Professional Master's Degree
Emotional Well-Being Therapy

tech global university

Professional Master's Degree
Emotional Well-Being Therapy

» Modality: **online**
» Duration: **12 months**
» Certificate: **TECH Global University**
» Credits: **60 ECTS**
» Schedule: **at your own pace**
» Exams: **online**

Website: **www.techtitute.com/us/psychology/professional-master-degree/master-emotional-well-being-therapy**

Index

01
Introduction

For thousands of years, emotion has been a topic of interest to human beings, and we can find references to emotional states in early philosophers, but psychology has long underestimated the importance of emotion in human behavior.

tech

"For a long time, it has been considered that thought, or the most cognitive part of the brain (the cortex), was the part that determined the behavior and even the emotional state of human beings"

Today we know, thanks to scientific research, that information coming from a stimulus reaches the limbic structures of the brain before it reaches the neocortex. These limbic structures are responsible for functions such as emotional processing, memory creation or learning processes.

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 begin 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".

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 **Professional Master's Degree in Emotional Well-Being Therapy** contains the most complete and up-to-date program on the market. The most important features include:

- More than 75 clinical cases presented by expert psychologists
- 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 innovations on assessment, diagnosis and intervention in Emotional Well-Being Therapy
- It contains practical exercises where the self-assessment process can be carried out to improve learning
- 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

Update your knowledge through the Professional Master's Degree in Emotional Well-Being Therapy"

"

This Professional Master's Degree is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Emotional Well Being Therapy, you will obtain a qualification endorsed by TECH Global University"

Increase your decision-making confidence by updating your knowledge through this program.

Take the opportunity to learn about the latest advances in Emotional Well-Being Therapy and improve your patient care.

The teaching staff includes professionals from the field of psychology who bring their work experience to this training program, as well as renowned specialists from leading scientific societies.

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 professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the psychologist will be supported by an innovative interactive video system created by renowned and experienced experts in the field of Clinical Neuropsychology with extensive teaching experience.

02
Objectives

The program is oriented towards achieving the development of theoretical-practical learning, so that the specialist is able to keep their knowledge up to date in order to practice their profession with complete safety.

"

This program is designed for you to update your knowledge in Emotional Well-Being Therapy, with the use of the latest educational technology to contribute with quality and safety to decision making, diagnosis, treatment and patient support"

General Objectives

- Provide the student with the necessary knowledge to be able to offer real Emotional Well-Being to their patients
- Get trained to generate a good therapist-patient bond
- In-depth knowledge and understanding about the functioning of the human being and the importance of emotional management in it
- Discover the different therapies and models based on emotion
- Develop intervention protocols adapted to the patient and reason for consultation
- Master the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health

Take the opportunity and take the step to get up to date on the latest developments in Emotional Well-Being Therapy"

Specific Objectives

Module 1. The Emotion-Based Psychotherapy
- Know what emotion-based psychotherapy is
- Manage Time Limited Psychotherapy as a reference model
- Learn about rehabilitation processes from psychotherapy

Module 2. 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

Module 3. Emotion
- Discover the path of emotion throughout the history of psychology and its different models
- Know the scientific research related to emotions
- Discover how emotional schemes are formed
- Know what a basic emotion is and its function
- Understand how emotion affects different cognitive processes

Module 4. The Therapist's Role in Emotional Well-Being
- Understand the importance of early attachments in the development of self-concept
- Master the 10 basic emotions, their biochemistry and platform of action
- Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- Develop effective communication with the patient

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- Master the concept of Psychoneuroimmunology as a biopsychosocial model of health
- Identify the role of Psychoneuroimmunology and its correct application for emotional well-being

Module 6. Techniques for Emotional Processing in Therapy

- Know what intrapersonal psychology is, and what the importance of self-knowledge and self-management of the therapist is
- Understand the process of formation of traumatic emotional memories
- Manage different effective techniques in the intervention of traumatic memories

Module 7. 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 8. 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 9. Up to the Emotion from Spirituality. Transpersonal Therapy

- Understand what transpersonal therapy is and its applications
- Gain knowledge about other types of therapies when the intervention is with more than one patient (couple, family and groups)

