

# Postgraduate Diploma Study of Personality in the Elderly





## Postgraduate Diploma Study of Personality in the Elderly

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 19 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-study-personality-elderly](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-study-personality-elderly)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

There is no other Postgraduate Diploma on the market that has really designed its own strategies for the elderly brain. The majority try to alleviate the sequelae of the illnesses or simply support the elderly, trying to reduce their suffering. In this Postgraduate Diploma, we have designed a whole intervention, guided by the knowledge of brain functioning from the age of 65 onwards, which aims not so much to provide palliative treatment, but to try to help the elderly person overcome their suffering and become satisfied with their life





“

*Improve your knowledge in Study of Personality in the Elderly through this program, where you will find the best teaching material with real case studies”*

Knowing the history of the individual is fundamental whatever the age group we are working with, but in old age it is essential, not only as a source of knowledge to be able to intervene, but also as the end of the intervention itself. In this way, we could say that personality is the window through which the person who reaches old age looks and expresses themselves.

We are concerned to be prepared to know how we should face a future with a young population in their body and old in the mind or vice versa, as improvements in care, but at the same time the worsening in terms of stress and the way of living produce these asymmetries between mind and body, whatever the duality we have to begin to investigate and improve our capacities so that it does not surprise us. This Postgraduate Diploma is unique in this study and definition of patterns that regulate the suffering and happiness of the elderly.

By studying this Postgraduate Diploma, you will learn to analyze the current state of old age in society, as well as prepare themselves for the immediate future, since, in the coming decades, when the young people of today are elderly people, new knowledge and tools will be needed to achieve the best possible quality of life.

This **Postgraduate Diploma in Study of Personality in the Elderly** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Psychology
- ♦ 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
- ♦ New developments in personality studies in the elderly
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies in Study of Personality in the Elderly
- ♦ 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



*This program will allow you to make discoveries about the personality of our elders"*

“

*This Postgraduate Diploma is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in the Study of Personality in the Elderly, you will obtain a qualification endorsed by TECH Global University"*

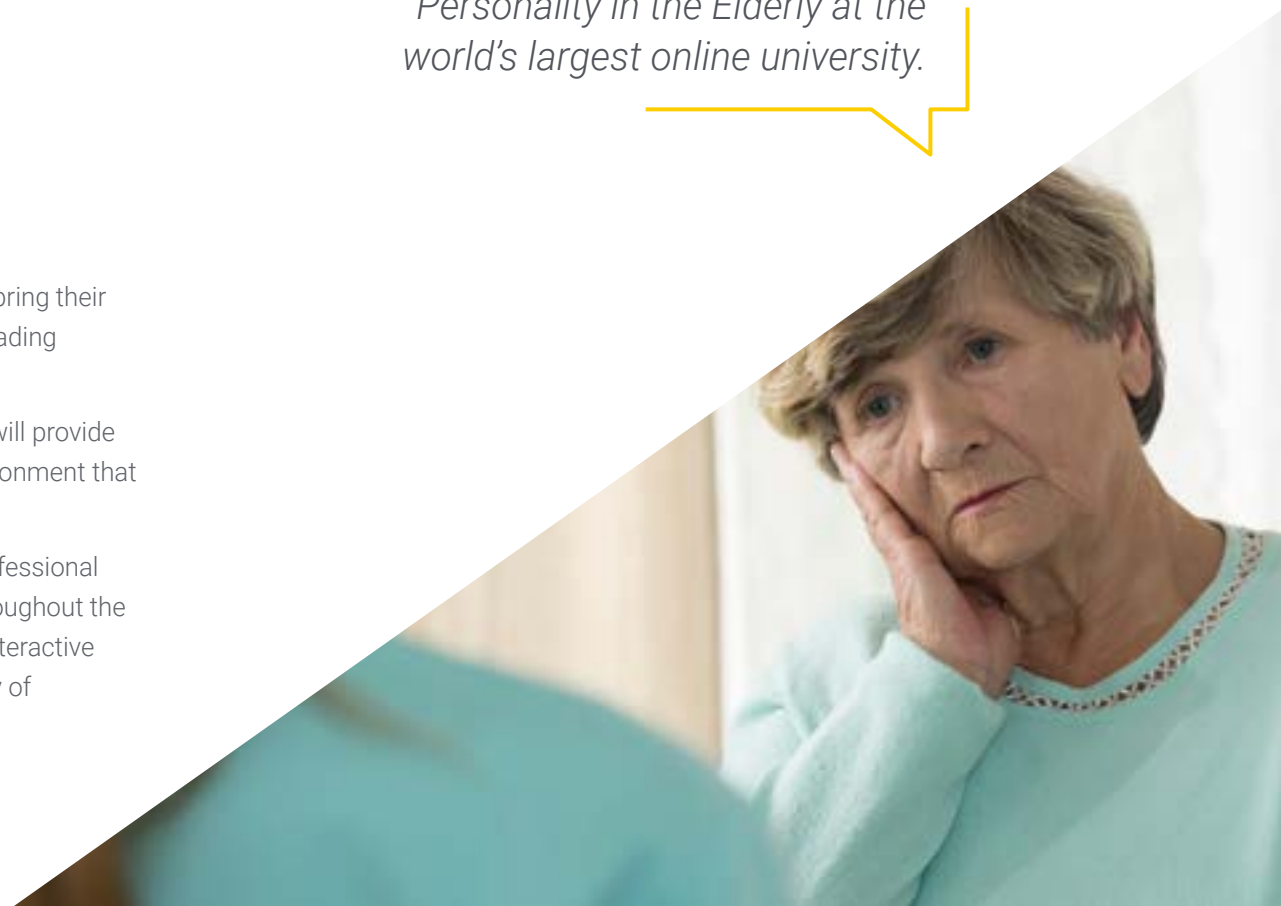
*Continue your education with us and increase your decision-making confidence.*

