

Postgraduate Certificate

Phytotherapy for Nervous System Disorders





Postgraduate Certificate Phytotherapy for Nervous System Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techitute.com/us/medicine/postgraduate-certificate/phytotherapy-affections-nervous-system

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01

Introduction

Depression is the most common mental health disorder in society. Factors such as job instability, financial problems or family disagreements contribute to an exponential increase in this condition. As a result, a large segment of the population has persistent feelings of sadness and difficulty concentrating. Likewise, these subjects lose interest in activities they used to enjoy, such as certain hobbies. This could even lead to self-harm or suicidal thoughts. Faced with this circumstance, TECH has developed an educational program that offers the most advanced natural techniques to alleviate the symptoms caused by despondency. And all through a 100% online methodology, which will offer students greater convenience.



A close-up photograph of a Passiflora plant, showing several bright yellow flowers with prominent stamens and numerous green, unopened buds. The leaves are green and serrated. The image is partially obscured by a diagonal blue and white graphic overlay.

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Take a detailed look at the benefits of passionflower as a natural pain reliever at the world's best online university according to Forbes"

The high prevalence of mental health problems has prompted physicians to explore new techniques to manage them. In this regard, Phytotherapy is one of the optimal tools for addressing these types of disorders. Specialists are realizing that natural plants have a relaxing impact on their patients and support the nervous system to strengthen psychic balance. In this context, it is crucial for professionals to delve into the latest phytotherapeutic trends that have emerged.

In order to respond to this requirement, TECH has implemented an advanced program where students will gain a broad perspective on how natural products can meet the needs of patients suffering from ailments such as headaches or insomnia. Under the supervision of a prestigious faculty, students will delve into the use of dietary supplements or medications by evaluating both the anticipated benefits and associated risks. Furthermore, graduates will be highly qualified to prevent complications, thereby carrying out safe and quality practices.

It should be noted that the academic itinerary is based on the avant-garde Relearning system. This teaching process involves an effective assimilation of the subject matter, through the reiteration of the key contents. In this way, students will have a natural and progressive learning process without resorting to the traditional method of memorization. This program also provides a multitude of materials in different formats such as research articles, complementary readings, infographics, interactive summaries, etc. In addition, the contents will be available on the Virtual Campus from the beginning of the course, so that students can progress at their own pace. They will only need a device with an Internet access (computer, smartphone or TV) to broaden their knowledge without geographical limitations.

This **Postgraduate Certificate in Phytotherapy for Nervous System Disorders** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- The development of practical cases presented by experts in Phytotherapy and Pharmacy
- 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 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



You will implement in your medical practice various natural approaches for patients with cognitive disorders, such as vascular dementia or Alzheimer's disease"

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You will gain in-depth knowledge of the components of valerian, lavender and chamomile to treat sleep disorders"

Relearning will allow you to learn with less effort and better performance, involving you more in your professional specialization.

You will learn valuable lessons by analyzing real cases in simulated learning environments.

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.



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02 Objectives

The purpose of this program is to ensure that students obtain, during 6 weeks, a comprehensive update of their knowledge on natural products that can be used in the treatment of nervous system disorders (among which asthenia and headache stand out). As such, graduates will be up to date with new therapeutic procedures in this field and will offer patients the most innovative techniques for their effective recovery.





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This is a flexible program, designed to be compatible with your most demanding daily responsibilities”



General Objectives

- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- ♦ Apply theoretical knowledge in daily practice





Specific Objectives

- ♦ Explain Phytotherapy in the treatment of anxiety and sleep disorders.
- ♦ Specify Phytotherapy in the treatment of stress and asthenia
- ♦ Explain Phytotherapy in the treatment of depression
- ♦ Describe Phytotherapy in the treatment of headaches
- ♦ Demonstrate Phytotherapy in patients with cognitive disorders



*An educational opportunity
that prepares you to face the
present and future challenges
of phytotherapy applied to
conditions of the nervous system"*

03

Course Management

The teaching team that makes up this university program has been rigorously designated by TECH, in its commitment to ensure quality in all its programs. In this way, students will have the support of professionals specialized in specific phytotherapeutic therapies for diseases of the nervous system. In addition, these experts will urge students to maintain ethical and legal standards for the practice of their profession (highlighting values such as empathy, integrity or tolerance).



