires dynamism thanks to the multimedia didactic resources and the *Relearning* system, which favors a much more solid learning of the key concepts.

TECH offers, in this way, an excellent opportunity to study an flexible Postgraduate Diploma, without attendance or classes with fixed schedules and that allow graduates to combine a quality education with their personal and/or professional daily activities.

This **Postgraduate Diploma in Scientific Basis of Time-Limited Psychotherapy** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Time-Limited Psychotherapy
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Phobias, panic disorders, affective disorders, anxiety disorders, etc., this program immerses you in the main universe of TLP intervention”*

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*This program will allow you to extend your knowledge of the neurobiological bases integrated in TLP”*

*Thanks to the Relearning system you will not have to assume a great amount of study hours and you will acquire a much faster learning.*

*In this university qualification, you will delve into the disease model: approached from Time Limited Psychotherapy.*

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

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

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



# 02

# Objectives

The main objective of this Postgraduate Diploma is to provide professional psychologists with the most advanced and current information on which Time-Limited Psychotherapy is scientifically based. A learning process that will be possible to achieve in a dynamic way through video summaries of each topic, In Focus videos, specialized readings and clinical case studies. A compilation of materials, elaborated by the main exponents of this branch of psychology.







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*The analysis of clinical cases will provide you with the appropriate techniques and strategies to apply TLP effectively in your practice”*



## General Objectives

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- Describe and develop intervention models for Time Limited Psychotherapy
- Master the neurological and biochemical laws that show how, with other models, The patients do not change their emotional response despite intervention
- Describe the arsenal of technology that allows the patient to change his or her traumatic memories into memories of remembrance
- Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)



*This Postgraduate Diploma will provide you with all the keys you need so that patients themselves can obtain the mechanisms to manage their own conflicts”*





## Specific Objectives

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### Module 1. Establishment of the Therapeutic Bond

- ♦ Change the patient's beliefs for verifiable facts
- ♦ Admire unconditionally, without judgment, without criticism, just contemplating
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Make listening the bridge to build therapeutic relationships
- ♦ Know how to be always present

### Module 2. Scientific and neurobiological bases of TLP

- ♦ Know that the territory of intervention is more in the virtual realm than in what happens
- ♦ Discover that what is important is not what happens but what the patient does with what happens
- ♦ Know that the reality for patients is what they record in their brains, and not so much what could have happened
- ♦ Identify the chemical families and interactions between them

### Module 3. Universe of intervention with TLP

- ♦ Propose from the first moment, to be present, to accompany and to intervene in the traumatic emotional memory, in return the patient is the one who executes the whole process
- ♦ Appreciate the importance of love and emotion in the solution
- ♦ Take into account not only what produced the problem, but also what maintains it
- ♦ Organize the patient's own mechanisms to manage their conflict

03

# Structure and Content

The syllabus of this university qualification has been designed to offer the psychology professional the most advanced knowledge on the Scientific Basis of Time-Limited Psychotherapy. A great content that will facilitate their clinical practice, establishing an adequate therapeutic link and addressing the main psychological disorders with the utmost rigor. All, in addition, complemented by pedagogical material that you will be able to access 24 hours a day, from any device.



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*You have an advanced syllabus based on the latest scientific evidence supporting Time-Limited Psychotherapy.*

### Module 1. Establishment of the Therapeutic Bond

- 1.1. Accompaniment
- 1.2. Containment
- 1.3. Escort
- 1.4. The Impossibility Not to Influence
- 1.5. Influencing Only the Problem
- 1.6. Not Influencing Personality Structure
- 1.7. Getting Patients to Influence Change
- 1.8. Influence Not So Much What Happens As What the Patient Does with What Happens to Them
- 1.9. Integrate Emotions and Affective Experiences within Current Reality
- 1.10. Focus on Solutions and Healthy Aspects in Subjects
- 1.11. Address the Cause for Consultation and for Basic Conflicts
- 1.12. Use the Cause for consultation as a Guide for Therapy

### Module 2. Scientific and neurobiological bases of TLP

- 2.1. Globalizing Model of Brain Functioning
- 2.2. Hemispheric Specialization
- 2.3. Hemispheric Lateralization in Hypnosis
- 2.4. More Cerebral Verticality than Horizontality
- 2.5. Rivers of Chemistry
- 2.6. Chemical Families and Interactions Between Them
- 2.7. Theory of the Etiology of Mental Health and Mental Illness
- 2.8. Self- Models Conscious Emotional Health Bonding
- 2.9. Illness Model: Time-Limited Psychotherapy



**Module 3.** Universe of intervention with TLP

- 3.1. Simple Phobias
- 3.2. Agoraphobia
- 3.3. Panic Disorders
- 3.4. Generalized Anxiety Disorder
- 3.5. Obsessive Compulsive Disorder
- 3.6. Post-Traumatic Stress Disorder
- 3.7. Affective Disorders
- 3.8. Eating Disorders
- 3.9. Psychosomatic Disorders

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*A program that will allow you to keep up to date with the theories focused on the etiology of mental health and mental illness”*



04

# 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.



05

# Certificate

The Postgraduate Diploma in Scientific Basis of Time-Limited Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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

This private qualification will allow you to obtain a **Postgraduate Diploma in Scientific Basis of Time-Limited Psychotherapy** 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 Scientific Basis of Time-Limited Psychotherapy**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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

**tech** global  
university

**Postgraduate Diploma**  
Scientific Basis of Time-  
Limited Psychotherapy

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

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