

Postgraduate Diploma Time Limited Psychotherapy Intervention





Postgraduate Diploma

Time Limited Psychotherapy Intervention

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 28 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-time-limited-psychotherapy-intervention

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01

Introduction

Time Limited Psychotherapy Intervention, characterized by its focused structure and predefined duration, has proven to be effective for patients with specific problems that can be addressed in a relatively short time. Therefore, recent research continues to support its usefulness, showing results comparable to those of long-term therapies in cases of anxiety, depression or post-traumatic stress. In addition, this approach has been boosted by its adaptability to different formats, including online sessions. Within this framework, TECH has developed a fully online and very flexible program, so that graduates will only require an electronic device connected to the Internet to access the didactic materials. In addition, the program is supported by the advanced Relearning methodology.





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This 100% online Postgraduate Diploma will enable you to offer efficient and effective interventions in a defined time frame, which is highly valued in various mental health settings”

Time-Limited Psychotherapy has gained relevance due to its pragmatic and results-oriented approach within a specific time frame. In fact, it has shown an increase in its application, not only in private clinical practice, but also in public health services and community intervention programs. Its flexibility and adaptability make it suitable for a wide range of contexts, from primary care to school settings.

This is how this Postgraduate Diploma was born, which will delve into the origin and historical evolution of the model of Time Limited Psychotherapy, to understand its theoretical and methodological foundations. The various scenarios where this form of intervention can be applied will also be identified, studying the dynamics of the intervention in the micro, meso and macro contexts.

Likewise, psychologists will be immersed in the techniques to change the patient's beliefs for verifiable facts, fostering a relationship based on unconditional admiration, free of judgments and criticisms. In addition, emphasis will be placed on therapist's ability to facilitate patient's imagining and articulating their desires, using active listening as the primary vehicle of the therapeutic relationship.

Finally, it will be discussed how the therapist should contain patients from a position of safety and professionalism, identifying their role as the main engine of the therapy. In this sense, the concept of the "guardian therapist" will be introduced as essential for establishing a proper bond and for multidisciplinary work.

Likewise, professionals will focus more on building than on solving, developing an individually tailored intervention protocol.

In this way, TECH has implemented a complete and fully online program, which adapts to the needs of students, obviating the need to visit a physical center or adhere to established schedules. Additionally, the course incorporates the innovative Relearning methodology, which focuses on the reiteration of key concepts to facilitate a deeper and more fluid understanding of the material.

This **Postgraduate Diploma in Time Limited Psychotherapy Intervention** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Time Limited Psychotherapy Intervention
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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



You will acquire specific skills to diagnose and treat a wide range of disorders in short periods of time, therefore optimizing resources and increasing the number of patients who can be helped"

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You will examine the importance of safety and professionalism in the therapeutic act, as well as the need to establish appropriate bonds with patients through the role of the tutor therapist. Enroll now!”

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

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

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will analyze the basis of interaction in therapy, highlighting the importance of understanding and managing interpersonal dynamics within the therapeutic context. With all TECH's quality guarantees!

You will address the importance of your constant and attentive presence as a therapist, as it constitutes a key element for an effective and empathic connection, all through an extensive library of innovative multimedia resources.



02

Objectives

The main objective of the program will be to specialize mental health professionals in a therapeutic approach that prioritizes effectiveness and brevity in psychological interventions. Therefore, psychologists will be equipped with specific tools and techniques to establish strong and efficient therapeutic links, facilitating focused interventions that respond quickly to the patient's needs. In addition, skills will be developed to adapt intervention methods to the individual characteristics of each case, therefore avoiding standardization and encouraging the personalization of treatment.





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Take advantage of this unique TECH opportunity! You will be specialized to operate within multidisciplinary teams, optimizing resources and improving therapeutic outcomes in diverse clinical and community settings”



General Objectives

- ♦ Describe and develop intervention models for Time Limited Psychotherapy
- ♦ Master the neurological and biochemical laws that show how, with other models, patients do not change their emotional response despite intervention
- ♦ Describe the arsenal of technology that allows patients to change their traumatic memories into memories of remembrance
- ♦ Explain the bonding relationship that is established between the patient and the therapist (reciprocal interaction)





Specific Objectives

Module 1. Features in Time-Limited Psychotherapy

- ♦ Know the model of Time-Limited Psychotherapy
- ♦ Know the origin of Time-Limited Psychotherapy
- ♦ Identify the different intervention scenarios
- ♦ Study the dynamics in the micro, meso and macro contexts
- ♦ Delve into the bases of interaction

Module 2. Establishment of the Therapeutic Bond

- ♦ Change the patient's beliefs for verifiable facts
- ♦ Admire unconditionally, without judgment, without criticism, just contemplating
- ♦ Getting the patient to be able to imagine his or her desires
- ♦ Make listening the bridge to build therapeutic relationships
- ♦ Know how to be always present

