Postgraduate Diploma
Therapeutic Techniques in Emergency Psychology

tech technological university

Postgraduate Diploma
Therapeutic Techniques in Emergency Psychology

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

Website: **www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-therapeutic-techniques-emergency-psychology**

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Introduction

In the vast majority of emergency situations, victims often present with symptoms associated with a psychological crisis. Therefore, intervention by mental health specialists is necessary, not only to ensure the safety of the person and help them to see beyond what they are experiencing, but also to work on the prevention of psychological sequelae. In order to serve as a guide to these professionals in their updating process on therapeutic techniques most innovative and effective in emergency psychology, TECH has developed a very complete program that includes, precisely, the most innovative information in this regard. This is an immersive, intensive and multidisciplinary program through which graduates will be able to investigate stress management strategies and the most successful crisis therapies. through which graduates will be able to investigate strategies for stress management, as well as the crisis therapies that have obtained the best results.

" *Implementing into your practice the most effective therapeutic techniques for psychological intervention in emergency situations will become a simple and dynamic task with this 100% online Postgraduate Diploma"*

The correct psychosocial development of the victims of emergency situations such as accidents, sudden deaths or catastrophes, once the traumatic event has occurred, depends, to a great extent, on their ability to accept and control their emotions. In the vast majority of cases, people, on their own, are not able to manage correctly what they have experienced, generating stress and anxiety related to the after-effects of the traumatic event and anxiety related to post-traumatic sequelae.

That is why the immediate intervention of psychology professionals should be a priority to be considered when a context occurs which, due to its characteristics, can seriously affect the patient's mental health. And in order that these specialists can have a program that allows them to catch up on the most innovative and effective techniques for this, TECH and its team of versed in the area have decided to develop a qualification that contemplates all these aspects.

Thus arises the Postgraduate Diploma in Therapeutic Techniques in Emergency Psychology, a complete and dynamic training that collects the most comprehensive information on the latest advances that have been made in this field. Through 600 hours of theoretical, practical and additional material, graduates will be able to deepen their knowledge of prevention strategies and stress management in emergency situations, as well as crisis therapies for psychotherapeutic intervention with victims of traumatic situations. Finally, they will be able to implement in their professional practice the most effective group techniques to work on the mental strengthening of the interveners (security and health corps).

For this purpose, they will have the best syllabus, prepared by a team of specialists in emergency psychology with a wide and extensive work experience in the participation in crisis contexts. Although undoubtedly, the most significant feature of this program is its convenient and accessible 100% online format, which will allow graduates to perfect their professional skills in a guaranteed way, without face-to-face classes or restricted schedules.

This **Postgraduate Diploma in Therapeutic Techniques in Emergency Psychology** contains the most complete and up-to-date program on the market. The most important features include:

- The development of practical cases presented by experts in Emergency 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 device with an Internet connection

A qualification designed by experts in Emergency Psychology with which you can delve into the ins and outs of prevention strategies innovative stress management"

In only 6 months, you will have perfected your professional competencies in the psychological management of crisis situations.

"

Would you like to be able to offer a therapeutic service for interveners? Choose this Postgraduate Diploma and delve into the group and individual techniques that have had the best results to date"
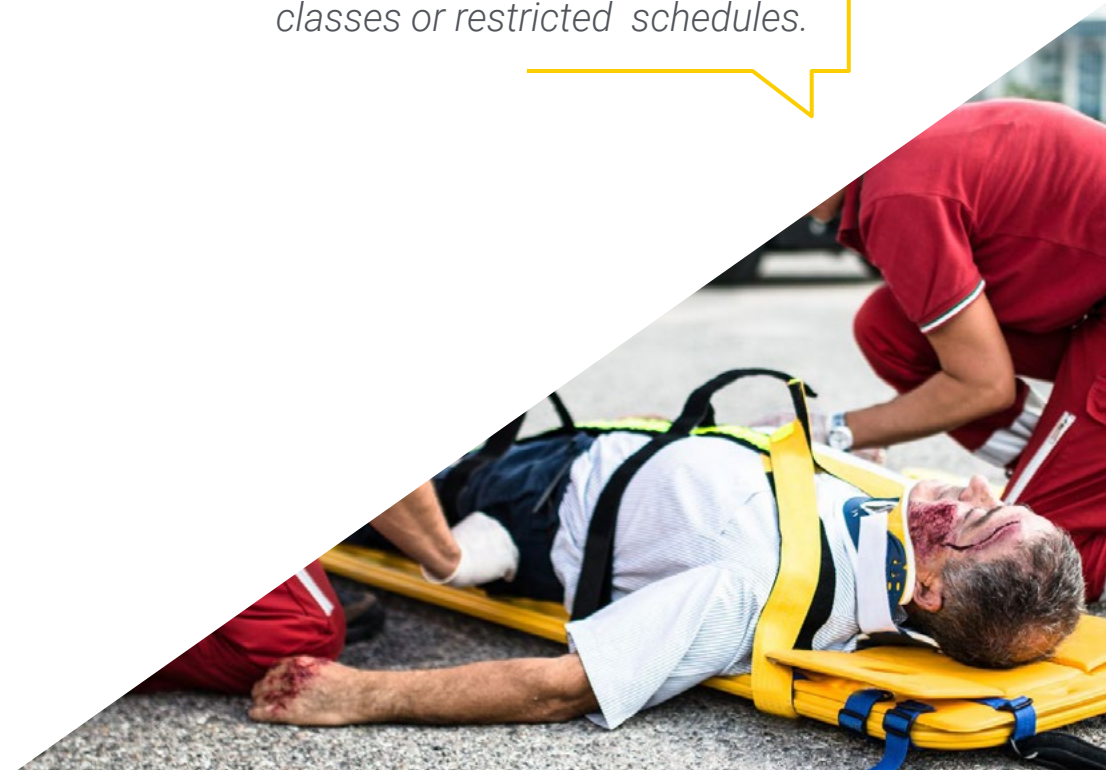
A qualification adapted to you, to your needs and to your needs and those of your sector: no on-site classes or restricted schedules.