*Don't miss the opportunity to improve your skills in Study of Personality in the Elderly at the world's largest online university.*

The teaching staff includes professionals from the psychology sector, who bring their experience to this training 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 throughout the program. For this purpose, professionals will be assisted by an innovative interactive video system developed by renowned , and experienced experts in the study of personality in the elderly .



# 02

# Objectives

The Postgraduate Diploma in the Study of Personality in the Elderly is aimed at facilitating the performance of professionals, so that they can keep their knowledge up to date to exercise their professional practice with total confidence,







“

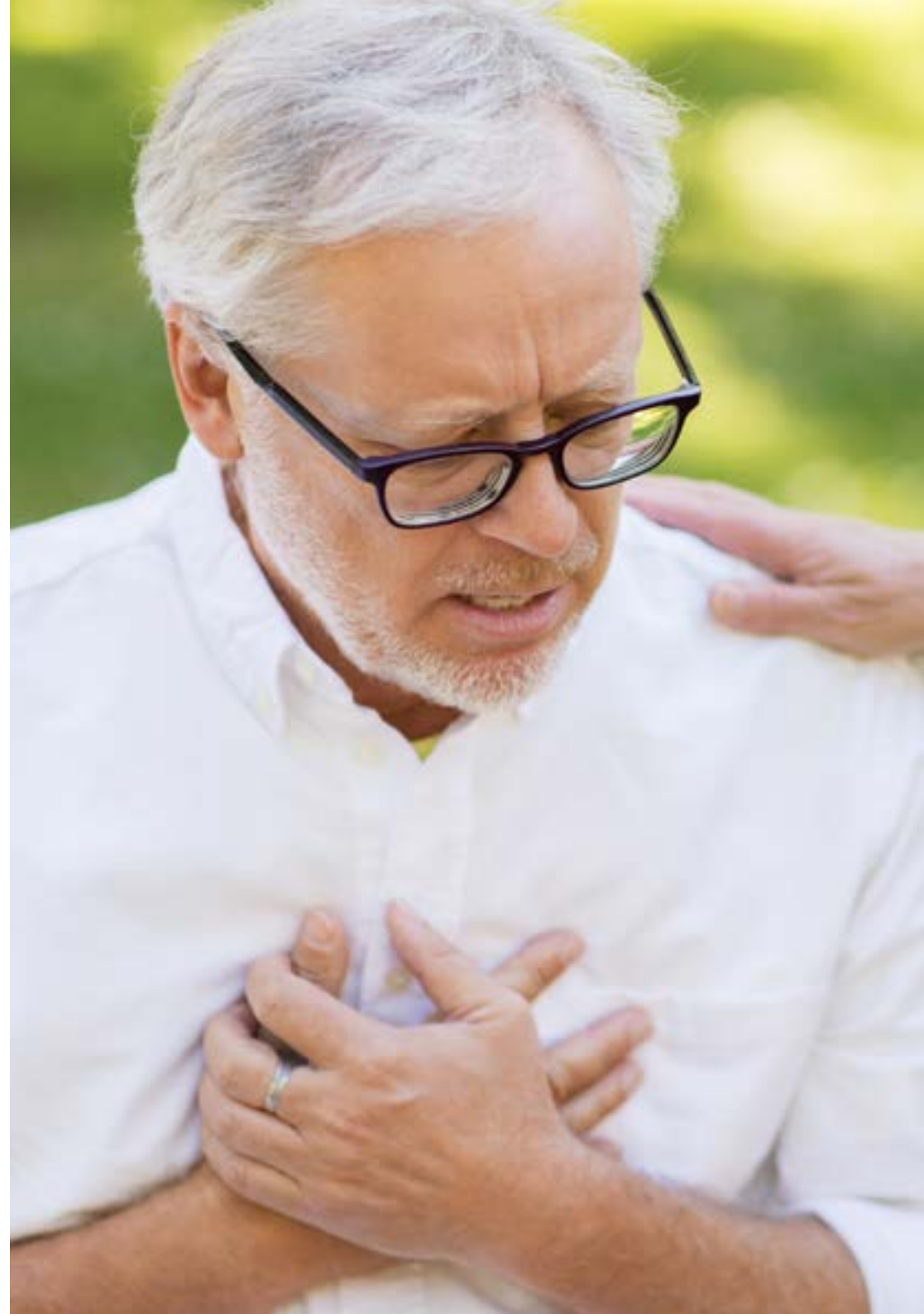
*This Postgraduate Diploma is designed to help you expand your knowledge in the field with the use of the latest educational technology, to contribute with quality and confidence in decision-making"*