Module 10. Emotional Group Psychotherapy

- Perform group rehabilitation processes for the emotional strengthening of the patient
- Delve into interpersonal relationships to overcome emotional problems
- Identify new group emotional strengthening techniques to develop in patients and social groups

Module 11. Pharmacological Intervention in Anxiety and Stress Disorders

- Identify the main drugs that serve as alternative therapeutic processes
- Dose measures for drug use to prevent the patient from self-medication
- Strengthen the role of therapy in emotional rehabilitation processes and complement with pharmacological drugs the deficiencies linked to the effects of trauma

03
Skills

After passing the program assessments, the professional will have acquired the professional skills necessary for a quality and up-to-date practice based on the most innovative educational methodology.

With this program you will be able to master the new diagnostic and therapeutic procedures in Emotional Well-Being Therapy"

General Skills

- Develop the profession with respect to other health professionals, acquiring skills to work as a team
- Recognize the need to maintain and update professional competence with special emphasis on autonomous and continuous learning of new knowledge
- Develop the capacity for critical analysis and research in the field of their profession
- Define the concept of emotion-based psychotherapy and its applications
- Learn how the brain works and learning processes
- Master the concept of emotion, its classification and functioning
- Acquire the knowledge and basic tools to generate a good therapeutic bond
- Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- Discover what Mindfulness is, its origins, attitudes and applicability 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 Skills

- Learn about the role of emotion and its historical evolution
- Discover the scientific basis of emotion and its relevance
- Manage the different psychological orientations that work from emotion
- Understand and master the basics of Emotional Intelligence
- Understand what Positive Psychology is, where it comes from and what its theoretical foundations and practical applications are
- Learn about ECT, its founder and origins, as well as its indications for individuals and groups
- Get to know Time-Limited Psychotherapy as a model of work centered on emotion
- Understand how the three brain systems function from a physiological and functional perspective
- Learn how the brain functions throughout a person's development
- Relate brain function to stress response and survival
- Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model. Functionality, dominance and limitations
- Learn about the different intelligences that develop in the mammalian brain. Functionality, dominance and limitations
- Learn about the different intelligences that develop in the human brain. Functionality, dominance and limitations
- Understand the initial learning mechanisms in the knowledge of what the world is and how the first memories are generated

- Master the different types of learning and the role of emotion in learning
- Understand the importance of the link with the references in order to survive, and how these links are generated from emotion
- Relate parenting styles to the different bonds that can arise from them
- Discover the basic desires as universal emotional needs in human beings
- Know secondary desires as compensatory mechanisms for deficiencies in basic desires
- Understand how the self-concept is generated through the learning processes and the links to referential persons
- Identify the different contexts in which the self-concept develops
- Discover what emotional schemes and limiting beliefs are, how they are generated and what impact they have on self-concept and emotional well-being
- Understand what an emotion is, how it differs from feelings and moods, and its function
- Discover the different classifications of emotions according to the theoretical model from which they are worked on
- Manage the emotion of fear, its function, its action platform and the neurological structures involved in it
- Manage the emotion of anger, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of guilt, its function, its platform of action and the neurological structures involved in it

