

# Postgraduate Diploma

Therapeutic Intervention in Emotion  
from Mindfulness, Focusing and  
Other Body Techniques





## Postgraduate Diploma

### Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques

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

Website: [www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-therapeutic-intervention-emotion-mindfulness-focusing-other-body-techniques](http://www.techtute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-therapeutic-intervention-emotion-mindfulness-focusing-other-body-techniques)

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# 01 Introduction

The program in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques is a truly unique program for the acquisition of competence in emotion-based psychotherapy.



A close-up photograph of a hand holding a black pen, poised to write on a white clipboard. A silver stethoscope is visible in the lower-left corner. The image is partially obscured by a large, diagonal magenta graphic element that covers the right side and bottom of the page.

“

*Don't miss the opportunity to update your knowledge in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques to improve your patient care”*

Moreover, unlike the cerebral cortex, which completes its maturation process around the age of 21, the limbic system is fully functioning from before birth, so we start to know and learn what the world is from subcortical structures within a brain that is mainly emotional. It is for all these reasons that, in the words of psychologist Roberto Aguado: "Emotion decides and reason justifies"

This program is unique in that it offers a complete vision, both for therapeutic and preventive treatment and personal growth, from an integral and multifactorial vision of the human being. Supported by the latest scientific research, it gives emotion the value it really has in psychological distress and illness and in the functioning of the person in general.

Professionals who complete this program will acquire the knowledge required to offer their patients more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated; emotion. You will also be able to conduct preventive and personal growth therapies, since the program is not only oriented towards the clinical area, but also at being able to help others to grow emotionally and lead a more fulfilling life.

This **Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Plinical practical cases presented by experts in the different specialties
- ♦ 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
- ♦ Diagnostic and therapeutic novelties on the neurological basis of behavior
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ With special emphasis on evidence-based psychology and evidence-based research methodologies
- ♦ All of this will be complemented by 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 Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques for Psychologists contains the most complete and up-to-date program on the market"*



*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 Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques, you will obtain a qualification endorsed by TECH Technological University"*

Its teaching staff includes health professionals belonging to the field of psychology, who bring to this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, it will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the psychologist must try to solve the different professional practice situations that arise throughout the program. For this purpose, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma.*

*Don't miss the opportunity to update your knowledge in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques to improve your patient care.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the psychologist can master the Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques in a practical and rigorous way.







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*This program will provide you with a sense of confidence in the practice of psychology, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- ♦ Discover what *Mindfulness* is, its origins, attitudes, and its applications in therapy
- ♦ Relate body language to the expression and treatment of emotions through body-based therapies
- ♦ Understand and work with emotion from a broader perspective of personal growth through transpersonal therapy
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose



## Specific Objectives

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### Module 1. Mindfulness

- ♦ In-depth knowledge about the concept of *Mindfulness* and its application from different therapeutic models
- ♦ Master the Mindfulness technique and apply it to the different motives for consultation

### Module 2. Intervention of Emotion through the Body

- ♦ Discover therapies that work on emotions through the body
- ♦ Analyze the role of the body in the process of emotional rehabilitation
- ♦ Express emotions through the body to strengthen individual wellbeing

### Module 3. The Brain and Learning

- ♦ Mastering the basics of human brain function and development
- ♦ Understand basic learning processes
- ♦ Identify the role of the brain in the process of emotional well-being



“*Make the most of this opportunity and take the step to get up to date on the latest developments in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques*”

03

# Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this specialization.

Additionally, renowned specialists, members of prestigious scientific communities, are involved in designing and preparing the program.





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*Learn from leading professionals, the latest interventional advances with Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques"*

## Management



### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies (IEPTL)
- ♦ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- ♦ Collaborator in different Red Cross programs
- ♦ Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- ♦ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at Human Resources Consulting Services (HRCS)

## Coordinator



### Mr. Aguado Romo, Roberto

- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ 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. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux
- ♦ Trainer and facilitator of Genpo Roshi's *Big Mind* model, with whom he has trained
- ♦ Creator of Integrative Meditation, developed from the Big Mind model
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós

### Mr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Ms. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Expert in Energy Therapy Intervention

### Ms. Mazza, Mariela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in Mindfulness and Meditation, and facilitator of these techniques at Hospital Quirón Salud Marbella

### Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at Hospital Quirón Salud Marbella and at Avatar Psicólogos
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross.

