

# Postgraduate Certificate

Mental Health and the Helping  
Relationship in Integrative  
Medicine Advanced



## Postgraduate Certificate

### Mental Health and the Helping Relationship in Integrative Medicine Advanced

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/mental-health-helping-relationship-integrative-medicine-advanced](http://www.techtitute.com/us/medicine/postgraduate-certificate/mental-health-helping-relationship-integrative-medicine-advanced)

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# 01

# Introduction

Depression, phobias, obsessive-compulsive disorders or psychosomatic illnesses affect a large number of people worldwide. On the way to obtain effective therapeutics, Integrative Medicine has allowed the incorporation of techniques that have shown positive results in certain pathologies. For this reason, there is a growing interest on the part of medical professionals to keep abreast of advances in Mental Health from this specialty. In order to promote it, TECH has created a program focused on offering a syllabus with the maximum scientific rigor on the therapeutic approach to the patient using advances in Neuropsychiatry, Coaching or Mindfulness. All in a 100% online format and taught by leading experts.





*A 100% online Postgraduate Certificate  
with 200 teaching hours taught by the  
best specialists in Integrative Medicine"*



Healthy habits such as exercise or a correct diet are essential in the prevention of certain mental pathologies such as depression, anxiety or stress. In addition, Integrative Medicine has incorporated other procedures based on the correction of some biochemical alterations with orthomolecular medicine or the application of therapeutic techniques such as Yoga, Music Therapy or Art Therapy.

An approach that promotes the good state of mental health of patients, applying the most recent advances in this field. The achievements achieved have allowed the rise of these procedures further away from conventional medical treatments. In this sense, TECH has assembled an excellent specialized teaching team that has put together this Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine.

This is a 6-week academic program, where the physician will be able to get an update on Neuropsychiatry, the epidemiology and prevalence of Mental Illnesses in the population, as well as the psychological repercussions of getting sick. Coaching and the most effective Body-Mind techniques in the therapeutic approach will have a special place in this program.

All of this is complemented by video summaries, In Focus videos, readings and clinical cases with which students can update their knowledge in a dynamic way and extend the information provided in the syllabus.

TECH thus offers an excellent opportunity to obtain a complete update through a flexible Postgraduate Certificate that adapts to the real needs of specialists. They only need an electronic device with an Internet connection to access, at any time of the day, the content of this program. An ideal option for those to balance the most demanding responsibilities with a great program.

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

- ◆ The development of practical cases presented by experts in Integrative Health
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- ◆ 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



*Thanks to the Relearning system, you won't have to dedicate long hours to memorization and study"*



*Make an effective update on the therapeutic approach through Art Therapy and Creative Processes"*

*No attendance, no classes with guidelines schedules. This qualification will give you the flexibility you need to curso date.*

*Delve into the prevalence of Mental Illnesses in the population from your computer with internet connection, whenever you wish.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02 Objectives

Medical professionals who take this university degree will be able to update their knowledge on the patient's coping with the disease, the approach from the techniques of Coaching, Psychoanalysis, Music Therapy, among others. In order to achieve this goal, TECH provides an exhaustive, updated syllabus and numerous didactic materials that can be accessed comfortably from any electronic device with an internet connection.







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*Incorporate into your medical practice  
the most innovative tools used in Coaching  
to promote Mental Health from the patients”*



## General Objectives

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- ♦ 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 continuous education and research





## Specific Objectives

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- Study the evidence for integrative medicine treatment of neurological and psychiatric diseases
- Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses
- Understand the effectiveness of Body-Mind techniques such as yoga and Psychoanalysis in the therapeutic approach



*The clinical cases of this program will give you a much more real vision of the advances in Neuropsychiatry"*



03

# Course Management

The teaching team that teaches this university degree is made up of excellent professionals versed in Psychology, Music Therapy and researchers in the Body-Mind relationship and its impact on health. In this way, the graduate of this Postgraduate Certificate will access a program with the most rigorous content on the approach to Mental Health and the Helping Relationship in Integrative Medicine Advanced. Likewise, thanks to the proximity of the teaching staff, students will be able to resolve any questions they may have about the content of this program.





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*A faculty with extensive professional experience in Psychology, Music Therapy or Integrative Medicine will be responsible for providing the most current information in Mental Health"*

## Management



### Dr. Menassa, Alejandra

- ◆ Head of the Internal Medicine Area and the Mental Health Unit at the Integrative Medicine Clinic
- ◆ Head of the Nutritional and Dietary Fields, Clínica Medicina Health
- ◆ Attending Physician in the Internal Medicine service Emergencies in the Service at the 12 de Octubre University Hospital
- ◆ Member of the Psychoanalytic Medical Team of the Film Production Company Grupo Cero
- ◆ Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- ◆ Expert in Judicial Psychological Expertise from the Alborán Higher Institute of Psychology
- ◆ Expert in Ozone Therapy in Internal Medicine, University of Havana
- ◆ Vice of the Spanish Society of Integrative Health and Medicine (SESMI)
- ◆ Member of Spanish Society of Internal Medicine (SEMI)