- Manage the emotion of disgust, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of sadness, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of surprise, its function, its platform of action and the neurological structures involved in it
- Manage emotional curiosity, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of security, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of admiration, its function, its platform of action and the neurological structures involved in it
- Manage the emotion of joy, its function, its action platform and the neurological structures involved in it
- Understand the influence of emotion on different cognitive processes
- Relate brain functioning, emotional states and their expression in the child
- Relate brain functioning, emotional states and their expression in the adolescent
- Relate brain functioning, emotional states and their expression in the adult
- Discover what Intra-personal Intelligence is from Gardner's perspective and the need to work on it in order to provide a good therapeutic service
- Understand what self-knowledge consists of and how important the introspective process is before putting ourselves at the service of others
- Master and apply different self-management techniques
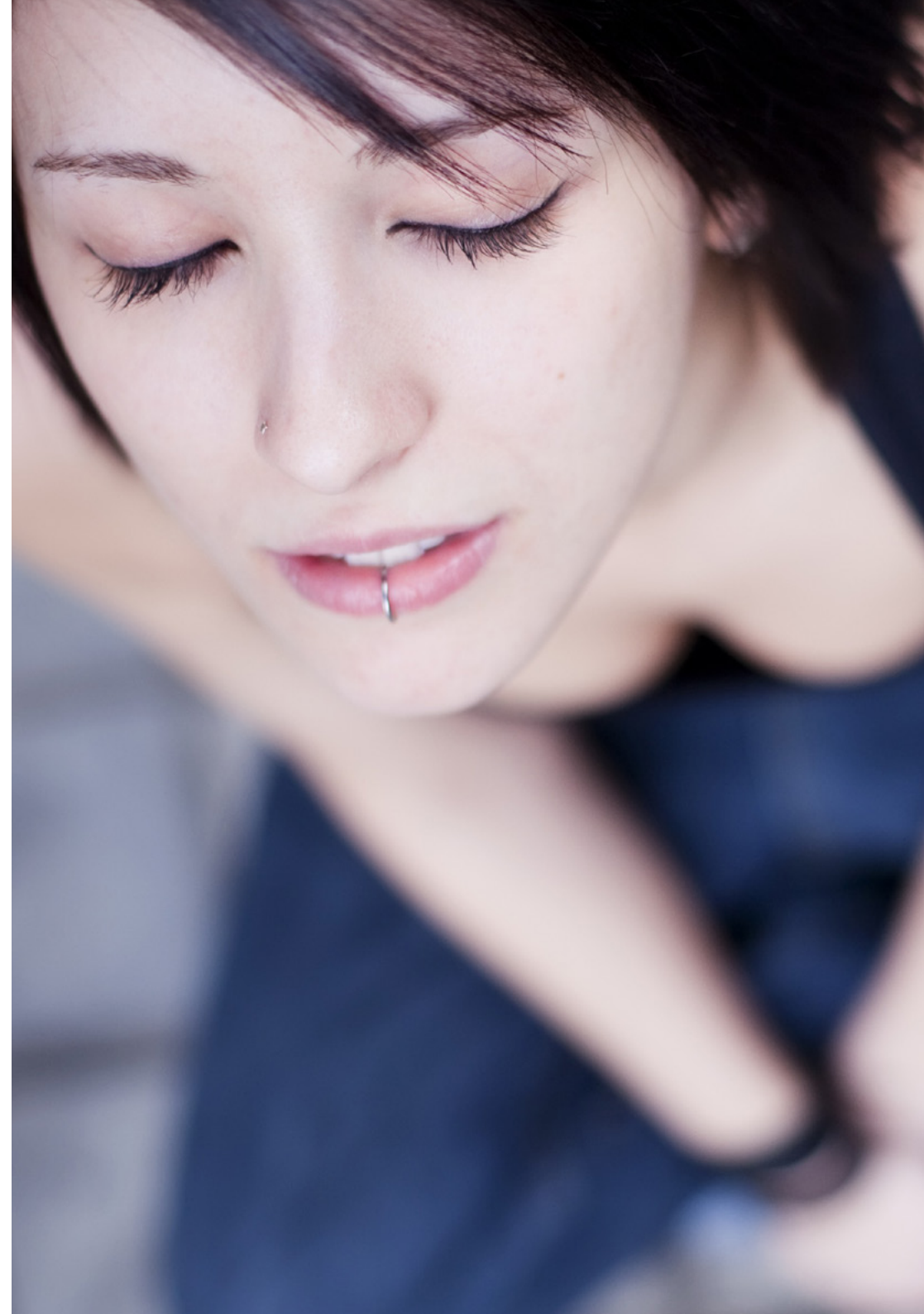
- Understand the difference between empathy and sympathy. The importance of mirror neurons in emotional communication
- Master the therapist-patient bond through U-techniques and the escort or referent position
- Manage language for effective and therapeutic communication from the NLP approach
- Manage Motivational Interviewing
- Discover what Psychoneuroimmunology is and where it comes from
- Understand the Psyche-S. Nervous-S. Endocrine-S. Immune axis and its multifunctional communication
- Get to know the different systems involved in Psychoneuroimmunology and the body pathways through which they communicate
- Delve into the relationship between the mind and the nervous system
- Explore in depth the relationship between the nervous system and the endocrine system
- Relate stress and its biochemistry to the consequences on the immune system
- Understand health from the biopsychosocial model: multifactorial integration
- Learn about the different types of personality and their relationship to disease and emotions
- Generate healthy living strategies to put into practice with the patient
- Differentiate what a memory is from a recollection and what kind of memories develop