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*The faculty of this program has
an extensive research background
in the phytotherapeutic field”*

Professors

Dr. García Giménez, María Dolores

- ♦ Pharmacist Expert in Medicinal Plants and Drugs of Natural Origin
- ♦ Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Seville.
- ♦ Professor of Pharmacy Degree and Double Degree in Pharmacy and Optics and Optometry of different subjects of the Area of Pharmacology in the Faculty of Pharmacy of Seville.
- ♦ Researcher and Director of several lines of study within the field of Pharmacology and Pharmacognosy.
- ♦ Doctor of Pharmacy
- ♦ Title of Specialist Pharmacist in Medicines and Drugs Control

Dr. Beltrán Montalbán, Estanislao

- ♦ Section Chief of Obstetrics and Gynecology at HUSC in Granada
- ♦ Specialist in obstetrics and gynecology
- ♦ Expert of the Gyneco-obstetric Pathology Research Group.
- ♦ Associate Professor of Gynecology, Faculty of Medicine. University of Granada
- ♦ Assistant of Obstetrics and Gynecology, Clinical Hospital.
- ♦ INFITO Advisor
- ♦ Co-author of articles and texts in the area
- ♦ Specialist of the section of Obstetrics and Gynecology. San Cecilio University Hospital
- ♦ Specialist of the section of Obstetrics and Gynecology. University of Granada
- ♦ Speaker at the XIII Congress of Phytotherapy City of Oviedo.
- ♦ Member of: Spanish Society of Phytotherapeutic Gynecology, Spanish Association for the Study of Menopause (AEEM) and Phytotherapy Working Group of the AEEM Consensus Group SEGIF in Granada



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*A unique, crucial and decisive
learning experience to boost your
professional development"*

04

Structure and Content

This syllabus has been developed by a large team of professionals in the health field, who have extensive professional experience. For this reason, students will have access to a complete syllabus that includes the most current information on the use of plant products in diseases of the nervous system. The qualification will go in depth on frequent diseases in society, among which depression or anxiety are included. In addition, the program is complemented by innovative teaching materials to make the teaching process dynamic.



A close-up photograph of a lavender plant with green stems and clusters of small purple flowers. The image is positioned on the left side of the page, partially overlapping a white diagonal area.

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*You will minimize the effects of stress
thanks to this 100% online qualification,
with TECH's seal of quality”*

Module 1. Phytotherapy for Nervous System Disorders

- 1.1. Phytotherapy in the Treatment of Anxiety and Sleep Disorders I
- 1.2. Phytotherapy in the Treatment of Anxiety and Sleep Disorders II
- 1.3. Phytotherapy in the Treatment of Stress and Asthenia
- 1.4. Phytotherapy for the Treatment of Depression
- 1.5. Phytotherapy in the Treatment of Headaches
- 1.6. Phytotherapy in Patients with Cognitive Disorders





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*Contribute to the growth of
Phytotherapy research and
develop new herbal therapies
through this program”*

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.



