

# Professional Master's Degree Time-Limited Psychotherapy





## Professional Master's Degree Time-Limited Psychotherapy

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

Website: [www.techitute.com/us/psychology/professional-master-degree/master-time-limited-psychotherapy](http://www.techitute.com/us/psychology/professional-master-degree/master-time-limited-psychotherapy)

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# 01

# Introduction

Anxiety, stress, fears and blocked emotions are very frequent disorders that require immediate psychological attention. Despite the multitude of existing methodologies, very few have been able to make these conflicts disappear. However, with the advent of Time-Limited Psychotherapy, a before and after was established in the discipline, by proposing a model based on short therapeutic sessions, but with maximum effectiveness. Faced with this reality, this program is taught by specialists in this method of psychological care, which will provide the latest information on clinical hypnosis as a tool for exploration, the different phases of intervention and the role of the therapist. All this in a 100% online format and with the most updated didactic content.



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*Thanks to this Professional Master's Degree you will be up to date in Time-Limited Psychotherapy and in the most effective techniques used in this therapeutic method”*

In a society that lives at an accelerated pace, the cases of patients with anxiety or stress have increased in the consultations of psychologists. These are problems that the patient can face thanks to the different techniques and methodologies used by the professional. However, not all therapies manage to intervene on the cause or origin of the conflict. This is also true for other pathologies such as obsessive-compulsive disorders, post-traumatic stress disorder or psychosomatic disorders.

Time-Limited Psychotherapy has been able to delve into the root of the problem of different disorders through sessions of a shorter duration, but which focus on the exact point of the condition. To do so, it enters the patient's emotional field by giving them the option to let go of the pain and suffering they are experiencing. Thus, this Professional Master's Degree has integrated in a single academic program all the keys to this important psychotherapeutic methodology, providing the professional with the most updated knowledge in this field.

This program has a theoretical-practical approach that will allow you to delve dynamically into the characteristics that define Time-Limited Psychotherapy (TLP), the proper establishment of the therapeutic bond, the role played in this therapy by clinical hypnosis or the development of self-concept or the scientific and neurobiological bases on which TLP is based. In addition, students will have access to clinical case studies with which they will be able to approach real situations, whose methodology they will be able to apply in their daily practice.

A Professional Master's Degree that professionals will also be able to study comfortably wherever and whenever they wish. You only need an electronic device with an Internet connection to access the content of this program. In addition, TECH offers the opportunity to distribute the teaching load according to the needs of the students, an ideal flexibility for professionals seeking to update their knowledge in a way that is compatible with the most demanding responsibilities.

This **Professional Master's Degree in Time-Limited Psychotherapy** contains the most complete and up-to-date program on the market. The most important features include:

- The development of case studies presented by experts in Time-Limited Psychotherapy
- 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



*This Professional Master's Degree will lead you to learn about the most recent studies on self-concept development"*



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*This program will allow you to delve into the most recent advances in TLP and the management of the phobic patient"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading 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 academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A 100% online academic option with which you will reduce the long hours of study through the Relearning system used by TECH.*

*Thanks to the multimedia didactic material of this program, it deepens in the phases of reciprocal admiration, of meeting and marking or of unframing and displacement.*



# 02

# Objectives

This Professional Master's Degree has the most innovative didactic tools for academic teaching. Thanks to them, the specialist will be able to delve much more quickly into the approach to generalized anxiety disorders, post-traumatic stress, affective disorders or eating disorders through Time-Limited Psychotherapy. To achieve this, an expert teaching staff will guide you throughout the 12 months of this educational program.