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

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

The design of this program focuses on Problem-Based Learning, by means of which professionals will have to try to solve the different professional practice situations that will be posed to them throughout the educational course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

02
Objectives

The need for a program that gathers the latest and most exhaustive information on therapeutic techniques for psychological intervention in emergency situations is the reason why TECH and its team of experts have decided to create this program. That is why its objective is to serve to guide graduates in their updating process through the best specialized agenda in this field and the most innovative academic tools that facilitate said task.

"

A qualification that brings together the latest advances in emergency psychology, from coping styles to the most effective strategies for resilience"

General Objectives

- Know in detail the latest developments related to the effective intervention of the psychologist in crisis or emergency situations

- Delve in a specialized way into the different therapeutic techniques for stress management in traumatic situations

- Develop a broad and exhaustive knowledge of the most effective and innovative intervention strategies with first responders

Among the most important features of this Postgraduate Diploma is the inclusion of a section dedicated to teamwork, so that the professional can transmit the guidelines that favor a coordinated intervention"

Specific Objectives

Module 1. Prevention and Management of Stress in Emergency Situations

- Understand the impact of stress and emergency situations on emergency personnel
- Study the psychological impact of exposure to emergency situations on emergency and urgent care professionals
- Learn the main stress management and psychological impact prevention techniques for emergency personnel

Module 2. Group Techniques for Intervention with First Responders

- Know and study the main group techniques for intervention with first responders
- Know and study the main individual techniques for intervention with first responders
- Differentiate group techniques from individual techniques
- Know about Peer Support Systems
- Know the consequences of poor intervention

Module 3. Crisis Therapy Psychotherapeutic Intervention with Victims of Traumatic Situations

- Study the principles of crisis therapy and crisis intervention
- Differentiate between different coping styles in traumatic situations
- Be aware of types of trauma, and the effects and consequences of traumatic situations for individuals
- Study Ellis' Rational Emotive Therapy for the treatment of trauma

Module 4. The Crisis Intervention Team

- Study the profile of the psychologist specializing in crisis intervention for urgent care and emergencies
- Study the different professions that make up a crisis intervention team
- Know and learn the main guidelines to ensure effective practices in crisis intervention
- Study the present situation and the future of crisis intervention

03
Structure and Content

This Postgraduate Diploma consists of 600 hours of the best and most innovative theoretical, practical and additional content. The latter is presented in different formats: detailed videos, research articles, complementary readings, self-knowledge exercises, dynamic summaries, etc. All this compacted in a 100% online training through which, in only 6 months, psychology specialists will see their knowledge expanded, being able to work, in a guaranteed way, in the improvement of their professional competences for intervention in emergency situations.

An innovative program with which you will be able to work, in addition, on future expectations related to psychological intervention in crisis situations"

Module 1. Prevention and Management of Stress in Emergency Situations

1.1. Characteristics of Emergency Situations, Influencing Factors and Critical Psychological Impact Situations.
    1.1.1. Introduction to Psychological Impact
    1.1.2. Characteristics of Emergency Situations Influencing Psychological Impact
1.2. Psychological Impact on the Professional
    1.2.1. Trauma
    1.2.2. Vicarious Traumatization
    1.2.3. Disaster
    1.2.4. Relationship between Trauma and Disaster
1.3. Protective and Risk Factors in Trauma
    1.3.1. Protective Factors in Trauma
    1.3.2. Risk Factors in Trauma
1.4. Coping
    1.4.1. Empathy Fatigue
    1.4.2. Prevention
    1.4.3. Adaptation Mechanisms
1.5. Consequences of Psychological Impact
    1.5.1. Main Consequences of Psychological Impact
    1.5.2. Psychological Impact as a Factor in Post-traumatic Stress Disorder
    1.5.3. Treatment
1.6. Occupational Stress
    1.6.1. Conceptualization of Stress
    1.6.2. Risk Factors in Stress
    1.6.3. Consequences of Occupational Stress
1.7. Effects of Stress on Emergency Personnel
    1.7.1. Sources of Stress in Emergency Personnel
    1.7.2. Factor Affecting of Stress in Emergency Personnel
    1.7.3. Effects of Stress on Emergency Personnel
1.8. Pathologies that may Arise
    1.8.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
    1.8.2. Burnout Syndrome
    1.8.3. Countertransference