## General Objectives

---

- Provide the student with knowledge of the infinite complexity of old age
- Provide skills to deal with the psychological state of the elderly
- Learn how to design multidisciplinary intervention protocols for old age
- Master evaluation, differential diagnosis and intervention in old age
- Provide the skills to support individuals in old age from the here and now
- Describe and teach the knowledge required to face illnesses related to ageing and their relationship with the life lived





## Specific Objectives

---

### **Module 1. Aging from the Perspective of Personality Traits**

- ◆ Perform and adapt intervention protocols within an interdisciplinary framework
- ◆ Develop psychosocial intervention protocols, taking into account the role of the patient in their family

### **Module 2. Health in Old Age**

- ◆ Gain knowledge of the mutations and new types of illness at this age
- ◆ Elaborate life histories as the objective of treatment in old age and not as a tool as is done in other age groups

### **Module 3. The Individual and the Family**

- ◆ Understand and master the therapeutic situation in order to become a referent for an elderly person
- ◆ Provide skills to understand and relate to the loss of patients, and from there to accompany them in the transition



03

# Course Management

For our master's degree to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best





“

*Our teachers, professionals with proven experience, will provide you with their expertise and skills to offer you a stimulating and creative training program"*

## International Guest Director

Dr. Abby Altman is a renowned **Psychologist** specialized in **Anthropology** and **Philosophy**. Her line of work focuses on providing personalized therapeutic plans to patients with conditions such as **Cognitive Impairment** or **Dementia** in order to optimize their long-term quality of life.

Her passion for integrating **behavioral health** into primary care has led her to lead important programs focused on **mental wellness**. One example is **iCBT**, which promotes **neurological resilience**. In addition, during her career, she has held strategic roles such as the **Director of Brain Support and Wellness Services** at Brigham and Women's Hospital in Massachusetts.

Moreover, her leadership skills in healthcare settings have allowed her to contribute to the comprehensive training of specialists. In this way, she has contributed to physicians developing a **multidisciplinary approach** based on behavioral change.

It should be noted that her work has been recognized internationally on multiple occasions. One of his main contributions is the **digital approach** in the field of **Geriatric Psychotherapy**. In this way, she has received a variety of awards for her work in improving access to mental health and the use of **motivational interviewing** to promote behavior change in users.

Firmly committed to progress in this area, she has balanced this work with her role as a **Clinical Researcher**. As such, she has conducted multiple exhaustive analyses on topics such as loneliness, behavioral patterns or the adaptation of **Cognitive-Behavioral Therapies**.

