



SMC (Salud, Mente, Cuerpo) Psychology Center, Madrid

PI: Sofía Rademaker Martin-Municio, Clinical psychologist

Internship type: Psychology counseling

Internship Language: Spanish/English

Location: The SMC Center is located at the street Cartagena, 103, which is at 20 minutes metro ride from the Foundation Ortega y Gasset-Gregorio Marañón. <https://www.centropsicologicosmc.com/>

Summary

The philosophy of this center is that to achieve our optimal health and quality of life, it is necessary to integrate the variables affecting both the mind and the body. Health is a more complex construct than what we usually make it to be. It cannot be explained by isolated individual factors. Instead, it requires a multifactor orientation and intervention, offered by this center. The center works on three main areas. The clinical area has within its objectives the diagnosis and intervention in people with some sort of mental health problem, with the intention of restoring the equilibrium. In the center we specialize in emotional processes and so we provide intervention for stress disorders, depression disorders, anxiety disorders, psychosomatic disorders and addictions. The second area refers to the health area. This section includes the treatment of psychological variables that influence the development, maintenance and prognostic of physical disorders. The pathologies for which psychological treatment has shown to be most effective include chronic pain, cancer, autoimmune diseases, cardiovascular problems and asthma, among others. Finally, the third area covered by the center is that of personal growth. This type of therapy is directed to all those who want to know themselves better in spite of the absence of a mental health disorder or significant suffering.

Methodology

In the psychological center SMC we provide individual, group, couple and family therapies as well as mediation sessions. Different techniques are adapted to the needs of each patient in all of these types of therapies. We work mainly applying Cognitive-Behavioral, Gestalt, Psychodrama and Third Generation Therapies. These will be applied in accordance with the type of therapy required, which usually varies along the therapeutic process.

Activities

Depending on their knowledge, curiosity and time dedication, students will have the opportunity to learn about the various aspects of the counselling process, case studies, session summary and observations, literature search, article writing and social media.

Requirements

Typically students should have passed introductory psychology courses. The research questions are generated by the faculty but approaches and methods are feasible for students participating in research for the first time. Being in contact with current investigation is core to an effective practice. The internship is designed to maximize student experience and learning while doing meaningful research. Student's involvement is essential, as well as good understanding of Spanish language.