

# Postgraduate Certificate

## Anxiety or Fear-Related Disorders





## Postgraduate Certificate Anxiety or Fear-Related Disorders

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Website: [www.techtute.com/medicine/postgraduate-certificate/anxiety-fear-related-disorders](http://www.techtute.com/medicine/postgraduate-certificate/anxiety-fear-related-disorders)

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# 01

# Introduction

Anxiety is one of the disorders that affects the most people around the world. Specifically, this disorder involves a feeling of fear, dread and uneasiness, as a normal reaction to stress or states of emotional disturbance. Being such a widespread disorder, it is crucial for physicians to update their knowledge in this area in order to provide their patients with an innovative and far-reaching approach. In this TECH program the professional will get all the necessary tools to place their knowledge at the forefront of the sector in a comfortable and effective way.







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*Diagnose and address anxiety disorders in the most effective way by studying this program that TECH offers you”*

During this program, anxiety disorder, which can be further subdivided into panic disorder, Obsessive-Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), social phobia (or social anxiety disorder), specific phobias, and Generalized Anxiety Disorder (GAD), will be discussed in depth.

All of these anxiety disorders are a daily reality that can really affect the well-being of patients of all ages. In addition, these problems are especially prevalent in the day-to-day work of primary care physicians and require well-managed, early interventions.

With this in mind, this Postgraduate Certificate focuses on the correct ways to approach and treat this type of mental health disorder, as well as the most effective methods when it comes to diagnosing them.

All of this information will be condensed into 150 hours of intensive study which will mark a before and after in the career of the professional. A 100% online Postgraduate Certificate that enables the student to study it comfortably, wherever and whenever they want. All they need is a device with internet access to take their career one step further.

This **Postgraduate Certificate in Anxiety or Fear-Related Disorders** contains the most complete and up-to-date educational program on the market.

The most important features of the program include:

- ◆ Practical cases presented by experts in Medicine and Psychiatry
- ◆ The graphic, schematic, and eminently 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
- ◆ Special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Improve your knowledge and position yourself at the forefront of a growing sector by studying at TECH*

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*During this Postgraduate Certificate we will study disorders as important as anxiety, depression and addictions, as well as other pathologies that have a significant impact on a person's quality of life"*

The program's teaching staff includes professionals from sector who contribute their work experience to this 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 learning programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, which means the student must try to solve the different real-life situations that arise throughout the academic program. For this purpose, the professional will be assisted by an innovative system of interactive videos made by recognized experts in personal therapeutic training.

*The pandemic has also increased the number of people with psychiatric disorders. Learn to carry out an innovative approach to these cases by studying this program*

*Study from the comfort of your home and update your knowledge online with TECH Technological University, the biggest online university in the world*



# 02

# Objectives

This program was created with the aim of providing students with in-depth knowledge that will enable them to deal with Anxiety Disorder in an effective way. TECH has created this Postgraduate Certificate which not only includes the best theoretical content, but also an excellent teaching team who will be responsible for imparting the theoretical lessons and teaching students through practical case studies.