- Discover what a traumatic memory consists of and how to work with it from an emotional perspective
- Learn about bilateral brain stimulation techniques, their intervention protocol and their different applications
- Discover Brainspotting or therapy focused on the "brain spot"
- Manage the Emotional Freedom Technique (EFT) technique as a means of emotional release
- Master emotional ventilation techniques based on writing
- Discover the use of Integrative Meditation as a tool for acceptance of the different parts of the patient and emotional blockages
- Incorporate clinical hypnosis or altered state of consciousness as a method of accessing and restructuring the patient's various traumatic memories
- Discover other techniques for integration and acceptance of traumatic events from the point of view of emotion
- Master different emotional restructuring techniques adapted to children
- Learn about Meditation as a precursor to Mindfulness
- Understand what Mindfulness is, what benefits it brings and the scientific evidence that supports it
- Learn about the historical framework of Mindfulness and its evolution up to the present day
- Manage the seven attitudes of Mindfulness as the main axes to work with in full therapy
- Understand how mindfulness works from different perspectives: breath, mind, body, emotion and observer

- Learn about the different fields of application of Mindfulness beyond the consulting room
- Manage the use of Mindfulness in children
- Learn about cognitive therapy based on mindfulness
- Acceptance and Commitment Therapy
- Learn about dialectical behavioral therapy
- Provide the patient with mindfulness-based stress management strategies
- Incorporate the benefits of Mindfulness in the treatment of mood disorders
- Provide the patient with strategies to manage addictions through mindfulness
- Manage ADHD
- Understand how emotion is expressed and dealt with through the body.
- Learn about Reich's Characteroanalytic Vegetotherapy from its origins to the present day
- Understand what bioenergetics is, its beginnings, the types of bioenergetics and the techniques used
- Master and apply the technique of Focusing
- Learn about the different types of yoga and its benefits
- Learn about laughter therapy techniques
- Learn about art therapy techniques
- Learn about DMT techniques
- Learn about other creative therapies

- Discover the differences between Eastern and Western philosophy, and understand their union as the starting point of Transpersonal Therapy
- Relate the origins of Transpersonal Therapy to its founders
- Understand the approach of Transpersonal Therapy
- Understand the particularities of the Transpersonal Therapy
- Manage the concept of Transpersonal Therapy and its methodology
- Master the most important techniques of Transpersonal Therapy
- Work on forgiveness from Transpersonal Therapy
- Understand illness from the perspective of Transpersonal Therapy
- Manage grief from Transpersonal Therapy
- Understand the work of self-esteem from Transpersonal Therapy
- Master group techniques for emotional management
- Learn the Debriefing technique and its application to different groups and contexts
- Relate performing arts techniques to emotional management and expression
- Understand Integrative Couple Therapy
- Manage techniques applied to the family system

A unique program that will allow you to acquire superior training to develop in this field"

04
Course Management

The program includes in its teaching staff leading specialists in Emotional Well-Being Therapy, who bring to this training the experience from their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.

Learn from leading professionals, the latest advances in procedures in the field of Emotional Well-Being Therapy".

