

RISK COURSE PSYCHOSOCIALS



AMALTEA
Igualdad de Género



Online modality

Duration: 6 hours

Price: €49.50 per student

Open edition



Face-to-face modality

Duration: 6 hours

Price: €89/student

Minimum group size: 10 people



Certificate of accreditation

By a qualified technician



CONTENTS

MODULE 1. INTRODUCTION TO PSYCHOSOCIAL RISKS

- Unit 1. Regulatory Framework.
- Unit 2. Concept and consequences.

MODULE 2. PSYCHOSOCIAL RISK FACTORS

- Unit 3. Concept and characteristics of the organization
- Unit 4. Job characteristics
- Unit 5. Work organization
- Unit 6. Working time and personal characteristics

MODULE 3. WORK STRESS

- Unit 7. Concept and consequences of work stress
- Unit 8. Stress prevention and stress intervention

MODULE 4. BURNOUT

- Unit 9. Concept of burnout
- Unit 10. Consequences, prevention and intervention in burnout.



METODOLOGY

Gamification

Group work


Role-playing

Case studies Role-playing


Recordings

Real-life cases

MORE INFORMATION

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CONTENTS

MODULE 5. HARASSMENT AT WORK

- Unit 11. Concept of harassment at work
- Unit 12. Sexual harassment and harassment based on sex/gender.
- Unit 13. Causes, phases and profiles
- Unit 14. Consequences, Prevention and Intervention of Harassment

MODULE 6. OTHER PSYCHOSOCIAL RISKS

- Unit 15. Addiction to work
- Unit 16. Technostress

MODULE 7. PSYCHOSOCIAL INTERVENTION

- Unit 17. Cognitive techniques
- Unit 18. Emotional techniques
- Unit 19. Physiological techniques
- Unit 20. Behavioral techniques
- Unit 21. Joint techniques
- Unit 22. Positive techniques



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