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*With this program you will learn the most recent techniques used to access the emotional sphere of the patient without having a contamination that affects the therapist's balance"*



## General Objectives

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



*You are looking at a flexible, online program without fixed class schedules. A program designed for psychology professionals like you"*



## Specific Objectives

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### 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 Role of the Therapist

- ♦ 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. Role of Clinical Hypnosis in Time-Limited Psychotherapy**

- ♦ Know how to disconnect the patient from his thoughts and place him in his bodily sensations
- ♦ Identify the illness and the disorder as a way of expressing a poorly adapted form of survival
- ♦ Know how to settle in the emotional sphere of the patient without having a contamination that affects the therapist's balance
- ♦ Know the whole process with induced head movements

**Module 5. Contexts in the Development of Self-Concept**

- ♦ Allowing the disease to be a messenger that tells us where the pain and harm is
- ♦ Prevent the patient from connecting only with the symptom
- ♦ Know that the reality for the patient is what he/she records in his/her brain, and not so much what could have happened
- ♦ Discover how in the relationships of the mesocontext, micro deficiencies are maintained
- ♦ Detecting indicators of health and disease in relationships in the mesocontext

**Module 6. Scientific and Neurobiological Bases of T.L.P.**

- ♦ Know that the territory of intervention is more in the virtual realm than in what happens
- ♦ Discover that what is important is not what happens but what the patient does with what happens
- ♦ Know that the reality for the patient is what he/she records in his/her brain, and not so much what could have happened
- ♦ Identify the chemical families and interactions between them

**Module 7. Phases in the Intervention with T.L.P.**

- ♦ Emphasize what we feel with the patient and above all what the patient feels with our actions
- ♦ Empower the student 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 T.L.P.

**Module 8. Universe of Intervention with T.L.P.**

- ♦ Propose from the first moment, to be present, to accompany and to intervene in the traumatic emotional memory, in return the patient is the one who executes the whole process
- ♦ Appreciate the importance of love and emotion in the solution
- ♦ Take into account not only what produced the problem, but also what maintains it
- ♦ Organize the patient's own mechanisms to manage their conflict

# 03 Skills

The structure of this educational program has been created with the main objective of enhancing the competencies of professionals who wish to integrate the methods of Time-Limited Psychotherapy into their daily practice. Thus, in the course of this program, they will be able to expand their abilities to emerge as a basic referential person in the patient, to induce patients to altered states of consciousness so that they can settle in the representation of their traumatic experiences or to accompany and lead in the therapeutic dialectic. In addition, the clinical case studies will be of great help in achieving these goals.





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*This Professional Master's Degree will keep you up to date with the latest scientific studies that support Time-Limited Psychotherapy"*