1.9. Pathologies in Emergency Personnel
    1.9.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
    1.9.2. Burnout Syndrome
    1.9.3. Countertransference
    1.9.4. Differences
1.10. General Techniques and Healthy Habits
    1.10.1. General Techniques for Stress Prevention and Management
    1.10.2. Healthy Habits as an Influential Factor
    1.10.3. Sleep

Module 2. Group Techniques for Intervention with First Responders

2.1. The First Responders
    2.1.1. The First Responder
    2.1.2. Types of First Responders
    2.1.3. The Importance of Intervention
2.2. Group Techniques vs. Individual Techniques
    2.2.1. Introduction to the Concept of Group Techniques vs. Individual Techniques
    2.2.2. Main Group Techniques for Intervention with First Responders
    2.2.3. Main Individual Techniques for Intervention with First Responders
2.3. Physiological Stress Management Techniques
    2.3.1. Main Physiological Stress Management Techniques
    2.3.2. Efficacy of Physiological Stress Management Techniques
    2.3.3. New Physiological Stress Management Techniques
2.4. Cognitive-Behavioral Techniques for Stress Management.
    2.4.1. Introduction to Cognitive-Behavioral Techniques
    2.4.2. Main Cognitive-Behavioral Techniques for Stress Management.
2.5. When to Do Group Intervention with First Responders
    2.5.1. The Importance of Group Intervention
    2.5.2. Advantages of Group Intervention
    2.5.3. When is Group Intervention with First Responders Appropriate?
    2.5.4. Risks of Group Intervention
2.6. Peer Support Systems
    2.6.1. Introduction to the Concept of Peer Support Systems
    2.6.2. Types of Peer Support Systems
    2.6.3. Application in Children and Teenagers

Module 3. Crisis Therapy Psychotherapeutic Intervention with Victims of Traumatic Situations

Module 4. The Crisis Intervention Team

Enroll in this Postgraduate Diploma and demonstrate your commitment to patients through a qualification that will allow you to increase their chances of psychological recovery"

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.

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

15%

15%

3%

20%

17%

7%

3%

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 Therapeutic Techniques in Emergency Psychology 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"
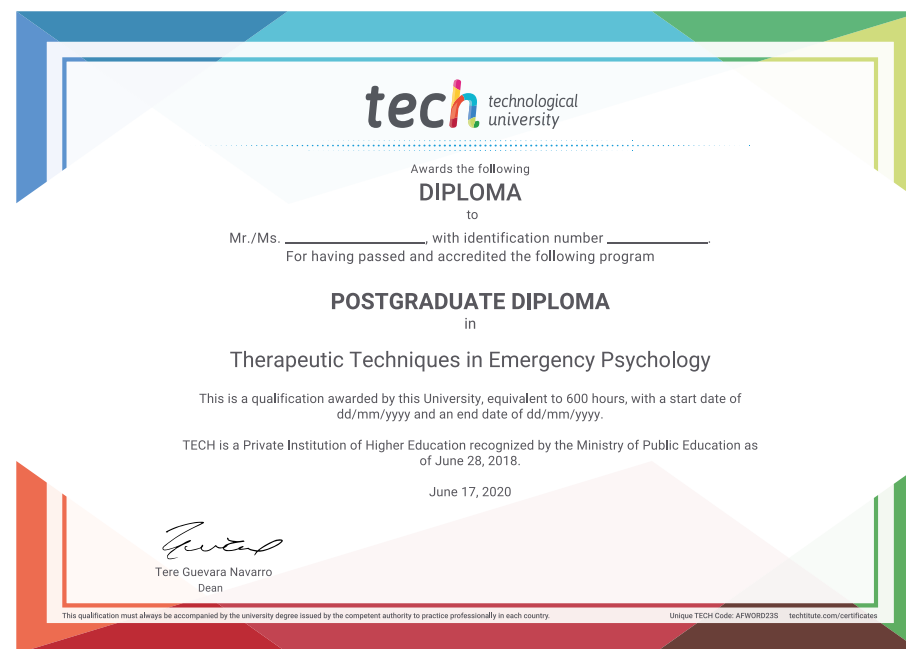
This **Postgraduate Diploma in Therapeutic Techniques in Emergency Psychology** contains the most complete and up-to-date program on the market.

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

The diploma 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 Techniques in Psychology of Emergencies**

Official Nº of Hours: **600 h.**

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Awards the following

DIPLOMA
to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE DIPLOMA
in

Therapeutic Techniques in Emergency Psychology

This is a qualification awarded by this University, equivalent to 600 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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

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