She is also a member of the **Motivational Interviewing Trainers Network**. In this organization she participates in the design of educational programs and didactic materials of this technique for different contexts, from Primary Care to Addictions management.



## Dr. Altman, Abby

---

- ♦ Co-director of Neurological Wellness at Brigham and Women's Hospital in Boston, United States
- ♦ Geropsychologist at Brigham and Women's Hospital
- ♦ Clinical Leader, iCBT program at Brigham and Women's Hospital
- ♦ Psychologist at Brigham and Women's Hospital
- ♦ Director of Psychology Education at Brigham and Women's Hospital
- ♦ Subject Matter Expert at Inflect Health Advisory
- ♦ Assistant Project Coordinator at Boston VA Research Institute
- ♦ Clinical Psychology Intern at Bay Pines VA Healthcare System
- ♦ Behavioral Specialist at Eldercare Assessment & Resources
- ♦ Ph.D. in Philosophy at Lehigh University

“

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

## Management



### Dr. Anasagasti, Aritz

- ♦ European specialist psychologist in Psychotherapy from the EFPA at the CEP health center in Bilbao
- ♦ President of Emotional Network
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychogeriatrics Specialist
- ♦ Creator of the home-based intervention
- ♦ Member of the Basque Association of Gestalt Therapy
- ♦ Reciprocal Interaction Psychotherapist
- ♦ Specialist in neurodegenerative diseases from the University of the Basque Country
- ♦ Responsible for the computer development of Emotional Management and Treatment in the Elderly



### 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. Fernandez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez-Lorca, Manuela

- ♦ Doctorate in Psychology from the University of Castilla-La Mancha
- ♦ Health Psychologist. Lecturer in the Department of Psychology at the UCLM
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldan, Lucia

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in energy therapy intervention

### Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

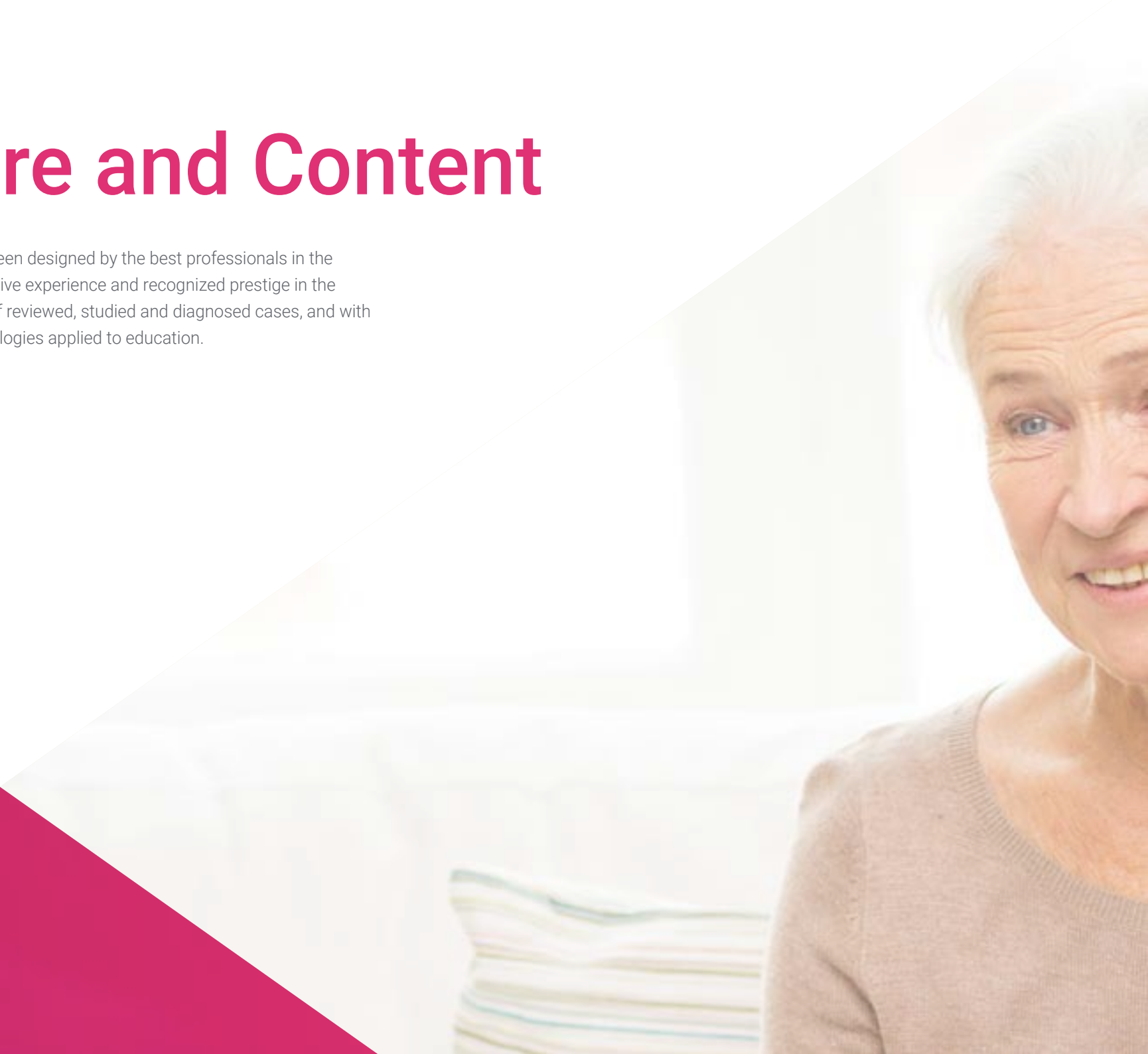
### Dr. Zabala-Baños, María Carmen

- ♦ PhD in Psychology from University of Castilla – La Mancha
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ UCLM European specialist psychologist in psychotherapy. EFPA
- ♦ Specialist in Clinical Hypnosis and Relaxation

# 04

# Structure and Content

The structure of the contents has been designed by the best professionals in the psychogeriatrics sector, with extensive experience and recognized prestige in the profession, backed by the volume of reviewed, studied and diagnosed cases, and with extensive knowledge of new technologies applied to education.





“

*This Postgraduate Diploma in Study of Personality in the Elderly contains the most complete and up-to-date scientific program on the market”*

## Module 1. Aging from the Perspective of Personality Traits

- 1.1. Personality Studies and Theories on the Process of Aging
- 1.2. Social Dynamics and Role of the Elderly Person
- 1.3. Experiences and Current Research in Psychogeriatrics
- 1.4. Negative Changes in Personality
  - 1.4.1. Egocentrism
  - 1.4.2. Dependency
  - 1.4.3. Dogmatism
  - 1.4.4. Stiffness
  - 1.4.5. Intolerance
  - 1.4.6. Disobedience
  - 1.4.7. Pessimism
  - 1.4.8. Impatience
  - 1.4.9. Disrespectful
  - 1.4.10. Insecure
  - 1.4.11. Gnarly
  - 1.4.12. Associable
- 1.5. Positive Changes in Personality
  - 1.5.1. Sincerity
  - 1.5.2. Calmness
  - 1.5.3. Unconcerned
  - 1.5.4. Discrete
  - 1.5.5. Straightforward
  - 1.5.6. Generous
  - 1.5.7. Tender
  - 1.5.8. Honest
  - 1.5.9. Humble
  - 1.5.10. Kind
  - 1.5.11. Safety
  - 1.5.12. Understanding

- 1.6. How Do Personality Disorders Affect the Elderly?
- 1.7. Research in Personality Disorders in Old Age
  - 1.7.1. Schizoid Personality Disorder
  - 1.7.2. Dependency-Based Personality Disorder
  - 1.7.3. Obsessive Compulsive Personality Disorder
  - 1.7.4. Narcissistic Personality Disorder
  - 1.7.5. Paranoid Personality Disorder
- 1.8. The Aging Process Improves or Worsens Personality Disorders
- 1.9. Situation for the Study and Evaluation of Personality Disorders in Old Age

## Module 2. Health in Old Age

- 2.1. Review of the Dimensions of Health
- 2.2. Mental and Emotional Health
  - 2.2.1. Conserving Time and Space Relationship
  - 2.2.2. Maintaining Short-Term Memory
- 2.3. Habits and Cognitive Style
- 2.4. Emotional Schemes
- 2.5. Basic Needs Met
- 2.6. Resilience
- 2.7. Preservation of the Biography
- 2.8. Mental Flexibility and Sense of Humor
- 2.9. Physical Health
  - 2.9.1. Addiction
  - 2.9.2. Chronic Diseases
  - 2.9.3. History of Disease/Illness
- 2.10. Past Assisted Care
- 2.11. Stress Level
- 2.12. Social Health

