

# Postgraduate Certificate

## Generalized and Social Anxiety Disorder





## Postgraduate Certificate

### Generalized and Social Anxiety Disorder

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/generalized-social-anxiety-disorder](http://www.techtitute.com/us/medicine/postgraduate-certificate/generalized-social-anxiety-disorder)

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# 01

# Introduction

Phobias, including social and generalized phobia, are some of the common psychological factors in the mental health specialist's office that can become serious limiters of the patient's daily activity. The professional needs constant updating to keep them at the forefront of the integral approach to these procedures.

In this complete program, we offer you the latest advances in diagnosis and holistic approach in this type of conditions. A high-intensity educational course that will allow you to advance in your profession, fully compatible with other activities.





*Update your knowledge with the latest advances in Social and Generalized Anxiety Disorder with the and Generalized Anxiety Disorder with a fully compatible with your professional with your professional and working life"*

Anxiety-related disorders are sometimes unwittingly considered "second tier" when compared to others such as bipolar disorder or psychotic spectrum disorders that used to constitute what was called heavy psychiatry. Add to that other disorders that are being heavily researched, such as attention deficit disorder (ADHD) and borderline disorder; only obsessive-compulsive disorder (OCD) and post-traumatic stress disorder, would be close to a first line of intervention.

The reality is that without entering into comparisons of severity, which would be out of the scientific context, a large number of these disorders are more frequent and therefore a greater number of people are affected.

It is considered that lately there is a certain tendency, even in psychiatrists, to focus psychotherapeutic and sometimes pharmacological treatments on mitigating anxiety or its symptomatological equivalents. This approach is losing sight of the fact that the fundamental issue is to treat nosological entities.

It is possible that it may be influenced by the rapid satisfaction of the patient when they perceive that their symptoms are improving.

Another important aspect is that in these disorders, the population tends to link the psychiatrist with drugs or other biological treatments, and psychotherapy with other mental health professions, so it is an important task of the psychiatric profession to show the user that the psychiatrist can, and should, perform psychotherapeutic treatments.

This program includes the latest updates on differential diagnosis, clinical and therapeutic management of anxiety-related disorders. It presents a theoretical and practical learning system based on theoretical models and clinical cases, to facilitate learning and clinical application.

It also presents the theoretical aspects from the presentation of clinical cases by professionals in the field of psychiatry, which facilitates learning in a simple and educational way.

It favors learning through the elaboration of theoretical-practical models that facilitate the integration of the clinical aspects of psychiatry. that facilitate the integration of clinical and therapeutic aspects.

This **Postgraduate Certificate in Generalized and Social Anxiety Disorder** is the most complete and up-to-date scientific program on the market. Its most notable features are:

- ◆ The latest technology in online teaching software
- ◆ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ◆ Practical cases presented by practising experts
- ◆ State-of-the-art interactive video systems
- ◆ Teaching supported by telepractice
- ◆ Continuous updating and recycling systems
- ◆ Autonomous learning: full compatibility with other occupations
- ◆ Practical exercises for self-evaluation and learning verification
- ◆ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ◆ Communication with the teacher and individual reflection work
- ◆ Availability of content from any fixed or portable device with internet connection
- ◆ Supplementary documentation databases are permanently available, even after the program



*With this Postgraduate Certificate you will be able to combine high intensity program with your personal and professional life, achieving your goals in a simple and real way"*

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*A highly qualified program that will allow you to act with solvency from the moment of diagnosis to the programming of treatments and their development"*

Our teaching staff is made up of professionals from different fields related to this specialty. In this way, TECH ensures to offer you the updating objective it intends. A multidisciplinary team of professionals, specialized and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but above all, they will bring their practical knowledge from their own experience to the program: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Certificate in Social and Generalized Anxiety Disorder. Developed by a multidisciplinary team of experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is centered on Problem-Based Learning: an approach that conceives learning as an eminently practical process. To achieve this remotely, TECH will use telepractice: with the help of an innovative interactive video system and Learning from an Expert, the professional will be able to acquire the knowledge as if they were facing the scenario they are learning at that moment. A concept that will allow students to integrate and memorize what they have learnt in a more realistic and permanent way.

*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: "Learning from an expert".*



# 02

# Objectives

The objective of this program is to provide psychiatric professionals with the knowledge and skills necessary to perform their activity in the treatment of anxiety disorders and those associated with them. Through a work approach that is totally adaptable to the student, this Postgraduate Certificate will progressively help the student to acquire the skills that will propel them to a much higher professional level.







