

# Postgraduate Diploma

## Therapeutic Education in Child and Adolescent Psychopathology



## Postgraduate Diploma Therapeutic Education in Child and Adolescent Psychopathology

- » 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-therapeutic-education-child-adolescent-psychopathology](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-therapeutic-education-child-adolescent-psychopathology)

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# 01

# Introduction

The correct neurodevelopment of the patient during the infantile and juvenile stage is fundamental, since this is a time when their cognitive and communicative skills are strengthened, which are necessary to have an optimal quality of life and to be able to perform a normal routine in today's society. For this reason, when cases arise in which the child or adolescent suffers from some type of psychopathology, the specialist must work on the depth of their diagnosis, in order to establish the treatment that best suits their clinical picture. Consequently, TECH has developed this program, with the aim that the graduates can know in detail the latest developments related to this field. All this through a 100% online, innovative and comprehensive program with which you will attend a quality educational experience without in-person classes or restricted schedules.





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*Work on your skills as a child and adolescent Psychologist through this innovative and comprehensive program, with which you will get up to date on the latest developments in psychopathologies in a 100% online format”*

Child and adolescent psychology is an expanding field in which, although great advances have been made, there are still many aspects to be clarified. However, it is a very relevant specialty, since clinical assistance at this age can have a significant and positive influence on the correct development of patients with pathologies or disorders related to neurodevelopment.

For this, the professional must know in detail the latest therapeutic guidelines adapted to these ages, since they differ from those applied in adults. In order for the graduates to be able to meet this goal and to be updated on the advances that have been made in this area, TECH has designed this Postgraduate Diploma. It is a complete, intensive and dynamic program that delves into the history of Child and Adolescent Psychology, its background and evolution, as well as the therapeutic relationship with the child. It also delves into the different intervention treatments that are currently being applied, focusing the content on the intricacies of systemic, strategic and constructivist therapies.

All this through a convenient and accessible 100% online format, which will allow the graduates, not only to connect from any electronic device with internet connection, but will also be able to do so at any time of the day and throughout the week. This will give you the possibility of organizing the educational experience based on your own availability, as well as getting the most out of it in the shortest possible time.

This **Postgraduate Diploma in Therapeutic Education in Child and Adolescent Psychopathology** 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 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 electronic device with an Internet connection



*You will have 450 hours of the best content to delve into the most advanced and effective treatments and intervention strategies”*

“*A perfect program to learn in detail the factors that influence on the results of the treatments, so that you can take them into account when planning exercises and therapies*”

*You will be able to delve into the different neurodevelopmental disorders, as well as the most relevant aspects to take into account when diagnosing them.*

*You will work with the techniques of communication and language in the therapeutic relationship recommended by experts today.*

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

Its 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 an immersive education programmed to learn in real situations.

This program's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.





# 02

# Objectives

The importance of a correct, specialized and up-to-date psychological intervention in the child and adolescent patient is what has led TECH to invest in creating a program with which the professional can get up to date. Therefore, the objective of this program is to provide you with the most exhaustive and innovative information related to therapeutic education in child and adolescent psychopathology, as well as to guarantee you the improvement of their professional skills through the use of the most innovative didactic and pedagogical of the most innovative tools.







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*You set the goals, we give you  
all the educational material  
you need to achieve them”*



## General Objectives

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- ◆ Review the history of psychology in the field of child and adolescent
- ◆ Acquire detailed knowledge of the latest developments related to the evaluation and diagnostic processes in the field
- ◆ Develop a broad clinical management of the psychological tools that are currently obtaining the best results

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*One of the tools TECH uses to help you achieve your educational objectives is to include in all its programs the clinical cases taken from real consultations so that you can put your skills into practice”*







## Specific Objectives

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### Module 1. History of Psychology: Child and Adolescent Psychopathology

- ◆ Know the most Influent psychological currents of the history of this discipline
- ◆ Study and know how child and psychopathology psychology emerged and the importance of the study of children and adolescents in the field of psychology
- ◆ Gain knowledge about the development and the differences between what is considered normal and what is considered pathological in the childhood and adolescence stage
- ◆ Study the influential theories of child development in relation to their influence on child and adolescent psychopathology

### Module 2. Therapeutic Relationship with the Child Assessment and Diagnosis Process in Child and Adolescent Psychopathology

- ◆ Know the process of the therapeutic relationship with the child and adolescent and the most appropriate knowledge forms of communication for the success of therapy in the child and adolescent stage
- ◆ Know the assessment and diagnosis process used with patients in the child and adolescent stage
- ◆ Study the assessment instruments and the areas of importance to be assessed in the child and adolescent stage
- ◆ Study how the family is involved in therapy with minors

### Module 3. Treatment and Intervention of Child and Adolescent Psychopathologies. General Treatment Principles

- ◆ Know and study the main treatments for 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



03

# Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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*TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”*

## International Guest Director

With a solid career in the field of **mental health**, Dr. Fairlee C. Fabrett is considered a true international reference. The expert has a prominent professional and research career, focused on improving the quality of **psychological care** in general, but with special emphasis on the approach to **child and adolescent patients**.