Module 3. The Therapist Role

- ♦ Contain with safety and craft
- ♦ Identify the role of the therapist as the main engine of the therapy
- ♦ Implement the mentor therapist, indispensable to achieve the right bonding
- ♦ Describe the territory of the family therapist and of the mentor therapist
- ♦ Teach how to live together in an intervention where multidisciplinary work is totally normal

Module 4. Phases in PTL Intervention

- ♦ Emphasize what we feel with the patient and above all what the patient feels with our actions
- ♦ Empower students not to have protocols for disorders, but to make a different intervention protocol for each patient
- ♦ Not to be so much in solving as in building
- ♦ Develop the different phases of intervention with PTL



This university program aims to promote a clinical practice that not only solves problems, but also builds and strengthens your capabilities to face future challenges”

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

Dr. Robin Gay is a clinical psychologist specialized in the treatment of substance use disorders and co-occurring conditions. With a particular focus on the effects of these conditions on cognitive functioning, her work has sought to understand how these influences impact treatment outcomes. In addition, her interest in enhancing the recovery of her patients has led her to develop innovative programs in mental health and addiction care.

Throughout her professional career, she has held significant roles in prestigious institutions. As such, she has been the Director of Psychological Services at Fernside, an addiction recovery program unique to McLean Hospital, which specializes in the treatment of substance use disorders and co-occurring conditions, where she has led diverse teams to provide comprehensive and personalized treatment. Likewise, her research work has been presented at numerous congresses and conferences, having received the prestigious Sidney Orgel Award, given by the New York State Psychological Association, where she has also been elected Secretary and served on the board of directors, demonstrating her commitment to the development and promotion of mental health.

In turn, she has published several articles in peer-reviewed journals, exploring the relationship between substance use and cognitive functioning. In fact, her research has brought new approaches to addiction treatment and has significantly influenced clinical practice nationally and internationally. On the other hand, her academic career has included a doctorate in Clinical Psychology from the New School for Social Research in New York, as well as a pre-doctoral internship at Mount Sinai Hospital in Manhattan, where she acquired valuable skills in the management of complex disorders.



Dr. Gay, Robin

- Director of Psychological Services at the Fernside Program at McLean Hospital, Boston, United States
- Secretary of the New York State Psychological Association
- Doctorate in Clinical Psychology from the New School for Social Research
- Bachelor's Degree in Psychology from Marlboro College
- Sidney Orgel Award of the New York State Psychological Association
- Member of: Commonwealth of Massachusetts Board of Registration of Psychologists

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

04

Structure and Content

The contents will begin with the fundamental characteristics of Time Limited Psychotherapy, exploring its origin, theoretical principles and applicability in different clinical and social settings. Next, we will examine the establishment of an effective therapeutic bond, how to change beliefs for facts, promote an attitude of unconditional acceptance and use listening as the main tool to strengthen the relationship with the patient. In addition, the role of therapists will be discussed in depth, emphasizing the importance of their position as a guide and support during the therapeutic process.



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You will delve into the phases of the intervention, from the beginning to the conclusion of the therapy, acquiring strategies to personalize the treatment according to the specific needs of each patient”

Module 1. Features in Time Limited Psychotherapy

- 1.1. What is Time Limited Psychotherapy?
- 1.2. Identity Marks
- 1.3. Singular Relationship
- 1.4. A Single Therapist and a Single Patient
- 1.5. Tutor Therapist
- 1.6. The Basis of Interaction
- 1.7. Dealing with Relational Aspects
- 1.8. Subject Interaction with the World in the Here and Now
- 1.9. Careful Study of Multilevel Communication between Therapists and Patients
- 1.10. Background on Time Limited Psychotherapy
- 1.11. Theoretical Basis
- 1.12. Regulatory Mechanisms
- 1.13. Basic Needs
- 1.14. Determinant
- 1.15. Communication
- 1.16. Intervention Scenario
- 1.17. Study of Micro, Meso and Macro Dynamics
- 1.18. Basic Assumptions

Module 2. Establishment of the Therapeutic Bond

- 2.1. Accompaniment
- 2.2. Containment
- 2.3. Escort
- 2.4. The Impossibility Not to Influence
- 2.5. Influencing Only the Problem
- 2.6. Not Influencing Personality Structure
- 2.7. Getting Patients to Influence Change
- 2.8. Influence Not So Much What Happens As What the Patient Does with What Happens to Them
- 2.9. Integrate Emotions and Affective Experiences within Current Reality
- 2.10. Focus on Solutions and Healthy Aspects in Subjects
- 2.11. Address the Cause for Consultation and for Basic Conflicts
- 2.12. Use the Cause for consultation as a Guide for Therapy
- 2.13. Get the Model itself to Place the Basic Conflict in Front of the Patient and the Therapist





Module 3. The Therapist Role

- 3.1. Therapists as Referential Figures
- 3.2. Asymmetrical Relationships
- 3.3. Detecting Basic Conflicts
- 3.4. Tutor Therapist
- 3.5. Family Therapists
- 3.6. Interdisciplinary Interventions
- 3.7. Therapeutic Styles
- 3.8. Experience What Patients Have Experienced as Much as Possible
- 3.9. Commitment to Patients
- 3.10. Therapist Presence Even When Not Present: Therapist Introjection

Module 4. Phases in PTL Intervention

- 4.1. Meeting and Marking Phase
- 4.2. Discovering Suffering
- 4.3. Showing Compassion
- 4.4. Establishing Hope for Change
- 4.5. Valuing Introspection
- 4.6. Unframing and Displacement Phase
- 4.7. Achieving New Neurological Pathways to Block Traumatic Memory Inertia
- 4.8. Self-Discovery
- 4.9. Restoration and Resolution Phase
- 4.10. Harmonizing the Past in a Present that Empowers the Future
- 4.11. The Important Thing is Not to Know What to Do, but to be Able to Do it

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.