**Module 3. The Individual and the Family**

- 3.1. What is Family?
  - 3.1.1. Family Life Cycle
  - 3.1.2. Family Sociability
  - 3.1.3. New Intergenerational Conflicts
  - 3.1.4. Nuclear Family
  - 3.1.5. Modern Family
  - 3.1.6. Social Organization of Sexual Relationships
- 3.2. Regulatory Processes of Family Life
  - 3.2.1. Family Temperament
  - 3.2.2. Family Identity
- 3.3. The Family Development and Growth Process
  - 3.3.1. Sandwich Generation
  - 3.3.2. Tupac Amaru Syndrome
  - 3.3.3. Family Aging
- 3.4. Functional Family in Old Age
  - 3.4.1. Support of Demands and Needs
  - 3.4.2. Parentage
  - 3.4.3. Subsidiary Responsibility
- 3.5. Stability of Change and Placement of Authority
- 3.6. Aging Within the Family
  - 3.6.1. The Family and the Importance of Contributing and Being Productive
  - 3.6.2. Psychosocial Aspects of the Family
  - 3.6.3. Structure
  - 3.6.4. Mechanisms of action
  - 3.6.5. Family as a Health and Social Network in Old Age
  - 3.6.6. Current Role of Old Age in 21st Century Families
- 3.7. The 70s Crisis
  - 3.7.1. Retirement
  - 3.7.2. Dependency
  - 3.7.3. Depression
- 3.8. The Family of Today and of the Future
- 3.9. Quality of Life, Family and Modifications that Occur in Old Age
  - 3.9.1. Society and Aging
  - 3.9.2. How Does Our Body Transform with Old Age?
  - 3.9.3. Psychology and Old Age. Metapsychology
- 3.10. Aging with Satisfaction
- 3.11. Fulfilling Basic Needs in Old Age



*A unique, key, and decisive educational 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.



“

*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 Study of Personality in the Elderly guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



“

*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 Study of Personality in the Elderly** 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.

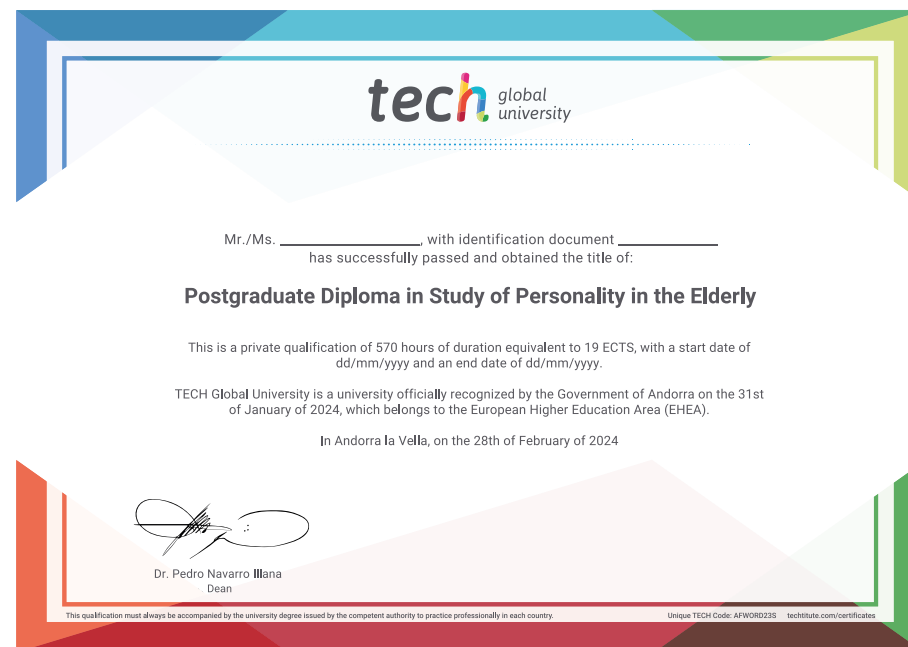
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Study of Personality in the Elderly**

Modality: **online**

Duration: **6 months**

Accreditation: **19 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**  
**Study of Personality**  
**in the Elderly**

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 19 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Study of Personality in the Elderly