For more than a decade, the specialist has maintained a continuous link with the prestigious **McLean Hospital of Mass General Brigham**. At that institution, she has led several **clinical projects**. Among other roles, she has been involved in the **supervision** of innovative **treatment models**. Along with the rest of the team in the **Division of Child and Adolescent Psychiatry**, he has also implemented comprehensive, multidisciplinary work strategies to address disorders such as **Anxiety, Emotional and Mood Dysfunction**.

Her commitment to the training of other specialists has prompted her to develop an internship program for graduate students in Psychology. An academic training that not only aligns with the functions of McLean Hospital, but provides a holistic view on the most disruptive therapeutic trends. In addition, he is responsible for the adaptation and implementation of several outpatient treatment manuals, with significant therapeutic results.

At the same time, she runs a **Clinical Fellowship Program** designed to provide recent graduates with specific training to become **counselors** or **community residency coordinators**. Most of the graduates of this initiative have played a crucial role in supporting the **integration** and **motivation** of children and adolescents with mental health problems, both inside and outside McLean Hospital itself.

Also noteworthy is the **careful preparation** that Dr. Fabrett has sustained throughout her professional experience. A graduate of Arizona State University with a Ph.D. in **Clinical Psychology**, she has pursued advanced studies at Harvard University.





## Dr. Fabrett, Fairlee C.

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- Director of the Division of Child and Adolescent Psychiatry at McLean Hospital, Belmont, USA
- Academic of Psychiatry at Harvard University
- Psychologist at Cambridge Health Alliance, Cambridge, Cambridge, UK
- Doctorate in Clinical Psychology from Arizona State University
- B.S. in Psychology from the University of Arizona
- Clinical Psychology Fellowship at Harvard Medical School, Harvard Medical School
- Academic Post-Doctoral Fellowship at McLean Hospital

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

# 03

## Structure and Content

For the development of this Postgraduate Diploma, the teaching team has taken into account the latest scientific evidence in the field of psychology, so that they have created a dynamic and highly capacitating syllabus. In addition, the program includes hours of additional material in different formats thanks to which the graduates will be able to delve into the different sections in a personalized way: detailed videos, images, clinical cases, research articles, complementary readings and much more. In conclusion: everything you need to get up to date in a comprehensive way from the comfort of your home.



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*Thanks to TECH's methodology, you will be able to update your knowledge in a natural and progressive way”*



## Module 1. History of Psychology: Child and Adolescent Psychopathology

- 1.1. Background of General Psychology
  - 1.1.1. The Birth of Scientific Psychology
  - 1.1.2. Psychology In the first Half of the 20th Century
  - 1.1.3. Psychology In the Second Half of the 20th Century
- 1.2. Child Psychology. Why Should We Study Children?
  - 1.2.1. What is Child Psychology?
  - 1.2.2. Developmental Psychology
  - 1.2.3. Why Should We Study Children?
  - 1.2.4. Topics of Study in Developmental Psychology
- 1.3. Historical Evolution of Child and Adolescent Psychopathology
  - 1.3.1. What is Child and Adolescent Psychopathology?
  - 1.3.2. Historical Evolution of Child and Adolescent Psychopathology
  - 1.3.3. Methodological Foundations of Child Psychopathology
- 1.4. Normal Psychological Development
  - 1.4.1. What is Normal Psychological Development?
  - 1.4.2. Factors Influencing Normal Psychological Development
- 1.5. Theories of Child Development
  - 1.5.1. What Are the Child Development Theories?
  - 1.5.2. Main Theories of Child Development
- 1.6. Evolution and Transitions between Normal and Pathological
  - 1.6.1. What is Normal?
  - 1.6.2. What is a Psychopathological Problem?
  - 1.6.3. Transitions between Normal and Pathological
- 1.7. General Etiology of Psychopathological Disorders in Childhood
  - 1.7.1. Introduction and Concept of "Etiology"
  - 1.7.2. Main Etiologies of Psychopathological Disorders in Childhood
- 1.8. Understanding Symptoms in Child Psychopathology
  - 1.8.1. Concept of Symptoms and Signs of Somatic and Psychopathological Illness
  - 1.8.2. How to Identify Symptoms in Child Psychopathology
  - 1.8.3. Possible Masks of Childhood and Adolescent Psychopathology

- 1.9. Personal Characteristics and Most Common History of the Disease in Childhood
  - 1.9.1. Background of Disease in the Childhood
  - 1.9.2. Environment Inheritance
  - 1.9.3. Personal Characteristics Influencing the Development of the Disease in Childhood
- 1.10. Major or Minor Psychopathological Problems and Difficulties
  - 1.10.1. Minor Psychopathological Problems
  - 1.10.2. Major Psychopathological Problems