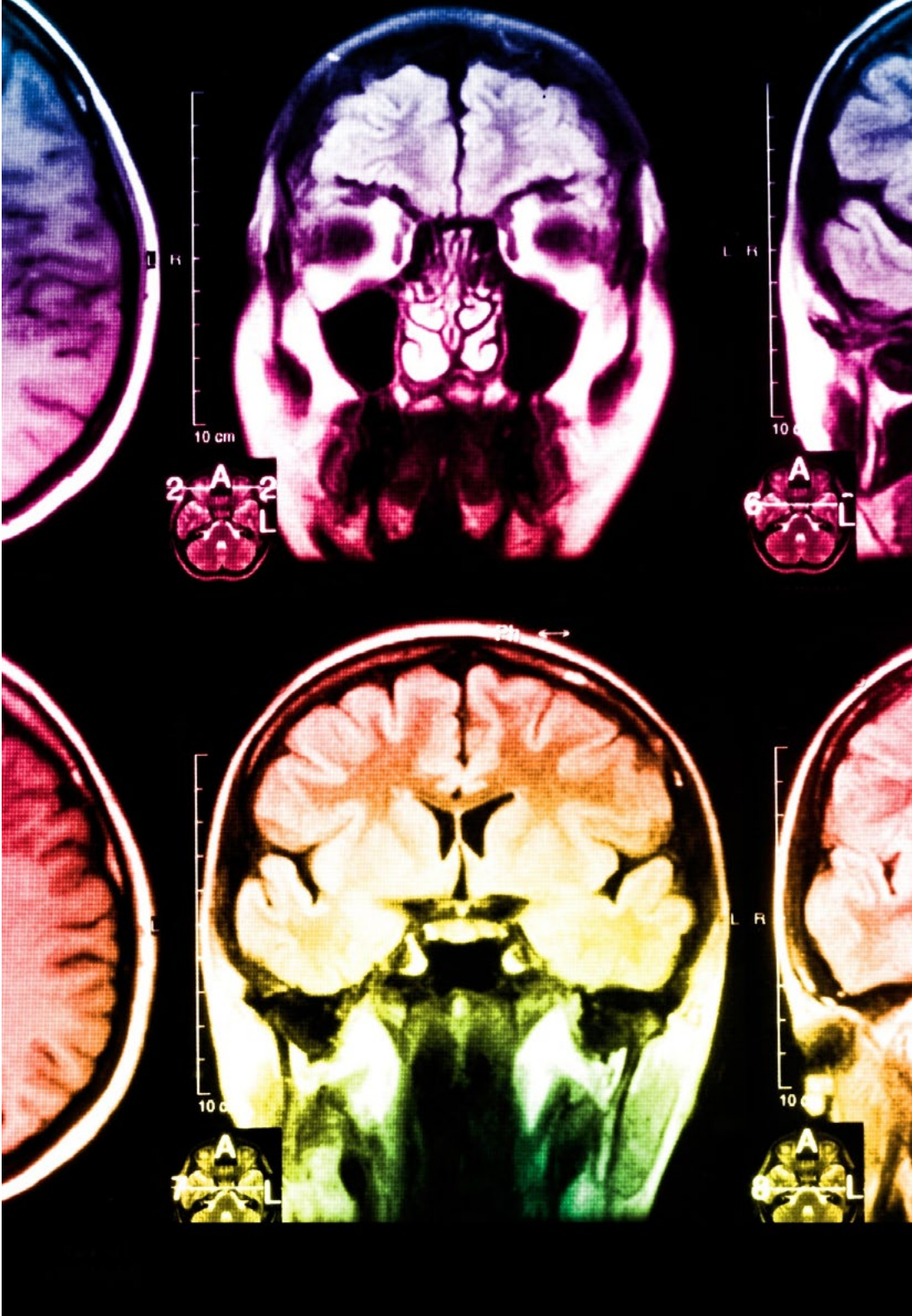
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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 Time Limited Psychotherapy Intervention guarantees students, in addition to the most rigorous and up-to-date education program, access to a Postgraduate Diploma issued by TECH Global University.



The image features two graduation caps (mortarboards) against a blue sky with light clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The caps are black with a maroon tassel. The background is split diagonally into a white lower-left section and a magenta upper-right section.

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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 Time Limited Psychotherapy Intervention** 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.

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