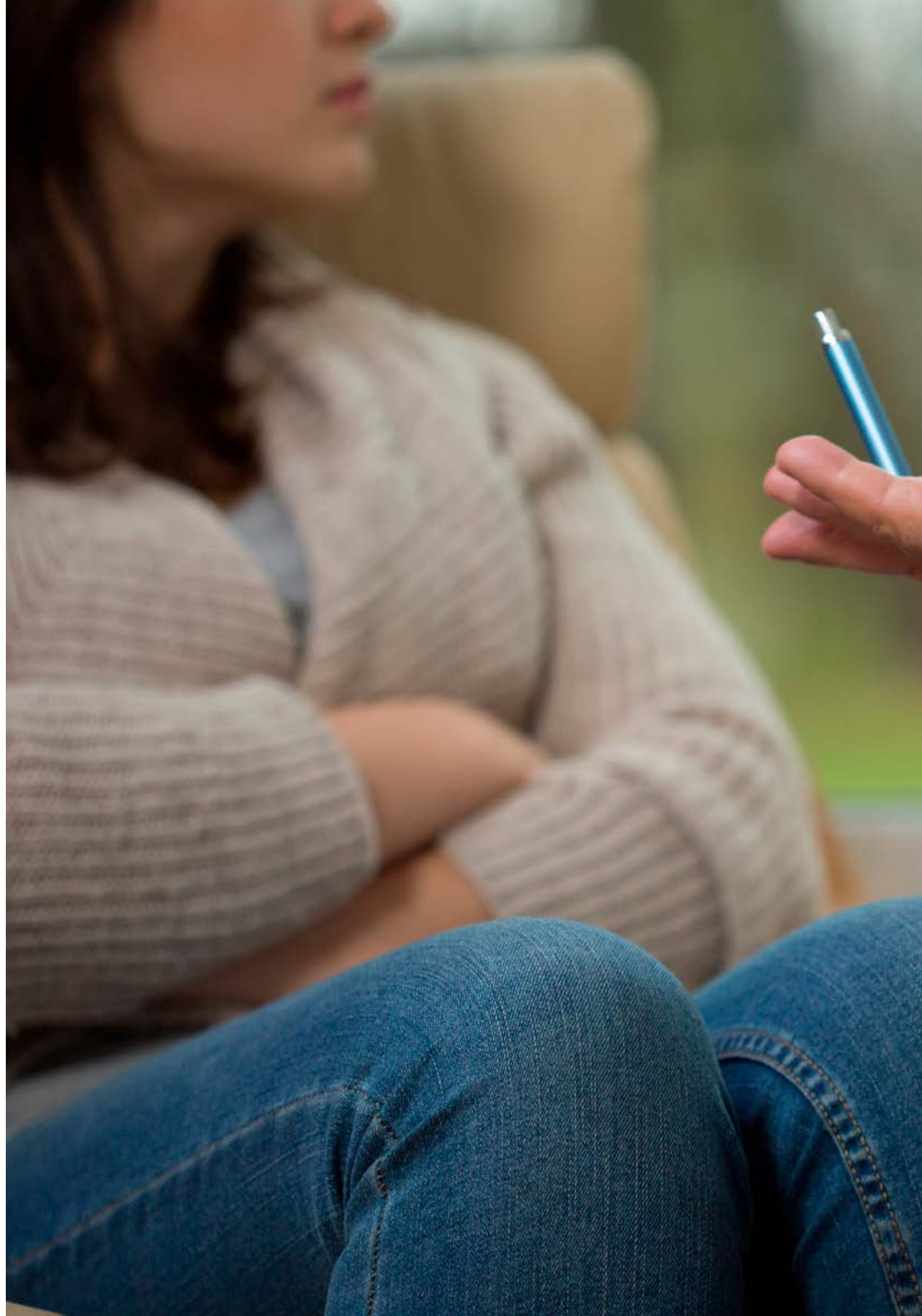
## General Skills

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- ♦ Describe the importance of the link in health and disease
- ♦ Enable the therapist to emerge as a basic referential person in the patient
- ♦ Develop a relationship with the patient that culminates in safety and trust
- ♦ Allow the patients to express their ignominious side
- ♦ Learn to admire without judging, without criticizing, just contemplating the patient
- ♦ Teach skills to induce altered states of consciousness so that they can settle in the representation of their traumatic experiences
- ♦ Carry out the therapeutic work effectively, in an average of 12 one-hour sessions
- ♦ Know how to free the patients from the emotional sequestration in which they find themselves
- ♦ Be able to move the patient from suffering to satisfaction

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*Expand with this educational program your skills to accompany the patient through the therapeutic dialectic”*







## Specific Skills

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- ♦ Describe and integrate the hallmarks of Time-Limited Psychotherapy
- ♦ Develop all the theorization of this model
- ♦ Understand that what is important is not so much what is said or done, but what is felt and sensed
- ♦ Discover that magical space between patient and therapist that we call the bond.
- ♦ Review the Background on Time-Limited Psychotherapy
- ♦ Find in the patient's history the current state of things happening in the subject's life.
- ♦ Discover the errors of other models that do not allow therapeutic change
- ♦ Obtain and train to achieve an adequate therapeutic link for each patient
- ♦ Emphasize the maneuver of accompanying and leading in the therapeutic dialectic
- ♦ Know how to escort and contain the patient
- ♦ Allow patients to talk about their reason for consultation without interrupting them during the first sessions
- ♦ Place the reason for consultation as a guide for the intervention process

# 04

## Structure and Content

During 1500 teaching hours, the students of this Professional Master's Degree will go through the main concepts, techniques and tools used in Time-Limited Psychotherapy. All this, through a multimedia content based on video summaries, videos in detail, diagrams and specialized readings that will allow you to delve into the scientific basis of this therapy, the different phases of intervention, as well as the management of patients with phobias, panic disorders, affective or post-traumatic stress. In addition, Relearning system will allow you to reduce the long hours of study so frequent in other teaching methods.





