

# Postgraduate Certificate Integrative Medicine and Environmental Health



## Postgraduate Certificate Integrative Medicine and Environmental Health

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/integrative-medicine-environmental-health](http://www.techtute.com/us/medicine/postgraduate-certificate/integrative-medicine-environmental-health)

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# 01

# Introduction

Integrative Medicine considers the global attention to all the physical, mental, environmental and social circumstances of the individual as the basic and essential starting point of any medical intervention. An approach that, in the case of Environmental Medicine, represents a qualitative advantage, from the moment of the anamnesis to the development of the most appropriate treatments. The use of the new techniques and developments of Integrative Medicine thus adds all the benefits of Complementary and Natural Medicine to those of Classical Medicine.



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*Incorporate the latest advances in integrative medicine into the diagnosis and treatment of environmental medicine conditions”*

The field of integrative medicine is an emerging field of health sciences. In many developed countries there is a large percentage of the population that uses CAM at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France. In countries such as the United Kingdom, Germany, Belgium, Holland, and Nordic countries, natural and complementary medicine is being incorporated into traditional health structures, following the conceptual line of this master's degree. For example, 90% of pain management services in the United Kingdom and 70% in Germany include acupuncture among the treatments they provide. The European Agency for the Evaluation of Medicinal Products works on the quality, safety, and efficacy of herbal medicinal products and established a Working Group on herbal medicinal products in 1997.

The process of integration of both Medicines has led different organizations to invest human and economic capital to investigate the impact it could have on health and Social Security in many countries. In 1998, the European Union completed a COST (European Cooperation in the field of Scientific and Technical Research) project on non-conventional medicine. Several governments participated with the aim of demonstrating the possibilities, limitations, and significance of alternative medicine, establishing a common scientific framework, harmonizing legislation, and helping to control healthcare costs. The CAMBRELLA project, a pan-European research network on natural therapies, was launched in January 2010 and has been funded with more than 1.5 million euros through the EU's Seventh Framework Program. The working groups that make up CAMBRELLA focus on terminology, legal framework, patient needs, the role of natural therapy treatments in healthcare systems and research methodology.

It is worth highlighting the World Health Organization's indications in this regard and the explicit desire to incorporate Traditional Medicine at the global level (Strategy 2014-2023, WHO).

This **Postgraduate Certificate in Integrative Medicine and Environmental Health** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ More than 75 clinical cases presented by experts in Integrative Medicine and Health.
- ♦ Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Diagnostic-therapeutic developments on assessment, diagnosis, and treatment in Integrative Medicine and Health.
- ♦ Practical exercises where the self-evaluation process can be carried out to improve learning.
- ♦ Clinical iconography and diagnostic image tests.
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ♦ Incidence in evidence-based medicine and research methodologies in Integrative Medicine and Health.
- ♦ 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.



*An essential overview for environmental medicine professionals, in a fast-paced and versatile course”*

“

*Get up to date in integrative medicine from the perspective of environmental medicine and you will be updated in one of the booming medical fields in the most developed countries"*

The teaching staff is made up of prestigious and renowned Spanish professionals, including experts from the field of integrative medicine and health, with a long career in health care, teaching and research, who have worked in different hospitals throughout the country, developing professional and teaching experience that they deliver in an extraordinary way in this course.

The methodological design of this course has been developed by a multidisciplinary team of e-learning experts. Integrating the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based primarily on the problem-based learning method, to address real problems in their daily clinical practice. This will allow them to advance by acquiring knowledge and developing skills that will impact their future professional work.

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the physician will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Integrative Health and Medicine and other related disciplines, with extensive teaching experience.

*In just a few weeks you will have acquired the most advanced knowledge in integrative medicine, with little effort and working from and where you want.*

*More than seventy real cases with which you will learn the different therapeutic methods of natural and complementary medicines of recognized efficacy.*



# 02 Objectives

This course aims to update and acquire knowledge and practices in integrative medicine and health, through the use of a problem-based learning system, which will place you in real situations, creating a practical environment of high didactic effectiveness.





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*Approach environmental diseases  
with the combined action of traditional  
and complementary medicines”*



## General Objectives

- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence.
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine.
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care.
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system.
- ♦ Encourage professional stimulation through continued specialization and research.