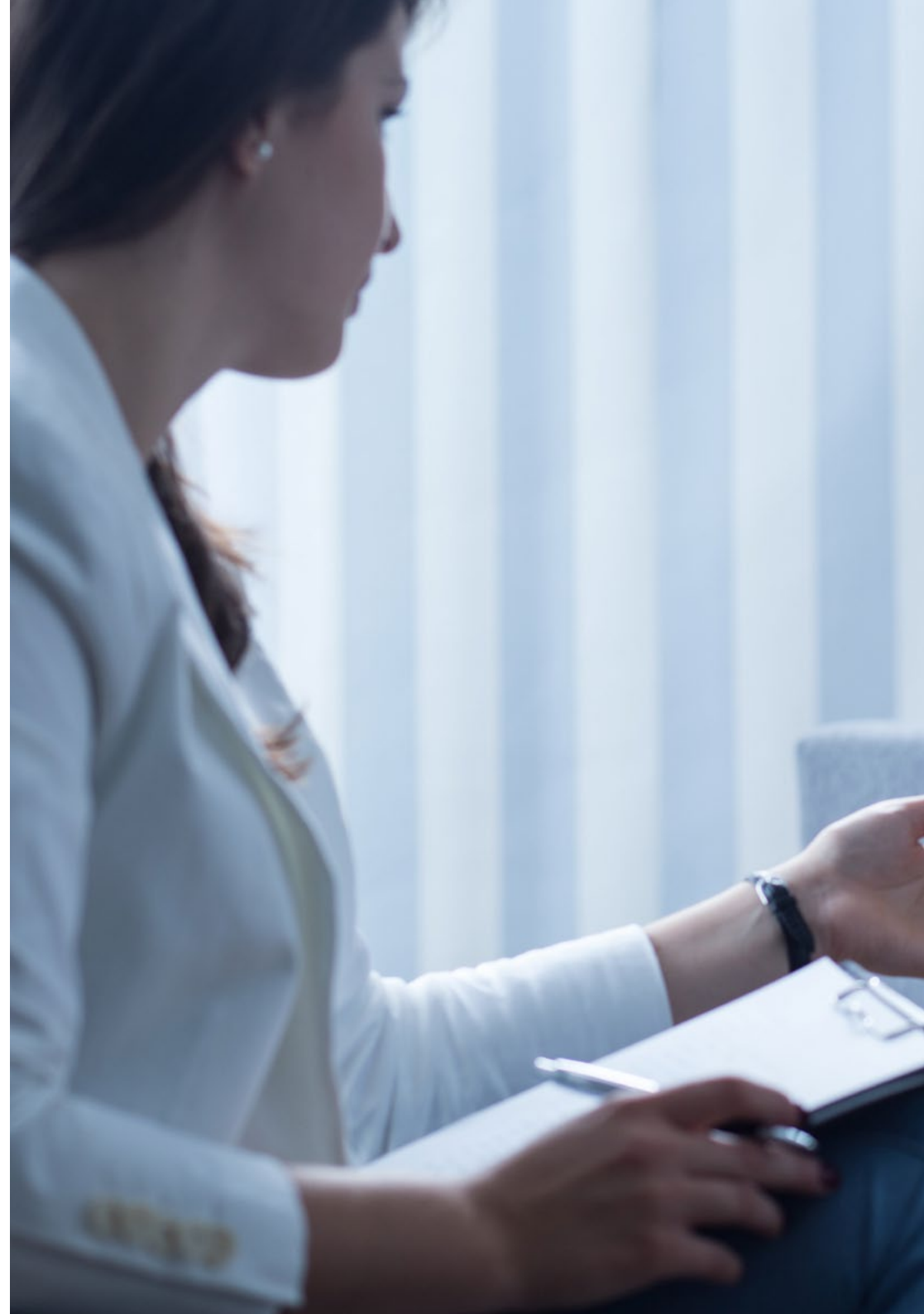
*TECH's objective is that you become part of the long list of success stories of students graduating from the university"*



## General Objectives

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- ◆ Improve clinical skills in interviewing, examination and diagnosis in psychiatry
- ◆ Provide skills and strategies for clinical management in psychiatry
- ◆ Keep physicians' knowledge of new advances in psychiatry up to date
- ◆ Master the skills for scientific research in psychiatry
- ◆ Improve professional communication skills
- ◆ Provide training for leadership in psychiatry
- ◆ Know the peculiarities of the development of different specific areas
- ◆ Know how to prevent and treat psychiatric epidemiology in the different stages of life
- ◆ Gain up-to-date knowledge of the therapeutic strategies in the latest advances in psychiatry
- ◆ Approach specific psychiatric problems
- ◆ Provide skills and strategies for clinical management in psychiatry





## Specific Objectives

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- ◆ Gain in-depth knowledge of the correct diagnosis oriented towards treatment
- ◆ Gain in-depth understanding of how anxiety disorders work



*Start to achieve your goals and objectives by studying at TECH”*



03

# Course Management

The faculty and management of this academic program is made up of medical professionals who work in the psychiatry departments of the most important hospitals in the country. In this way, TECH gives the student the full certainty that, by studying here, they will be able to learn from the most reputable doctors in the field. It is, therefore, a unique opportunity to learn in a comfortable way and from the best.