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*A curriculum designed to update your knowledge of TPL and the approach to the post-traumatic stress patient”*



## Module 1. Features in Time-Limited Psychotherapy

- 1.1. What is Time-Limited Psychotherapy?
- 1.2. Background on Time-Limited Psychotherapy
- 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. Theoretical Basis
- 1.11. Regulatory Mechanisms
- 1.12. Basic Needs
- 1.13. Determinant
- 1.14. Communication
- 1.15. Intervention Scenario
- 1.16. Study of Micro, Meso and Macro Dynamics
- 1.17. 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



### 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. Role of Clinical Hypnosis in Time-Limited Psychotherapy

- 4.1. Clinical Hypnosis as an Exploratory Tool
- 4.2. Neurological Resemblance of Clinical Hypnosis and Trauma
- 4.3. Axes of Clinical Hypnosis in TLP.
- 4.4. What Does it Feel Like to be in a Hypnotic State?
- 4.5. Different Methods of Hypnotic Induction at the Present Time
- 4.6. Psychoeducational Phase
- 4.7. Hypnotic Induction Phase with Classical Techniques
- 4.8. Complete Process with Ericksonian or Post Ericksonian inductions.
- 4.9. Complete process with Induced Head Movements (M.C.I. R. Aguado 2004-07)

### Module 5. Contexts in the Development of Self-Concept

- 5.1. Microcontext
- 5.2. The Self, the You and the Other
- 5.3. Basic Reference Person
- 5.4. Vital Script that Sculpts our Destiny
- 5.5. Traumatic Emotional Memory
- 5.6. Self-Dialogue
- 5.7. Channels of Conflict Expression
- 5.8. Basic Desires
- 5.9. Basic Desire or Need for Attachment (Bowlby 1969), or Companionship (José Miguel Román 2004).
- 5.10. Containment
- 5.11. Delimitation
- 5.12. Endogenous Primary Basic Desires
- 5.13. Secondary Desires
- 5.14. Mesocontext
- 5.15. Macro Context

