

# Postgraduate Diploma

Techniques of Psychological  
Intervention with the Child  
and Adolescent Population



## Postgraduate Diploma

### Techniques of Psychological Intervention with the Child and Adolescent Population

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

Website: [www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-techniques-psychological-intervention-child-adolescent-population](http://www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-techniques-psychological-intervention-child-adolescent-population)

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# 01

# Introduction

The increase in the number of cases of children with anxiety, eating disorders, depression or low self-esteem has led to a necessary improvement of knowledge on the part of psychology professionals, who see how the age of their patients is increasingly found in the infantile and juvenile age group. This is a vital stage in the development of the human being and therefore requires effective intervention techniques. This 100% online program was created to offer students the most up-to-date and cutting-edge knowledge available in the academic panorama. An opportunity to renew knowledge in a flexible and comfortable way.





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*A Postgraduate Diploma that will keep you current with the most recent research in the field of behavioral evaluation strategies”*

This Postgraduate Diploma, aimed at psychology professionals, is mainly oriented to offer an actualization of knowledge in the field of the Techniques of Psychological Intervention with the Child and Adolescent Population. An education that gives students the opportunity to be informed about the most recent studies by a highly qualified teaching team with experience in clinical psychological care for children and adolescents.

A program taught entirely 100% online, where students will deepen throughout the 6 months of this teaching in the most used intervention techniques currently for managing depression, phobias, anxiety or the most recurrent fears among children and young people. All this, with a multimedia content in which you will find simulations of real cases that will help you in your regular clinical practice.

An exhaustive and deep approach, which will allow you to be aware of recent developments in applications and studies on behavior modification techniques in children. Advances that you will be able to reach thanks to the specialized team in this field that pours all their knowledge in this degree.

A Postgraduate Diploma that is an excellent opportunity for the psychology professional who wishes to delve into the most current techniques in psychological intervention with a theoretical-practical approach. In addition, you can do so by accessing at any time and from anywhere to the entire syllabus of this degree. It only requires a cell phone, tablet or computer with internet connection to connect, view, consult or download the content that makes up this online program. An agile teaching system that meets the current needs of professionals in the sector.

This **Postgraduate Diploma in Techniques of Psychological Intervention with the Child and Adolescent Population** 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
- ◆ Practical exercises where self-assessment can be used 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



*A 100% online program in which you will address in depth the advances in the treatment of stress, eating disorders and behavioral disorders in children"*

“

*This Postgraduates Diploma allows you to deepen in the latest techniques of psychological intervention with a Relearning system, with which you will reduce the long hours of study”*

*This Postgraduate Diploma is designed for professionals like you, who wish to combine their jobs with quality teaching.*

*This degree provides you with a library of multimedia resources with which to improve your knowledge of Mindfulness.*

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive training, designed for training oneself in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative interactive video system developed by renowned experts.