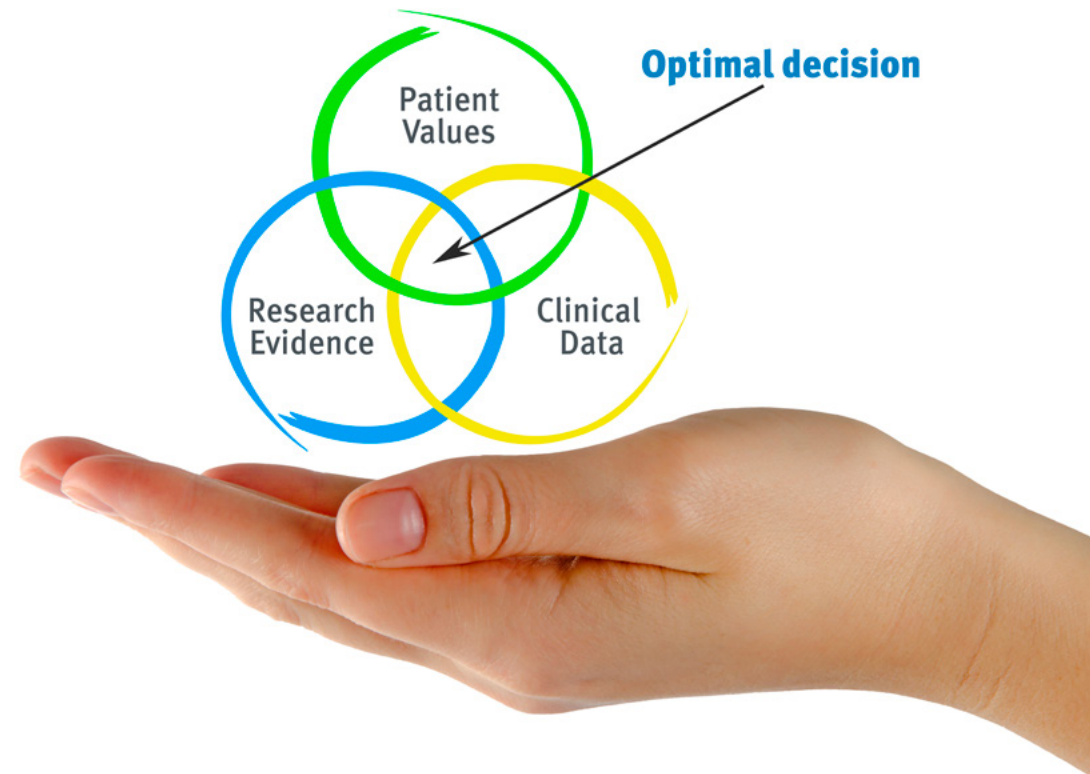
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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 you will experience 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 physician'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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

This 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, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving 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).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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.

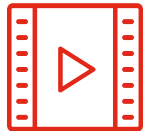
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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 TECH's 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.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. 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

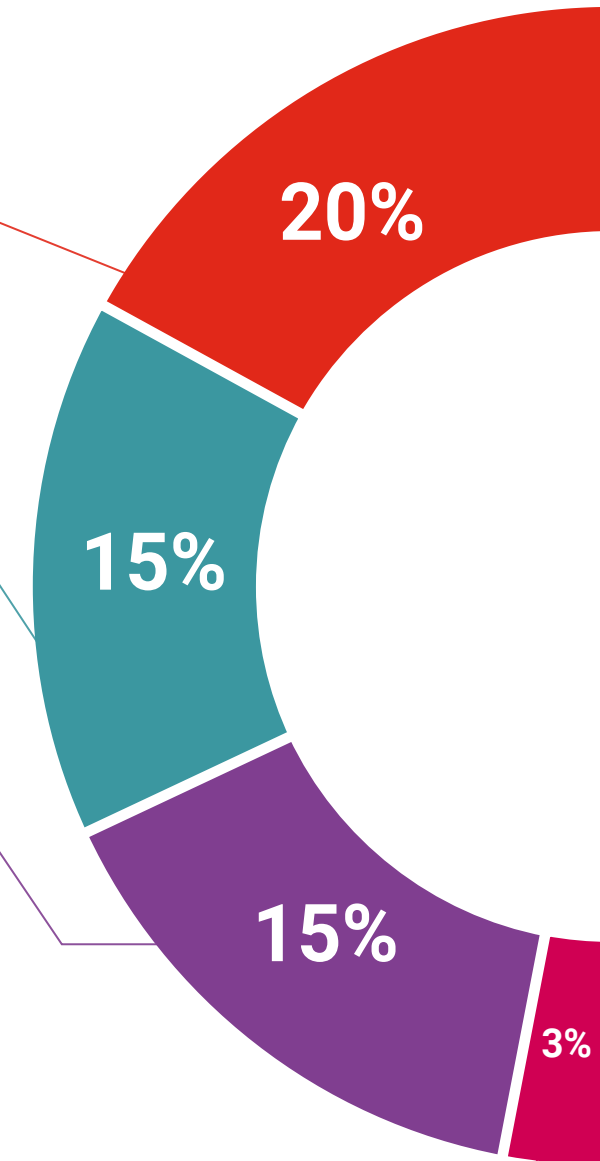
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