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*An exceptional teaching team will be in charge of providing you with all the knowledge you need to grow in your profession. Don't miss this opportunity”*

## Management



### Dr. Baca García, Enrique

- ♦ Head of the Department of Psychiatry at the Jiménez Díaz Foundation
- ♦ Professor of Psychiatry. Department of Psychiatry. Faculty of Medicine. Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ PhD in Medicine and Surgery from the University of Alcalá
- ♦ Specialist in Psychiatry
- ♦ Postdoctoral Research Fellow. Columbia University College of Physicians & Surgeons



## Professors

### Dr. García Román, Cristina

- ◆ Faculty Specialist in Psychiatric Department in UHSM at the Clinical Hospital of San Cecilio
- ◆ Degree in Medicine and Surgery from the University of Granada
- ◆ Master's Degree in Psychopathology and Health from the National University of Remote Education. General Foundation UNED
- ◆ Postgraduate Diploma in Psychopathology and Health from the National University of Remote Education. General Foundation UNED

### Dr. Gota, José Miguel

- ◆ Intensive Community Treatment Team to be implemented in the Mental Health Clinical Management Unit of the San Cecilio University Hospital in Granada
- ◆ Physician in Community Mental Health Units, caring for the adult population
- ◆ Degree in Medicine from the University of Zaragoza
- ◆ Psychiatry specialist in the Southern Health Management Area of Granada-Basic General Hospital of Motril