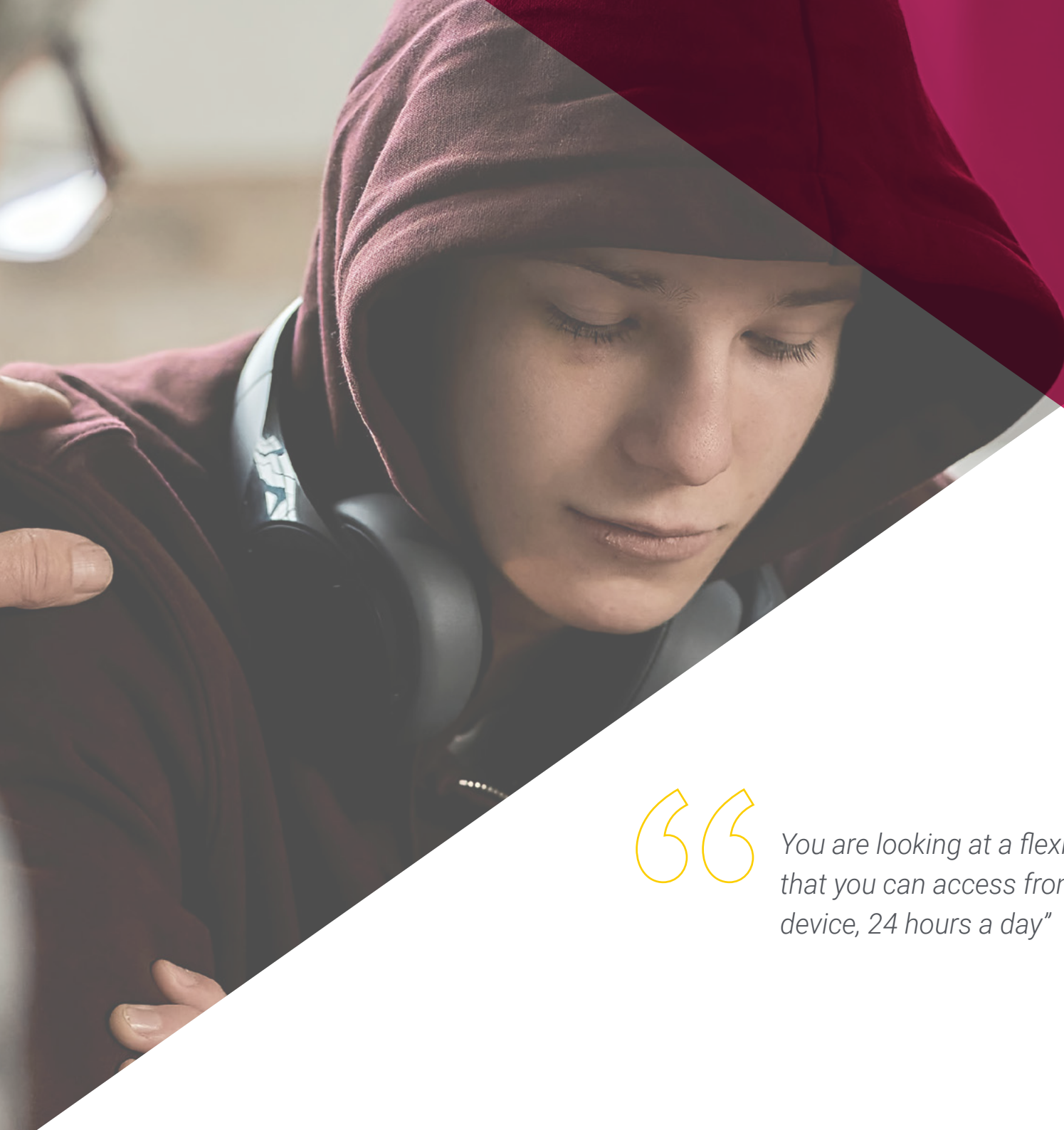
# 02

# Objectives

This Postgraduate Diploma provides the psychology professional with the most advanced and recent knowledge in the area of psychological intervention techniques with the child and adolescent population. Thus, at the end of this course, students will have renewed their knowledge in the different tools used and will reinforce their knowledge in the different theoretical currents of behavior modification. These goals will be easier to achieve thanks to the *Relearningsystem* used by TECH in all its degrees.







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*You are looking at a flexible university course that you can access from any electronic device, 24 hours a day”*



## General Objectives

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- ◆ Describe the therapeutic bond between the psychotherapist and the child
- ◆ Analyze the changes in behavior during the life cycle
- ◆ Differentiate between the evolutionary adaptation and adaptability of human beings
- ◆ Explain the framing of the family system in a single-therapist, single-patient psychotherapy
- ◆ Master psychodiagnosis and evaluation in the child and adolescent framework
- ◆ Control personality assessment at these ages
- ◆ Identify the role of the family in child and adolescent diagnosis
- ◆ Specify the intervention in clinical psychology at these age groups
- ◆ Develop sufficient skills to manage a child and adolescent clinic



*This degree provides you with an extensive and renewed knowledge in the theoretical currents of behavior modification”*





## Specific Objectives

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### Module 1. Intervention Techniques

- ◆ Establish different intervention tools in order to treat children and adolescents
- ◆ Know the main theories of play, metaphors and stories as intervention techniques
- ◆ Apply certain intervention tools taking into account the social and emotional situation of the child and adolescent

### Module 2. Treatment and Intervention of Child and Adolescent Psychopathologies

- ◆ Identify the main treatments for clinical psychopathologies in childhood and adolescence
- ◆ Study the different modulating theories of human behavior in childhood
- ◆ Get to know the future perspectives in the treatment of childhood and adolescent psychopathologies