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*Incorporate the knowledge and approaches related to Generalized and Social Anxiety Disorder into your skills and offer your patients a much more comprehensive and holistic care”*



## General Objectives

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- ◆ Know the evolution of the concept of anxiety over time
- ◆ Identify the different anxiety-related disorders and their clinical manifestations
- ◆ Understand the etiopathogenic factors of anxiety-related disorders
- ◆ Master the different therapeutic approaches in anxiety-related disorders (pharmacological, psychotherapeutic and social)

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*A boost to your CV that will give you the competitiveness of the best prepared professionals in the labor market”*





## Specific Objectives

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- ◆ Enable the student to evaluate the patient's behavior in the face of the diagnosis
- ◆ Enable the student to assess the intensity of the phobia and to take it into account as an evolutionary prediction
- ◆ Emphasize the exploration of the previous personality (traits and/or disorders), before starting the treatments
- ◆ Clarify the "myth" about the non-existence of specific psychotropic drugs
- ◆ Be able to decide on the degree of impact on quality of life when choosing a psychotherapeutic treatment
- ◆ If sick leave is indicated, predict its duration in order to avoid "gain" phenomena
- ◆ Promote coordination with the social worker in view of the impact on quality of life
- ◆ Know in depth the multiple etiologies of generalized anxiety disorder
- ◆ Have the ability to help the patient to know what is and what is not anxiety
- ◆ Enable the student to enhance retrospective observation in the interview
- ◆ Enable the student to perform complementary psychological examinations and to request (if necessary) interconsultations
- ◆ Have the capacity of evolutionary and prognostic prediction.
- ◆ Have the ability to convince the patient that in most cases drugs should be complemented with psychotherapy
- ◆ Enable the student to detect fulminant pseudo-improvements that incite the patient to therapeutic "abandonment"
- ◆ Have the ability to discriminate among the treatments to be performed by those (e.g., relaxation techniques), those that can also be performed by other mental health professionals

03

# Course Management

Within the concept of total quality of our program TECH are proud to put at your disposal a faculty of the highest level, chosen for their proven experience. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*An impressive teaching staff, made up of professionals from different areas of expertise will be your teachers during your studies: a unique opportunity not to be missed”*

## Management



### Dr. Guerra Gómez, Enrique

- ♦ Head of the Eating Disorders Unit at the University Hospital of Santa Cristina - Madrid
- ♦ Professor of the Master's Degree in Nutrition and Food Technology. International University of La Rioja
- ♦ Director of Clinical Management in Mental Health
- ♦ Honorary Professor of the Master 's Degree in General Health Psychology. Faculty of Psychology, Complutense University of Madrid
- ♦ Medical Specialist in Forensic Psychiatry, UNED
- ♦ Master's Degree in Clinical Management in Mental Health, Pablo de Olavide University
- ♦ Gold Medal for services rendered to the Madrid Health System, awarded by the Ministry of Health
- ♦ Member of the Commission for the Elaboration of the New Mental Health Plan of the Community of Madrid, Regional Office of Mental Health



### Dr. Benito Ruiz, Adolfo

- ♦ Responsible for patients hospitalized in the Acute Unit of the Toledo Hospital Complex
- ♦ Specialist in Psychiatry in the Short Stay Unit of the Toledo Hospital Complex.
- ♦ PhD in Medicine from the University of Alcalá de Henares
- ♦ Specialist in Psychiatry
- ♦ Master's Degree in Integrative Psychotherapy at the University of Alcalá de Henares
- ♦ Postgraduate Diploma in Forensic Psychiatry at the UNED (Spanish Open University)



## Professors

### Dr. Donaire, Luis

- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Specialist in Psychiatry. Toledo Hospital Complex

### Dr. Soto, Marta

- ◆ Assistant Psychiatry Physician of the Toledo Hospital Complex
- ◆ Area Coordinator of the Addictive Behaviors Unit (UCA) in Psychiatry of the Toledo Hospital Complex
- ◆ Associate Professor in the Master of Anxiety Disorder at TECH Technological University
- ◆ Associate Professor, Master's Degree in Obesity, TECH Technological University
- ◆ Associate Professor in the Master's Degree of Resistant Depression at the AMIR Academy
- ◆ Doctor of Medicine from the Complutense University of Madrid.
- ◆ Master's Degree in Legal Psychiatry at the Complutense University of Madrid.

# 04

# Structure and Content

The contents of this Postgraduate Certificate have been developed by the different experts on this program, with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field.

A complete and well-structured program will take you to the highest standards of quality and success.







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*A comprehensive teaching program,  
structured in well-developed teaching units,  
oriented towards learning that is compatible  
with your personal and professional life”*

## Module 1. Social Anxiety Disorder

- 1.1. Phenomenology of Social Phobia
- 1.2. Pathogenesis of Social Phobia
- 1.3. Clinical Symptomatology and Psychopathological Examination
- 1.4. Explorations and Complementary Tests
- 1.5. Current Diagnostic Criteria and Differential Diagnosis
- 1.6. Evolution and Prognosis
- 1.7. Medical Treatment
- 1.8. Psychotherapeutic treatment
- 1.9. Social interventions

## Module 2. Generalized Anxiety Disorder

- 2.1. Phenomenology of Generalized Anxiety Disorder
- 2.2. Pathogenesis of Generalized Anxiety Disorder
- 2.3. Clinical Symptomatology and Psychopathological Examination in Generalized Anxiety Disorder
- 2.4. Explorations and Complementary Tests
- 2.5. Current Diagnostic Criteria and Differential Diagnosis
- 2.6. Evolution and Prognosis
- 2.7. Medical Treatment
- 2.8. Psychotherapeutic treatment
- 2.9. Social Interventions