International Guest Director

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of **Health** and **Emotional Wellness.** Throughout her career, she has been a key figure in the promotion of **innovative Psychotherapies**, specializing in **personal management, coaching** and the development of **interpersonal projects** to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of **Burnout**, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an **Executive Coach** by the **International Coach Federation** and has been trained in **Individual Crisis Assistance** and **Group Crisis Intervention** at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. She is also a **supervisor** and member of the **advisory board** of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the **Asklepios Kliniken Central Services,** where she has implemented integrated **care areas** throughout the **Asklepios Group**.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigiou**s prize** awarded by the **Landesärztekammer Hessen (Hessen State Medical Association)** for her outstanding commitment in the field of **Psychosomatic Primary Care**. Likewise, her involvement in **associations** and her contribution to the **medical literature** have consolidated her position as a **leader** in her field, as well as an advocate for the **psychological** and **physical well-being of her patients**.

Dr. Christ, Claudia M.

- Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- Director and Founder of the Akademie an den Quellen
- Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
- Psychotherapist
- Professional Coach from the International Coaching Federation (ICF)
- Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- Master's Degree in Public Health at the Technical University of Berlin
- Medical Degree from the Free University of Berlin
- Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care

- Member of:
- German Society of Pain Medicine
- German Society of Cardiology
- German Society for Psychotherapy based on Depth Psychology
- World Association of Positive and Transcultural Psychotherapy Associations
- German Society for Positive and Transcultural Psychotherapy

Thanks to TECH you will beable to learn with the best professionals in the world"

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's Degree 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

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

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. 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

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

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

05
Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in Spain, aware of the current relevance of specialization in intervening with patients with mental illness or psychological disorders, and committed to quality teaching through the use of new educational technologies.

This training contains the most complete and up-to-date program on the market"

Module 1. The Emotion-Based Psychotherapy

Module 2. The Brain and Learning

Module 3. Emotion

3.1.   What is an Emotion?

3.1.1.   Definition

3.1.2.   Difference Between Emotion, Feeling and State of Mind

3.1.3.   Function, Are there Positive and Negative Emotions?

3.2.   Different Classifications of Emotions

3.3.   Fear

3.3.1.   Function

3.3.2.   Platform for Action

3.3.3.   Neurological Structures

3.3.4.   Associated Biochemistry

3.4.   Rabies

3.4.1.   Function

3.4.2.   Platform for Action

3.4.3.   Neurological Structures

3.4.4.   Associated Biochemistry

3.5.   Blame

3.5.1.   Function

3.5.2.   Platform for Action

3.5.3.   Neurological Structures

3.5.4.   Associated Biochemistry

3.6.   Disgust

3.6.1.   Function

3.6.2.   Platform for Action

3.6.3.   Neurological Structures

3.6.4.   Associated Biochemistry

3.7.   Sadness

3.8.   Surprise

3.8.1.   Function

3.8.2.   Platform for Action

3.8.3.   Neurological Structures

3.8.4.   Associated Biochemistry

3.9.   Curiosity

3.10.1.   Function

3.10.2.   Platform for Action

3.10.3.   Neurological Structures

3.10.4.   Associated Biochemistry

3.10.   Security/Safety

3.10.1.   Function

3.10.2.   Platform for Action

3.10.3.   Neurological Structures

3.10.4.   Associated Biochemistry

3.11.   Admiration

3.11.1.   Function

3.11.2.   Platform for Action

3.11.3.   Neurological Structures

3.11.4.   Associated Biochemistry

3.12.   Joy

3.12.1.   Function

3.12.2.   Platform for Action

3.12.3.   Neurological Structures

3.12.4.   Associated Biochemistry

3.13.   Influence of Emotion in Cognitive Processes

3.14.   Brain and Emotion in the Child

3.15.   Brain and Emotion in the Adolescent

Module 4. The Therapist's Role in Emotional Well-Being

4.1.   Intrapersonal Intelligence (Gardner)

4.2.   Self-knowledge

4.3.   Self-Management

4.4.   Difference Between Empathy, Sympathy and Mirror Neurons

4.5.   The Therapist-Patient Bond

4.5.1.   Therapist as Escort and Referrer

4.5.2.   U Techniques

4.6.   Approach to Neuro Linguistic Programming (NLP)

4.7.   Motivational Interview

Module 5. A Multifactorial View of Health. Psychoneuroimmunology

5.1. What is Psychoneuroimmunology?

    5.1.1. Definition

    5.1.2. Origins

5.2. Communication Routes

5.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (I) The Nervous System

5.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (II) Endocrine System

5.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (III) the Immune System

5.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (IV) Interaction Between Systems