### Module 3. Behaviour Modification

- ◆ Analyze the principles of behavior modification techniques
- ◆ Know and recognize the different theoretical currents of behavior modification
- ◆ Identify how to apply behavior modification techniques

# 03

## Structure and Content

TECH maintains its commitment to offer students a quality education, taking into account the selection of teachers and up-to-date content that will be accessible 24 hours a day for the psychology professional. Thus, the syllabus is divided into 3 modules that address the different intervention techniques, their characteristics and application, as well as recent advances in treatments applied to the child and adolescent population. The complementary didactic material, the video summaries in detail of each point and the specialized readings make up a syllabus that presents the most innovative characteristics in a modern education.



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*Delves into the most commonly used therapies for the management of anxiety, phobias and fears in adolescent patients”*

## Module 1. Intervention Techniques

- 1.1. Beck's Cognitive Therapy
  - 1.1.1. Who Is Beck?
  - 1.1.2. Fundamentals of Cognitive Therapy
  - 1.1.3. Clinical Use
- 1.2. Problem-Solving Therapy
  - 1.2.1. Introduction to Problem-Solving Therapy
  - 1.2.2. Relevant Authors
  - 1.2.3. Clinical Use
- 1.3. Exposure Therapy
  - 1.3.1. Types of Exposure
  - 1.3.2. Relevant Authors
  - 1.3.3. Clinical Use
- 1.4. Modeling Techniques
  - 1.4.1. Origin of Modeling
  - 1.4.2. Techniques and Application
- 1.5. Ellis Rational-Emotive-Behavioral Therapy
  - 1.5.1. Rational-emotive-behavioral therapy fundamentals
  - 1.5.2. Clinical Use
- 1.6. Humanistic Techniques
  - 1.6.1. Fundamentals of Humanistic Therapy
  - 1.6.2. Most Common Techniques
- 1.7. Behavioral techniques
  - 1.7.1. Rational-emotive-behavioral therapy fundamentals
  - 1.7.2. Clinical Use
- 1.8. Gestalt Therapy
  - 1.8.1. Fundamentals of Gestalt Therapy
  - 1.8.2. Clinical Use
- 1.9. Piaget's School
  - 1.9.1. Fundamentals of Piaget's School
  - 1.9.2. Clinical Use
- 1.10. Mindfulness
  - 1.10.1. Origin of Mindfulness
  - 1.10.2. Mechanisms of Action
  - 1.10.3. Clinical Use

## Module 2. Treatment and Intervention of Child and Adolescent Psychopathologies

- 2.1. Factors Influencing Treatment Outcome
  - 2.1.1. Modulating Factors in Child Treatment
- 2.2. Treatment Modalities
  - 2.2.1. Introduction to the Treatment of Child and Adolescent Psychopathology
  - 2.2.2. Different Treatment Modalities for Children and Adolescents
- 2.3. Bandura's Vicarious Learning
  - 2.3.1. History of Bandura
  - 2.3.2. Bandura's Vicarious Learning Theory
- 2.4. Functional Analysis
  - 2.4.1. Introduction to Functional Analysis
  - 2.4.2. Functional Analysis in Psychological Therapy
- 2.5. Systemic Therapy
  - 2.5.1. Introduction to Systemic Therapy
  - 2.5.2. Systemic Therapy Today
- 2.6. Strategic Therapy and Constructivism
  - 2.6.1. Introduction to Strategic Therapy
  - 2.6.2. Introduction to Constructivism
- 2.7. Cognitive-Behavioral Therapy. Cognitive restructuring
  - 2.7.1. Introduction to Cognitive-- Behavioral Techniques
  - 2.7.2. Cognitive Restructuring Technique
  - 2.7.3. Cognitive Restructuring as a Treatment Nowadays
- 2.8. Solution-Focused Brief Therapy
  - 2.8.1. Introduction to Solution-Focused Brief Therapy
  - 2.8.2. Techniques and Clinical Use
- 2.9. Psychotherapeutic Techniques
  - 2.9.1. Introduction to Psychotherapeutic Techniques
  - 2.9.2. The Main Psychotherapeutic Techniques Today
- 2.10. Future Prospects for Treatment Planning
  - 2.10.1. New Prospects for Treatment in Childhood and Adolescence