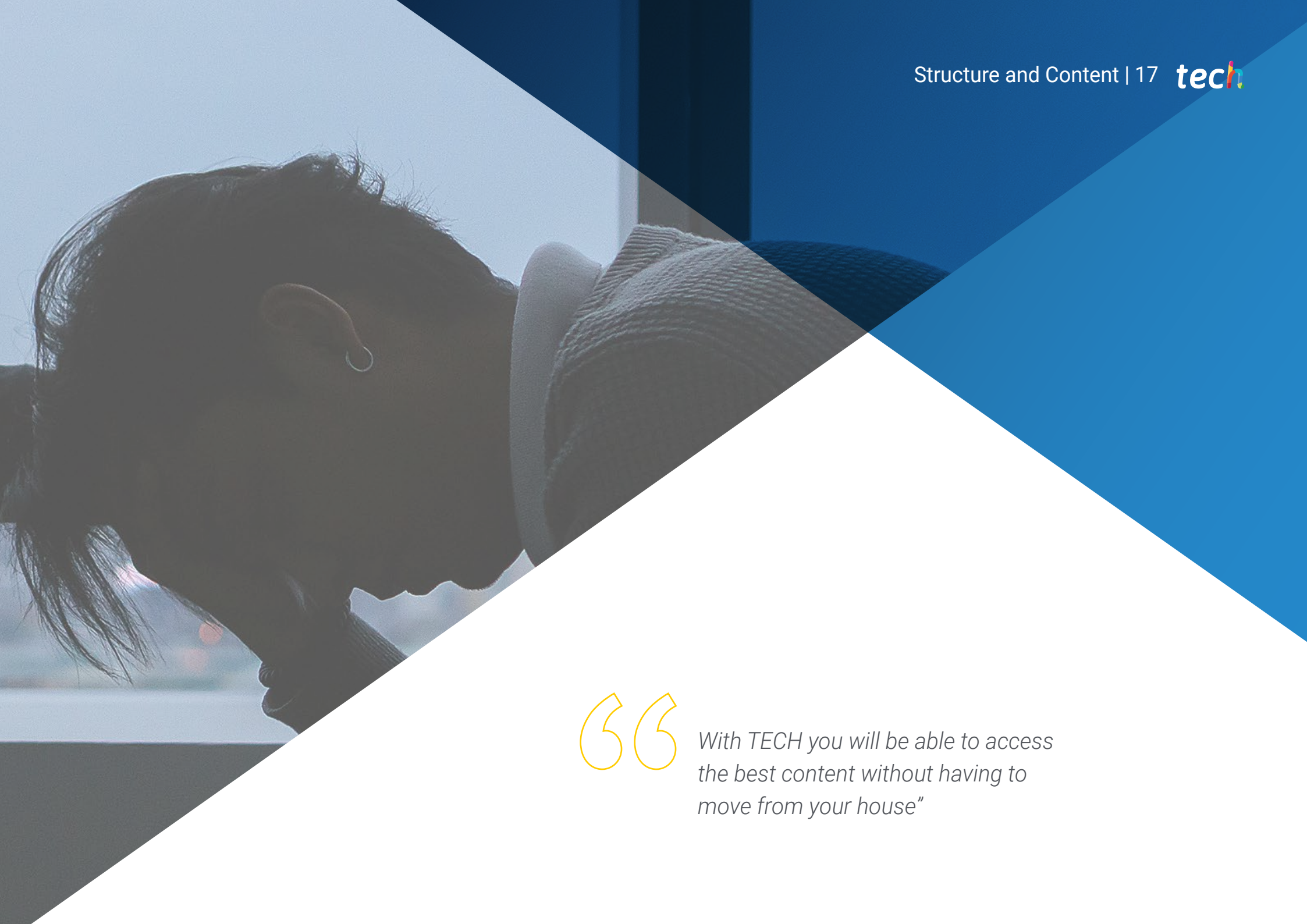
# 04

# Structure and Content

The structure and contents of this program have been designed based on the requirements of the latest advances in the area of addressing anxiety or fear-related disorders, always guaranteeing the highest scientific accuracy. In this way, the student will have access to both a theoretical and practical syllabus which will provide them with a global learning experience, allowing them to gain in-depth and up-to-date knowledge in this area.







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*With TECH you will be able to access the best content without having to move from your house”*

**Module 1. Anxiety or Fear-Related Disorders. Disorders Specifically Related to Stress. Dissociative Disorders**

- 1.1. Anxiety or Fear-Related Disorders I
  - 1.1.1. Epidemiology
  - 1.1.2. Risk Factors
  - 1.1.3. Etiopathogenesis
- 1.2. Anxiety or Fear-Related Disorders II
  - 1.2.1. Classification
  - 1.2.2. Clinical Characteristics
- 1.3. Anxiety or Fear-Related Disorders III
  - 1.3.1. Assessment
  - 1.3.2. Diagnosis
  - 1.3.3. Differential Diagnosis
- 1.4. Anxiety or Fear-Related Disorders IV
  - 1.4.1. Treatment
- 1.5. Disorders Specifically Related to Stress
  - 1.5.1. Classification
  - 1.5.2. Clinical Characteristics
- 1.6. Disorders Specifically Related to Stress II
  - 1.6.1. Assessment
  - 1.6.2. Diagnosis
  - 1.6.3. Differential Diagnosis
- 1.7. Disorders Specifically Related to Stress III
  - 1.7.1. Treatment
- 1.8. Dissociative Disorders I
  - 1.8.1. Classification
  - 1.8.2. Clinical Characteristics
- 1.9. Dissociative Disorders II
  - 1.9.1. Assessment
  - 1.9.2. Diagnosis
  - 1.9.3. Differential Diagnosis
- 1.10. Dissociative Disorders III
  - 1.10.1. Treatment
  - 1.10.2. Prognosis







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*Become a better specialist  
physician in psychiatry by  
studying this course”*

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.





#### 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 on the usefulness of learning by observing experts. The system known as 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 Postgraduate Certificate in Anxiety or Fear-Related Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program  
and receive your diploma without the  
hassle of travel or paperwork”*

This **Postgraduate Certificate in Anxiety or Fear-Related Disorders** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Anxiety or Fear-Related Disorders**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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



**Postgraduate Certificate**  
Anxiety or Fear-Related  
Disorders

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 150 h.

# Postgraduate Certificate

## Anxiety or Fear-Related Disorders