04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of specialization in the daily practice of the psychologist, aware of the relevance of current training to treat the patient with psychological disorders and are committed to quality teaching using new educational technologies.





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*This Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques contains the most complete and up-to-date scientific program on the market”*

## Module 1. Mindfulness

- 1.1. Meditation
- 1.2. What is Mindfulness?
  - 1.2.1. Full Attention
  - 1.2.2. Benefits and Scientific Evidence
  - 1.2.3. Formal and Informal Practice
- 1.3. The 7 Attitudes in Mindfulness
- 1.4. Directing Attention
- 1.5. Fields of Application
- 1.6. Mindfulness for Children
- 1.7. Mindfulness and ADHD
- 1.8. Stress, Anxiety and Mindfulness
- 1.9. Mindfulness and Impulse Disorder Related Disorders
- 1.10. Mindfulness and Eating Disorders
- 1.11. Mindfulness in Psychotherapy: Cognitive Therapy Based on Mindfulness
- 1.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
- 1.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

## Module 2. Intervention of Emotion through the Body

- 2.1. Body Therapies
  - 2.1.1. What are Body Therapies?
  - 2.1.2. Evolution Over Time
- 2.2. Characteroanalytic Vegetotherapy
  - 2.2.1. Origins W. Reich
  - 2.2.2. What is Characteroanalytic Vegetotherapy?
  - 2.2.3. Vegetotherapy Today
- 2.3. Lowen Bioenergetic Analysis
  - 2.3.1. What is Bioenergetics?
  - 2.3.2. Historical journey
  - 2.3.3. Bioenergetic Types
  - 2.3.4. Psychotherapeutic Techniques
  - 2.3.5. The Bioenergetic Therapist

- 2.4. Focusing
  - 2.4.1. Historical Approach: Eugene Gendlin
  - 2.4.2. Protocol
  - 2.4.3. Applications in Psychotherapy
- 2.5. Yoga
  - 2.5.1. Brief Historical Review. Origins
  - 2.5.2. The 9 Branches of the Yoga Tree
  - 2.5.3. Yoga Doctrines
  - 2.5.4. Benefits
- 2.6. Biodynamic Craniosacral Therapy
- 2.7. Risotherapy
  - 2.7.1. Brief Historical Review
  - 2.7.2. Therapy or Psychotherapeutic Technique?
  - 2.7.3. Techniques and Exercises
- 2.8. Art Therapy
  - 2.8.1. What is Art Therapy?
  - 2.8.2. A Bit of History
  - 2.8.3. What Can Be Worked On? Objectives
  - 2.8.4. Materials and Techniques.
  - 2.8.5. Art Therapy in Children
- 2.9. DMT: Dance Movement Therapy
  - 2.9.1. What Is It? Definition
  - 2.9.2. A Bit of History
  - 2.9.3. Movement and Emotion
  - 2.9.4. Who Can Benefit from Dance Movement Therapy?
  - 2.9.5. Techniques
  - 2.9.6. A DMT Session

### Module 3. The Brain and Learning

- 3.1. The Three Brains
  - 3.1.1. The Reptilian Brain
  - 3.1.2. The Mammal Brain
  - 3.1.3. The Human Brain
- 3.2. Reptilian Brain Intelligence
  - 3.2.1. Basic Intelligence
  - 3.2.2. Pattern Intelligence
  - 3.2.3. Parameter Intelligence
- 3.3. The Intelligence of the Limbic System
- 3.4. The Intelligence of Neocortex
- 3.5. Evolutionary Development
- 3.6. The Stress Response or Flight Attack
- 3.7. What is the World? The Learning Process
- 3.8. Learning Schemes
- 3.9. The Importance of the Link
- 3.10. Attachment and Parenting Styles
- 3.11. Basic Desires, Primary Desires
- 3.12. Secondary Desires
- 3.13. Different Contexts and their Influence on Development
- 3.14. Emotional Schemes and Limiting Beliefs
- 3.15. Creating a Self-Concept



*A unique, key, and decisive master's degree 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.



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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.



06

# Certificate

The Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and other Body Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

This Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding Postgraduate Diploma issued by TECH Technological University via tracked delivery.

The certificate issued by TECH Technological University will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

**Title: Postgraduate Diploma in Therapeutic Intervention in Emotion from Mindfulness, Focusing and Other Body Techniques**

Official N° of Hours: **500 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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knowledge presence  
online learning

development languages

virtual classroom

**tech** technological  
university

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