## Module 2. Therapeutic Relation with the Child Assessment and Diagnosis Process in Child and Adolescent Psychopathology

- 2.1. Therapeutic Relationship with Children and Adolescents
  - 2.1.1. Infant and Adolescent Characteristics
  - 2.1.2. Establishment of a Therapeutic Alliance with the Minor
  - 2.1.3. Keys in the Therapeutic Relationship
- 2.2. Communication and Language Techniques in the Therapeutic Relationship in Childhood and Adolescence
  - 2.2.1. Importance of Communication and Language Techniques in the Therapeutic Relationship with the Minor
  - 2.2.2. Most Common Communication and Speech Techniques for Successful Psychological Therapy with the Infant
  - 2.2.3. Communication Difficulties in Therapy
- 2.3. Evaluation and Diagnosis Process in Childhood: Phases
  - 2.3.1. The Assessment Process in the Childhood and Adolescence Stage
  - 2.3.2. Diagnosis in Childhood and Adolescence
- 2.4. Areas of Psychological Functioning to be Assessed
  - 2.4.1. Main Areas of Psychological Functioning to be Assessed in the Child and Adolescent Stage
  - 2.4.2. Other Areas of Functioning to be Considered by the Therapist
- 2.5. Diagnostic Objectives
  - 2.5.1. Keys to an Accurate Diagnosis
  - 2.5.2. Main Objectives in the Diagnosis of the Most Common Psychopathologies in Childhood and Adolescence

- 2.6. The Assessment and Diagnostic Process: Means for Assessment and Diagnosis
  - 2.6.1. Interview
  - 2.6.2. Main Instruments Used in the Diagnosis of Psychopathologies in Childhood and Adolescence
- 2.7. Evolution of Assessment and Diagnostic Instruments
  - 2.7.1. Introduction to the Most Common Assessment and Diagnostic Instruments
  - 2.7.2. New Lines of Assessment and Diagnosis
- 2.8. Errors in Diagnosis in the Childhood and Adolescence Stage
  - 2.8.1. When Can Errors in Diagnosis Occur?
  - 2.8.2. Modulating Factors
  - 2.8.3. Most Common Mistakes
- 2.9. Framing of the Family System in Psychological Therapy
  - 2.9.1. Concept of Family System
  - 2.9.2. The Family System in Psychological Therapy
  - 2.9.3. Problems Related to Family Involvement in the Minor's Therapy
- 2.10. Family Evaluation
  - 2.10.1. Family Therapy vs. Individual Therapy
  - 2.10.2. Key Aspects for Family Assessment
  - 2.10.3. Measuring Instruments in Family Assessment
- 3.5. Functional Analysis
  - 3.5.1. Introduction to Functional Analysis
  - 3.5.2. Functional Analysis in Psychological Therapy
- 3.6. Systemic Therapy
  - 3.6.1. Introduction to Systemic Therapy
  - 3.6.2. Systemic Therapy Today
- 3.7. Strategic Therapy and Constructivism
  - 3.7.1. Introduction to Strategic Therapy
  - 3.7.2. Introduction to Constructivism
- 3.8. Cognitive Restructuring
  - 3.8.1. Introduction to Cognitive Restructuring
  - 3.8.2. Cognitive Restructuring as a Treatment Nowadays
- 3.9. Future Prospects for Treatment Planning
  - 3.9.1. New Prospects for Treatment in Childhood and Adolescence

### Module 3. Treatment and Intervention of Child and Adolescent Psychopathologies. General Treatment Principles

- 3.1. Factors Influencing Treatment Outcome
  - 3.1.1. Modulating Factors in Child Treatment
- 3.2. Treatment Modalities
  - 3.2.1. Introduction to the Treatment of Child and Adolescent Psychopathology
  - 3.2.2. Different Treatment Modalities for Children and Adolescents
- 3.3. Bandura's Vicarious Learning
  - 3.3.1. History of Bandura
  - 3.3.2. Bandura's Vicarious Learning Theory
- 3.4. Behavior Modification Techniques
  - 3.4.1. Introduction to Behavior Modification
  - 3.4.2. Main Behavior Modification Techniques
  - 3.4.3. Behavior Modification Techniques at Present



*A program with which you will also work on future prospects for treatment planning”*

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.



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# Certificate

The Postgraduate Diploma in Therapeutic Education in Child and Adolescent Psychopathology 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 Postgraduate Diploma without having to travel or fill out laborious paperwork"*



This private qualification will allow you to obtain a **Postgraduate Diploma in Therapeutic Education in Child and Adolescent Psychopathology** 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 Therapeutic Education in Child and Adolescent Psychopathology**

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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community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom

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university

**Postgraduate Diploma**  
Therapeutic Education in  
Child and Adolescent  
Psychopathology

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