### Module 6. Scientific and Neurobiological Principles of T.L.P.

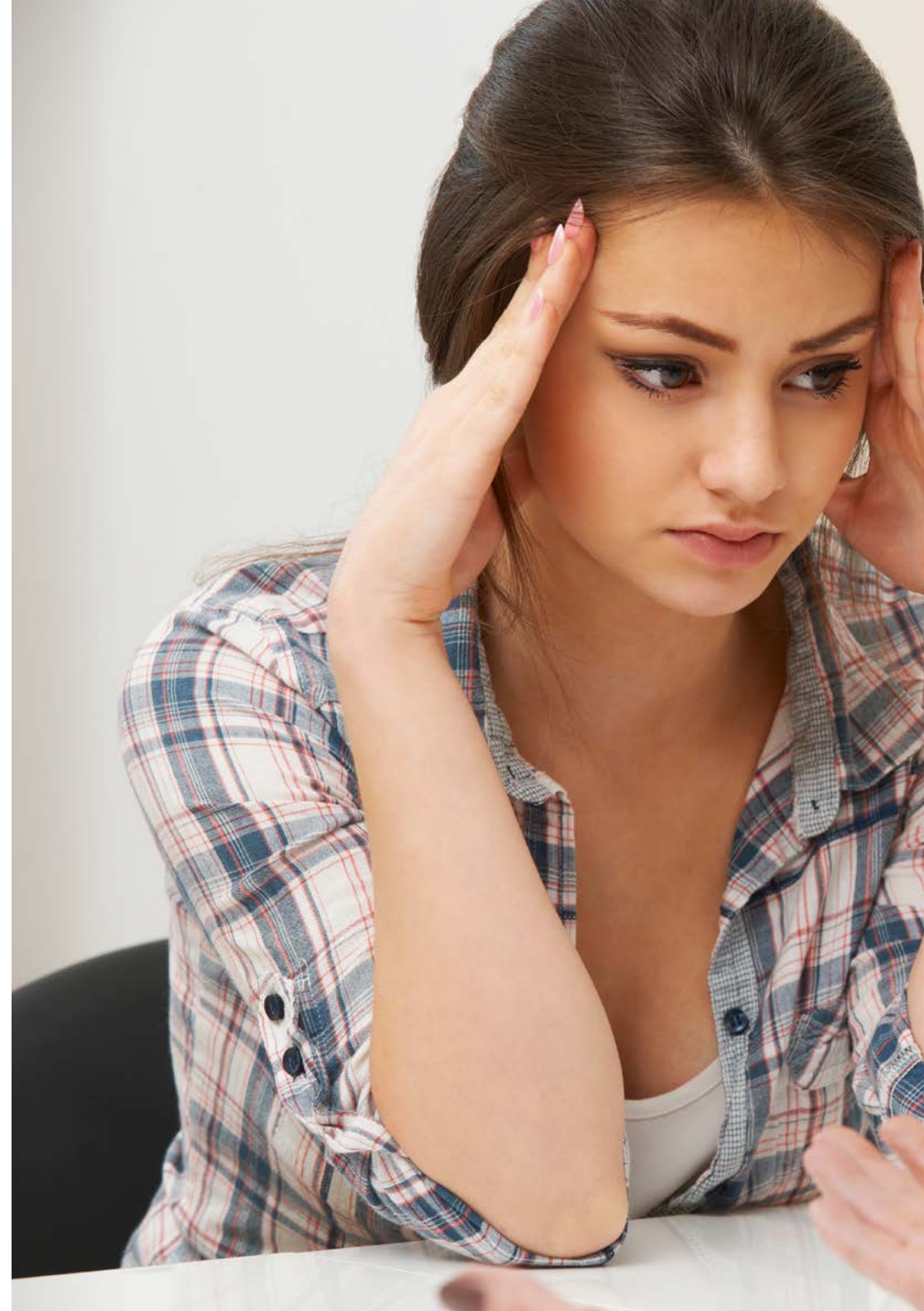
- 6.1. Globalizing Model of Brain Functioning
- 6.2. Hemispheric Specialization
- 6.3. Hemispheric Lateralization in Hypnosis
- 6.4. More Cerebral Verticality than Horizontality
- 6.5. Rivers of Chemistry
- 6.6. Chemical Families and Interactions Between Them
- 6.7. Theory of the Etiology of Mental Health and Mental Illness.
- 6.8. Health Model: Conscious Emotional Bonding
- 6.9. Illness Model: Time-Limited Psychotherapy

### Module 7. Phases in the Intervention with T.L.P.

- 7.1. Introduction to Intervention With Time-Limited Psychotherapy
- 7.2. Discovering Suffering. Showing Compassion
- 7.3. Valuing Introspection
- 7.4. Reciprocal Admiration Phase
- 7.5. Meeting and Marking Phase
- 7.6. Unframing and Displacement Phase
- 7.7. Restoration and Resolution Phase
- 7.8. Therapeutic Turning Point Phase
- 7.9. Contemplation Phase
- 7.10. Interventions in Time-Limited Psychotherapy
- 7.11. Collecting T.L.P Information
- 7.12. Importance of Bonding in T.L.P.

### Module 8. Universe of Intervention with T.L.P.

- 8.1. Simple Phobias.
- 8.2. Agoraphobia
- 8.3. Panic Disorders
- 8.4. Generalized Anxiety Disorder
- 8.5. Obsessive Compulsive Disorder
- 8.6. Post-Traumatic Stress Disorder
- 8.7. Affective Disorders
- 8.8. Eating Disorders
- 8.9. Psychosomatic Disorders





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*A 100% online program that will lead you to know in depth the scientific and neurobiological bases of Time-Limited Psychotherapy"*

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.