### Module 3. Behavior Modification

- 3.1. Main Theories and Authors
  - 3.1.1. Beginnings of Behavioral Theories
  - 3.1.2. Most Relevant Authors
- 3.2. Operant Techniques for Behavioral Enhancement
  - 3.2.1. What Behaviors Do We Want to Increase?
  - 3.2.2. Techniques to Increase Behavior
- 3.3. Operant Techniques for Acquisition
  - 3.3.1. What Behaviors Do We Want to acquire?
  - 3.3.2. Development of Techniques to Facilitate the Acquisition of Behaviors
- 3.4. Techniques to Reduce or Eliminate
  - 3.4.1. What Behaviors Do We Want to Eliminate?
  - 3.4.2. Techniques to Reduce or Extinguish a Behavior
- 3.5. Token Economy Program
  - 3.5.1. Theoretical Basis for the Token Economy
  - 3.5.2. Its Use in the Classroom
  - 3.5.3. Its Clinical Use
- 3.6. Contingency Contracts
  - 3.6.1. Theoretical Principles of Contingency Contracts
  - 3.6.2. Application of Contingency Contracts
- 3.7. Most Common Operant Techniques
  - 3.7.1. Classical Operant Techniques
  - 3.7.2. Operant Techniques Oriented to Clinical Psychology
- 3.8. Latest Applications and Studies
  - 3.8.1. Neobehavioral Theories
  - 3.8.2. Main Authors
  - 3.8.3. Research Lines
- 3.9. Behavioral Assessment
  - 3.9.1. Behavioral Assessment Strategies
  - 3.9.2. Functional Analysis of Behavior



*Access with this Postgraduate Diploma to the most recent studies on operant techniques in behavior modification”*

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. 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 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 Techniques of Psychological Intervention with the Child and Adolescent Population, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma Degree 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 Techniques of Psychological Intervention with the Child and Adolescent Population** 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.

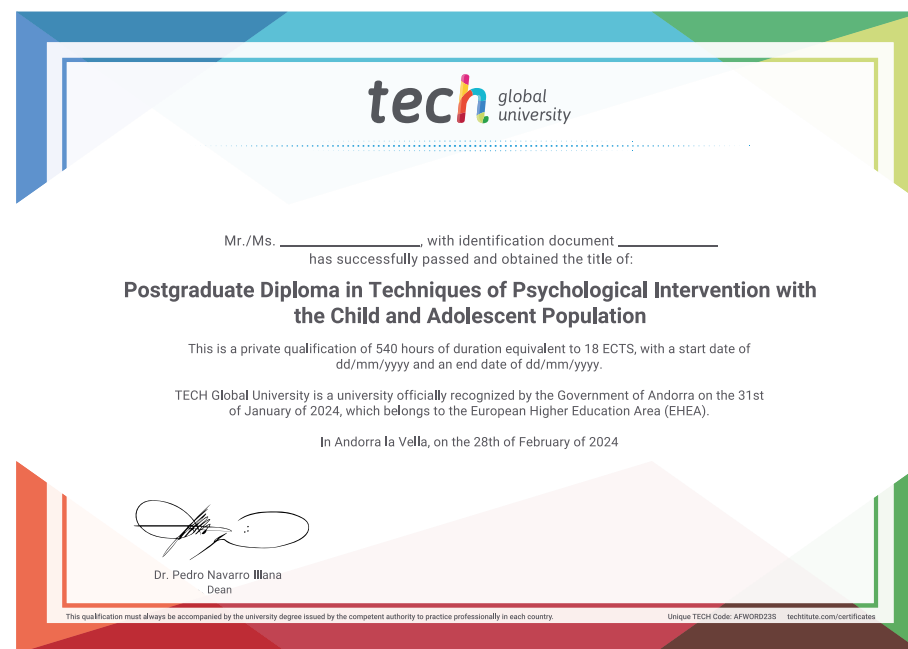
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Techniques of Psychological Intervention with the Child and Adolescent Population**

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 Global University will make the necessary arrangements to obtain it, at an additional cost.



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