*An essential course for medical professionals that will allow you to learn and implement the benefits of integrative medicine in your work.*





## Specific Objectives

- ◆ Identify cultural, socioeconomic, and historical factors that shape population health disparities.
- ◆ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access, and develop health resources for underserved populations.
- ◆ Study how the political, economic, and social macrosystem shapes the health system, determines access to resources, and influences the role of health professionals and the patient.
- ◆ Demonstrate social and cultural competence in the context of a comprehensive care plan.
- ◆ Explain basic aspects related to the module.
- ◆ Identify at-risk and vulnerable populations, environmental conditions, and associated chronic diseases.
- ◆ Discuss symptoms, disorders and diseases associated with exposure to heavy metals, pesticides, chemicals, drugs, nutrients, the natural environment and other toxic causes of oxidative stress.
- ◆ Review the literature on exposure, exposure time and metabolic reserve in human health.
- ◆ Analyze assessment tools and strategies to identify the presence of biotoxins.
- ◆ Discuss integrative medicine therapies designed to reduce the risk of exposure, safely eliminate toxic load and prevent reaccumulation.

03

# Course Management

The program's teaching staff includes leading specialists in integrative medicine and health, and other related areas, who bring their years of work experience to this specialization program. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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*Learn the latest advances in Integrative  
Medicine and Environmental Health  
procedures from leading professionals”*

## International Guest Director

Dr. Chiti Parikh is a leading medical figure with an impressive career in **Integrative Medicine**. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of **executive director of the Integrative Health and Wellness program**. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a **strong commitment to teaching and mentoring**, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's **international contribution** in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



## Dr. Chiti, Parikh

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- ♦ Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- ♦ Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- ♦ Executive Director at Weill Cornell Medicine
- ♦ M.D. from Rutgers Robert Wood Johnson Medical School

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Menassa, Alejandra

- Internal Medicine Physician
- President of the Spanish Society of Integrative Health and Medicine (SESMI)
- Head of CMI's Mental Health Unit
- Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- Member of SEMI (Spanish Society of Internal Medicine).
- Expert in ozone therapy in Internal Medicine from the University of Havana.
- Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute



## Rodríguez, Pedro

- ♦ Nurse.
- ♦ Master's Degree in Mental Health Catholic University of Valencia
- ♦ Master's Degree in Nutrition University of the Balearic Islands
- ♦ Expert in Immunonutrition Catholic University of Valencia.
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia.
- ♦ Diploma in Acupuncture by ADEATA and FEDINE.
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera.
- ♦ Director of Medintegra.
- ♦ Partner of Biomédica Sc.
- ♦ Educational partner of the G-SE international team.
- ♦ Head of sanitary area C.A.I. Alicante City Council.
- ♦ Board member of the Spanish Association of Integrative Health and Medicine.
- ♦ Member of the Spanish Association of Community Nursing.
- ♦ Member of the International Association of Yoga Therapist.
- ♦ Member of the Expert Team of the European Foundation of MTC.

# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of keeping up-to-date to intervene in the treatment and monitoring of the patient through the use of Integrative Medicine and Health and committed to quality teaching through new educational technologies