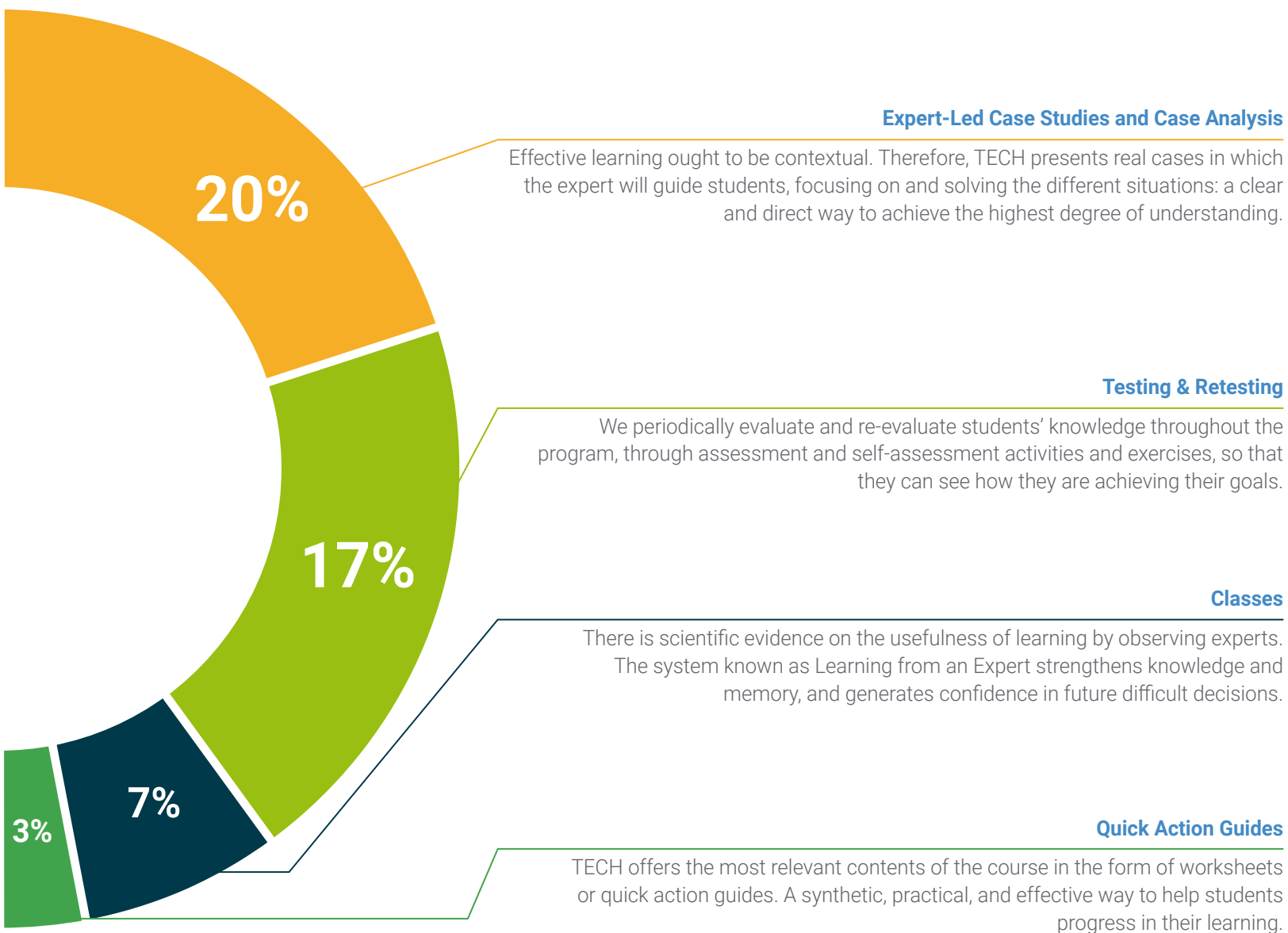
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





06 Certificate

The Postgraduate Certificate in Phytotherapy for Nervous System Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 program will allow you to obtain a **Postgraduate Certificate in Phytotherapy for Nervous System Disorders** 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: **Postgraduate Certificate in Phytotherapy for Nervous System Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 ECTS**





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Phytotherapy for Nervous
System Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

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