5.7. Emotion, Personality and Illness

5.8. The Process of Getting Sick. Biopsychosocial Model of Health

5.9. Healthy Living

Module 6. Techniques for Emotional Processing in Therapy

6.1. Emotional Memories

    6.1.1. Creation of Memories

    6.1.2. Classification and Types of Memory

    6.1.3. Difference Between Memories and Reminiscences

6.2. Traumatic Memory

6.3. Bilateral Stimulation Techniques. SHEC, EMDR

6.4. *Brainspotting*

6.5. Emotional Freedom Technique. EFT

6.6. Writing-Based Techniques. Written Ventilation

6.7. Integrative Meditation from the Big Mind Model. Dialogue of Voices

6.8. Clinical Hypnosis

6.9. Hypnotic Induction Techniques

6.10. Techniques for Children

Module 7. Mindfulness

7.1. Meditation

7.2. What is Mindfulness?

    7.2.1. Full Attention

    7.2.2. Benefits and Scientific Evidence

    7.2.3. Formal and Informal Practice

7.3. The 7 Attitudes in Mindfulness

7.4. Directing Attention

7.5. Fields of Application

7.6. Mindfulness for Children

7.7. Mindfulness and ADHD

7.8. Stress, Anxiety and Mindfulness

7.9. Mindfulness and Impulse Dyscontrol Related Disorders

7.10. Mindfulness and Eating Disorders

7.11. Mindfulness in Psychotherapy: Cognitive Therapy Based on Mindfulness

7.12. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy

7.13. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy

Module 8. Intervention of Emotion through the Body

8.1. Body Therapies

    8.1.1. What are Body Therapies?

    8.1.2. Evolution Over Time

8.2. Characteranalytic Vegetotherapy

    8.2.1. Origins W. Reich

    8.2.2. What is Characteroanalytic Vegetotherapy?

    8.2.3. Vegetotherapy Today

8.3. Lowen Bioenergetic Analysis

    8.3.1. What is Bioenergetics?

    8.3.2. Historical journey

    8.3.3. Bioenergetic Types

    8.3.4. Psychotherapeutic Techniques

    8.3.5. The Bioenergetic Therapist

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.

20%

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.

15%

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".

15%

3%

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%

17%

3%

7%

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.

Certificate

The Professional Master's Degree in Emotional Well-Being Therapy guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.

"Successfully complete this program and receive your university degree without travel or laborious paperwork"

This private qualification will allow you to obtain a **Professional Master's Degree diploma in Emotional Well-Being Therapy** 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: **Professional Master's Degree in Emotional Well-Being Therapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

---

tech global university

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Professional Master's Degree in Emotional Well-Being Therapy

This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
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

---

Professional Master's Degree in Emotional Well-Being Therapy

General Structure of the Syllabus

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total 60	

General Structure of the Syllabus

Year	Subject	ECTS	Type
1º	The Emotion-Based Psychotherapy	6	CO
1º	The Brain and Learning	6	CO
1º	Emotion	6	CO
1º	The Therapist's Role in Emotional Well-Being	6	CO
1º	A Multifactorial View of Health. Psychoneuroimmunology	6	CO
1º	Techniques for Emotional Processing in Therapy	5	CO
1º	Mindfulness	5	CO
1º	Intervention of Emotion through the Body	5	CO
1º	Up to the Emotion from Spirituality. Transpersonal Therapy	5	CO
1º	Emotional Group Psychotherapy	5	CO
1º	Pharmacological Intervention in Anxiety and Stress Disorders	5	CO

Dr. Pedro Navarro Illana
Rector

tech global university

*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.

tech global university

Professional Master's Degree
Emotional Well-Being Therapy

» Modality: **online**
» Duration: **12 months**
» Certificate: **TECH Global University**
» Credits: **60 ECTS**
» Schedule: **at your own pace**
» Exams: **online**

Professional Master's Degree
Emotional Well-Being Therapy

tech global university