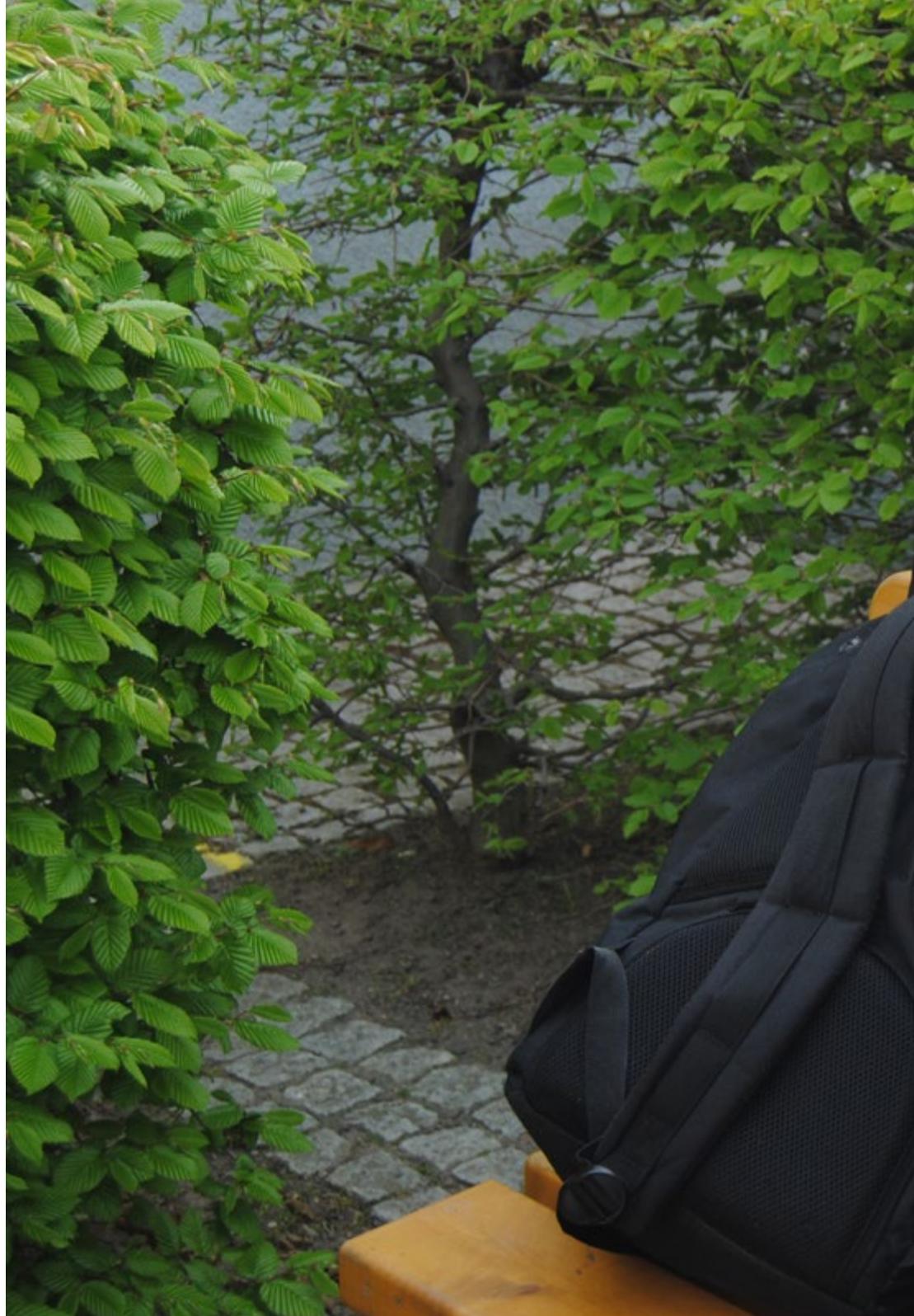


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*A specialization endorsed by CEU Cardenal Herrera,  
the most prestigious online university in Spain"*

## Module 1. Environmental Medicine

- 1.1. Basic Concepts of Toxicology.
- 1.2. Diseases Caused by Environmental Factors.
  - 1.2.1. Respiratory Allergies.
  - 1.2.2. Cardiovascular Disease and Heavy Metals.
  - 1.2.3. Cancer and Autoimmune Diseases as an Environmental Disease.
  - 1.2.4. Chronic Fatigue Syndrome.
  - 1.2.5. Central Sensitization Syndrome.
  - 1.2.5. Fibromyalgia.
- 1.3. Electromagnetism.
  - 1.3.1. ElectroSmog.
- 1.4. Chemical and Nutritional Sensitivities.
  - 1.4.1. Chemical Sensitivity.
  - 1.4.2. Nutritional Sensitivity.
- 1.5. Endocrine Disruptors.
  - 1.5.1. Definition.
  - 1.5.2. Endocrine Disruptors.
- 1.6. Creating Optimal Environments for the Restoration of Health.
  - 1.6.1. Sick Building Syndrome.
  - 1.6.2. Tools for the Prevention and Detection of Unhealthy Environments.





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*A specific and straightforward syllabus created by the best experts in the field, with the most modern teaching resources available”*

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: *Re-learning*.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 represent a real revolution with respect to simply studying and analyzing cases.