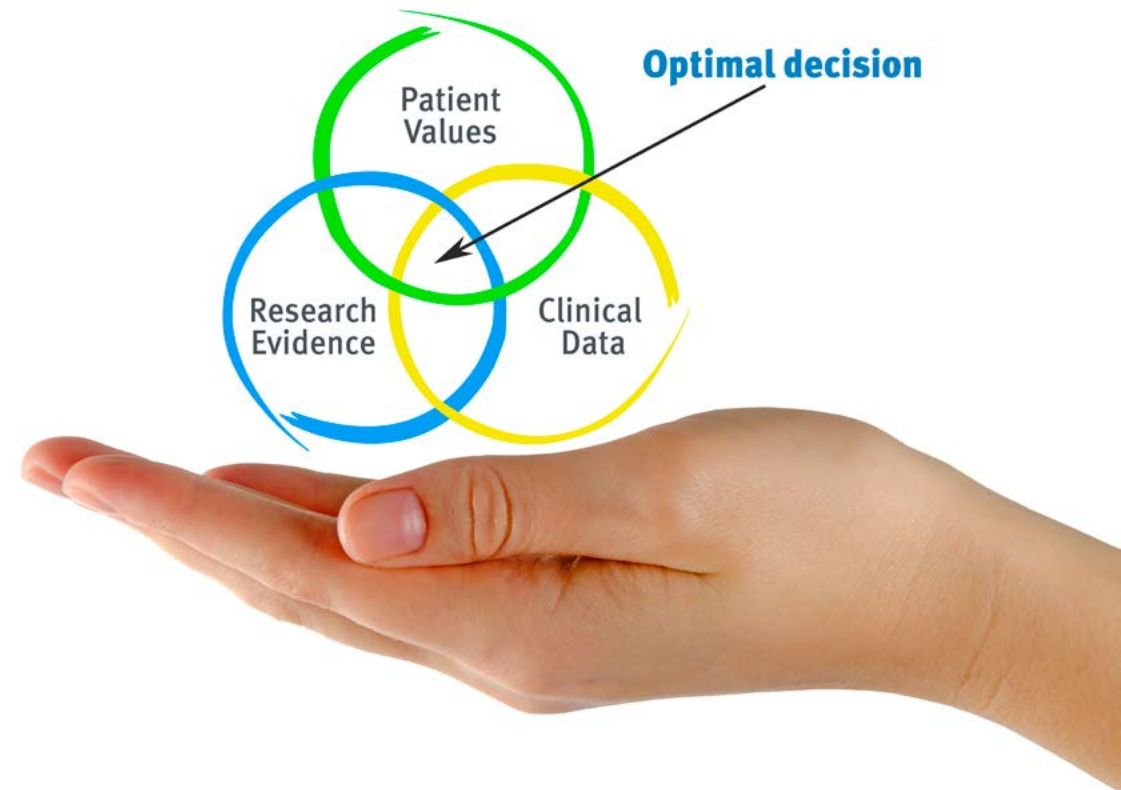
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. 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