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*A unique, key, and decisive program to boost your professional development”*

# 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.

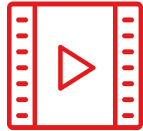
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

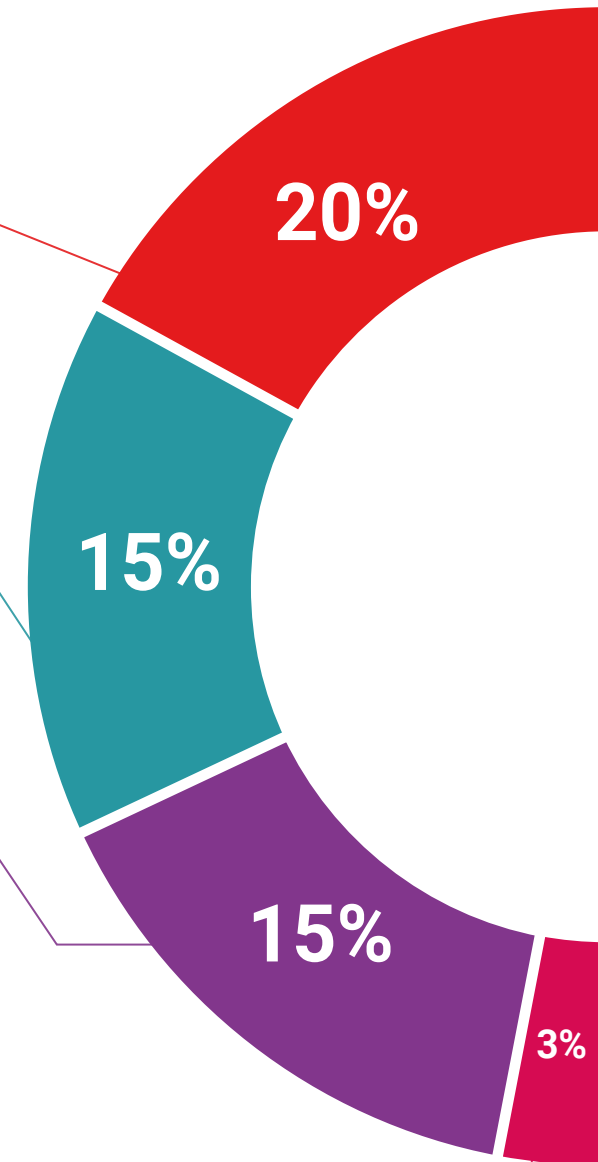
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

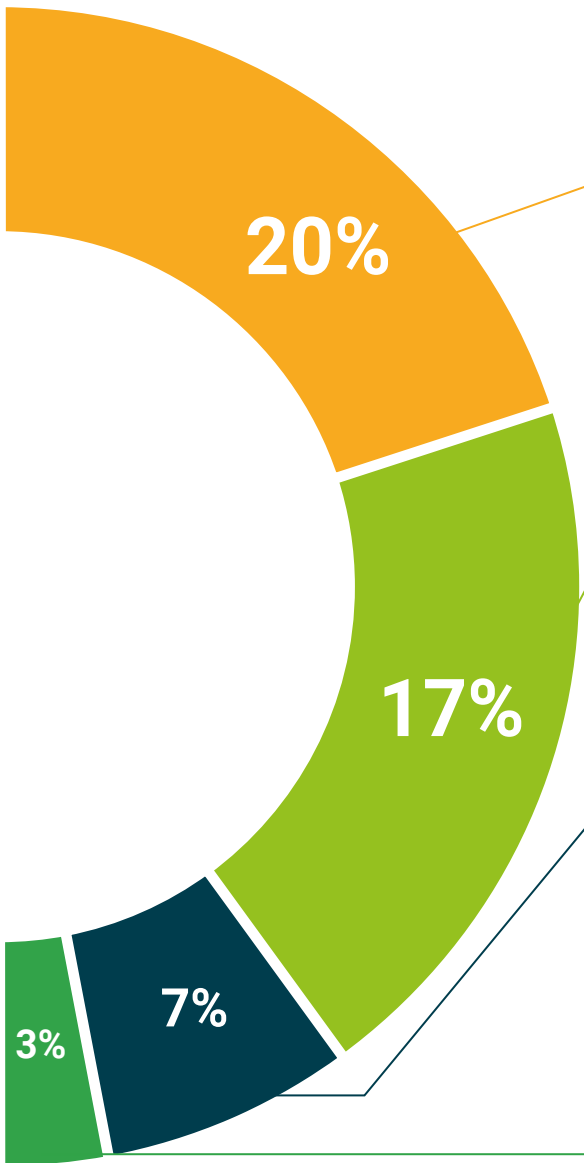
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Generalized and Social Anxiety Disorder 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 university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Generalized and Social Anxiety Disorder** 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 Generalized and Social Anxiety Disorder**

Official N° of Hours: **300 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.

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



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