*The physician 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we 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.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

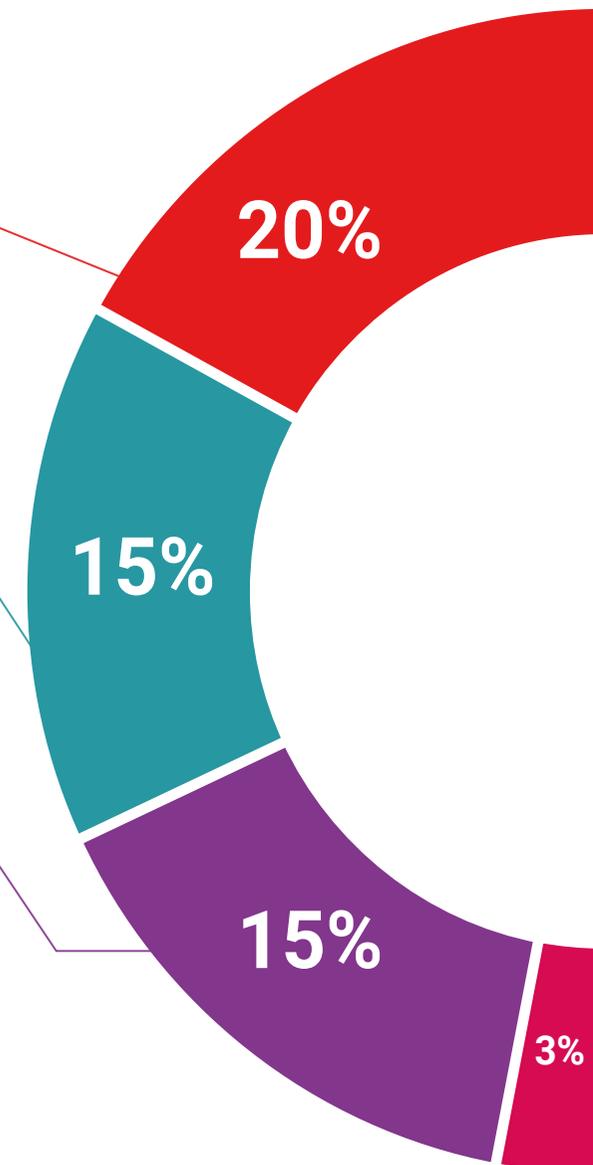
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

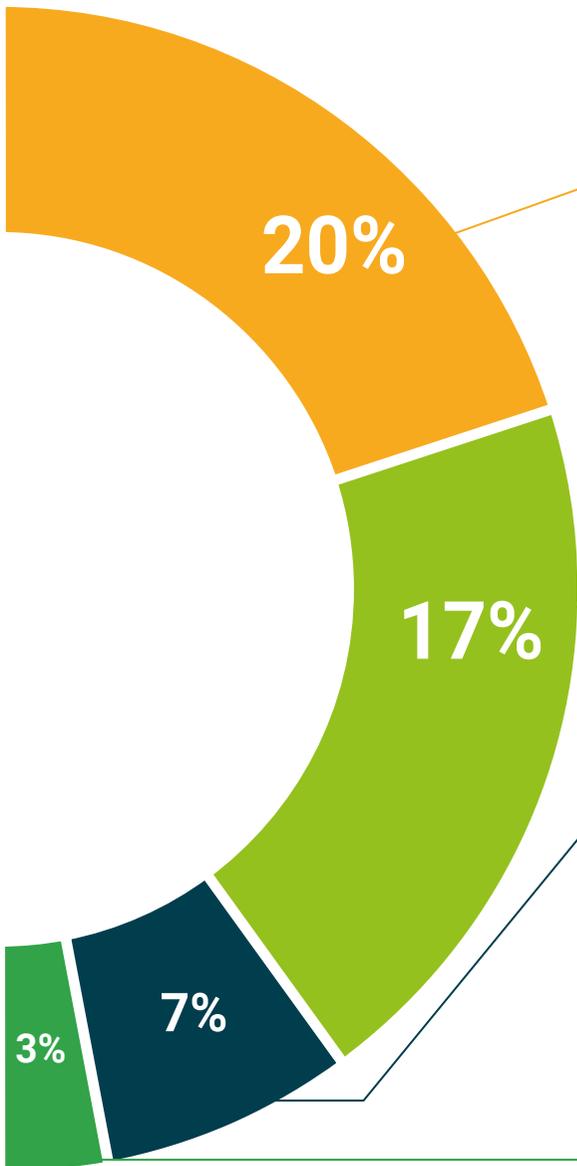
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

The Postgraduate Certificate in Integrative Medicine and Environmental Health guarantees you, in addition to the most accurate and up-to-date specialization, access to a Postgraduate Certificate university issued by TECH Global University.



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*Successfully complete this specialisation and receive your university degree without travel or laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Integrative Medicine and Environmental Health** 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** title 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 Integrative Medicine and Environmental Health**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*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.

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



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