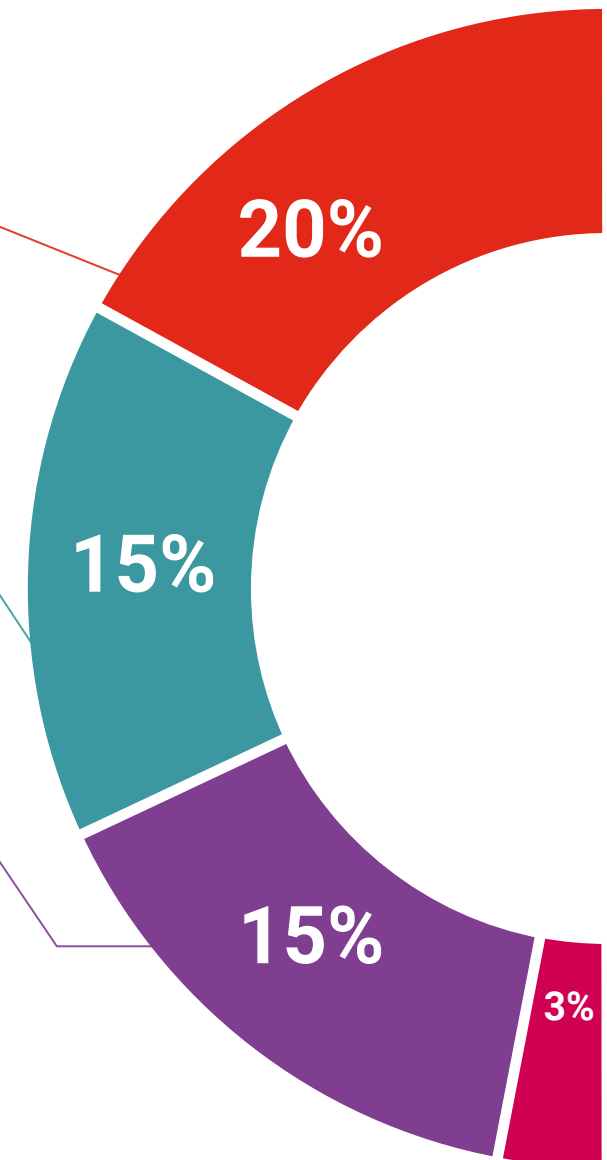
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

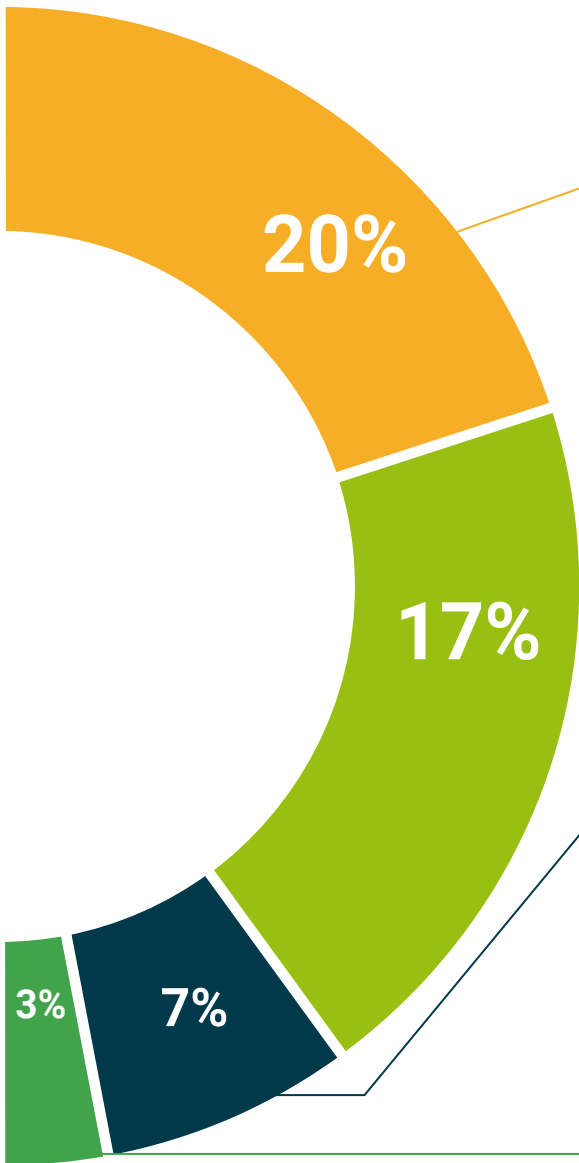
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





06

# Certificate

The Professional Master's Degree in Time-Limited Psychotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Global University.



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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 **Professional Master's Degree diploma in Time-Limited Psychotherapy** 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 Time-Limited Psychotherapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**





future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
online training  
development language  
virtual classroom

**tech** global  
university

## Professional Master's Degree

### Time-Limited Psychotherapy

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