### **Dr. Rodríguez Picazo, Pedro**

- Attachments Director, UME clinic
- Director Founder of Medintegra
- Health Coordinator at Colisée
- Doctorate in Health Sciences, University of Alicante
- Degree in in Nursing in Community Health from the University of Alicante
- University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia
- Master in Health and Advanced Integrative Medicine by TECH Technological University
- University ARPN in Health Services at the European University Miguel de Cervantes
- Member of the Editorial Board of the Revista Medicina Integrativa RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Member of the European Society of Integrative Medicine, Member of the Society of Integrative Oncology

## Professors

### Ms. Sánchez Pérez, Sonia

- ♦ Educational psychologist at Torrent City Council
- ♦ Psychologist at the Health and Community Foundation. Alicante, Valencian Community
- ♦ Social Educator at the Health and Community Foundation. Alicante, Valencian Community
- ♦ Degree in Psychology from the National Distance Education University
- ♦ Gestalt Therapist, Psychology from the Institute of Psychotherapy and Group Techniques
- ♦ Expert in Applied Clinical Psychology from Esneca Business School

### Dr. Rojas Martínez, Pilar

- ♦ Psychoanalyst and Medical Specialist in Rheumatology and Family Medicine at the Centro de Consultas de Psicoanálisis Dra. Pilar Rojas
- ♦ Director of the Department of Psychosomatic Medicine at the Grupo Cero School of Psychoanalysis and Poetry
- ♦ Assistant Physician in Clinical Neurophysiology, Albacete General University Hospital
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Specialised in Endocrinology at the University Hospital 12 de Octubre
- ♦ Specialized in Family and Community Medicine at the Toledo Teaching Unit

### Ms. De la Flor, Irina

- ♦ Professional Coach
- ♦ Director of Lo Mejor de Mí, Vivo Sano Foundation
- ♦ Director of Health Defense Organization, Vivo Sano Foundation
- ♦ Bachelor's Graduated in Law from Carlos III University of Madrid
- ♦ Degree in Arts from the Carlos III University of Madrid
- ♦ Doctorate in Philosophy, University of Alcalá
- ♦ Master in Conscious Coaching from the University of East London
- ♦ Collaborator at The United Nations, The European Parliament, The European Commission

### Dr. Serra Vila, Mireia

- ♦ Attending Physician at the San José Institute Foundation Madrid
- ♦ Collaborating psychologist at the La Paz University Hospital. Madrid
- ♦ Degree in Philosophy and over to the legal, Autonomous University of Barcelona
- ♦ Doctor in Psychology Clinical Symptoms from the University Ramon Llull
- ♦ Nurse at Ramon Llull University



**Dr. Vargas Sánchez, María José**

- ♦ Specialist in Anesthesiology and Resuscitation at Synergia MedicalCare
- ♦ Faculty Specialist in Anesthesiology at Blue Healthcare
- ♦ Health Coach Specialized in Emotional Management and Wellbeing at the Sauce Foundation
- ♦ Cardiac Coherence Coach at the Heartmath Institute
- ♦ Master's Degree in Research and Specialized Treatment of Pain, University of Valencia
- ♦ Master's Degree in Cosmetic Medicine in Emergency at the San Carlos Clinical Hospital
- ♦ Vice President of the Spanish Reiki Federation
- ♦ Member of Spanish Society Integrative Health and Medicine (SESMI)

**Dr. Romero, Carolina**

- ♦ Director of the Mind-Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind-Body Department in the Integrative Health program at university San Roque Hospitals
- ♦ Joint author of a book on integrative oncology
- ♦ Art therapist, teacher of Samatha and Vipassana, and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ PhD in Clinical Psychology
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation
- ♦ Member of Spanish Society of Integrative Health and Medicine (SESMI)



*A unique, key, and decisive educational experience to boost your professional development"*

# 04

## Structure and Content

The syllabus of this university degree brings together, in 6 weeks, the most current and advanced content on Mental Health and the therapeutic approach through various techniques such as Yoga, cardiac coherence or Art-Therapy. An intensive academic journey that will be much more dynamic thanks to multimedia pills, specialized readings or case studies, which provide a much more practical vision.



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*A complete syllabus that will guide you through 6 weeks of the most current information on Mental Health and Helping Relationships in Integrative Medicine"*

## Module 1. Mental Health and the Helping Relationship

- 1.1. Life History
  - 1.1.1. Pathochrony
- 1.2. Epidemiology and Prevalence of Mental Illness in the Population
- 1.3. Advances in Neuropsychiatry
- 1.4. Illness as a Pathway
  - 1.4.1. Coping with Illness
  - 1.4.2. Psychological Impact of Illness
- 1.5. Introduction to Coaching
  - 1.5.1. Powerful Questions
  - 1.5.2. Coaching Tools
- 1.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
  - 1.6.1. Yoga and Mindfulness
  - 1.6.2. Breathing Techniques
  - 1.6.3. Sound Therapy. Music Therapy
  - 1.6.4. Cardiac Coherence
  - 1.6.5. Bioenergetic Techniques
  - 1.6.6. Art Therapy and Creative Processes
  - 1.6.7. Psychoanalysis







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*Through TECH you will be up to date on the therapeutic effectiveness of Yoga, breathing or Bioenergetic techniques”*

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.

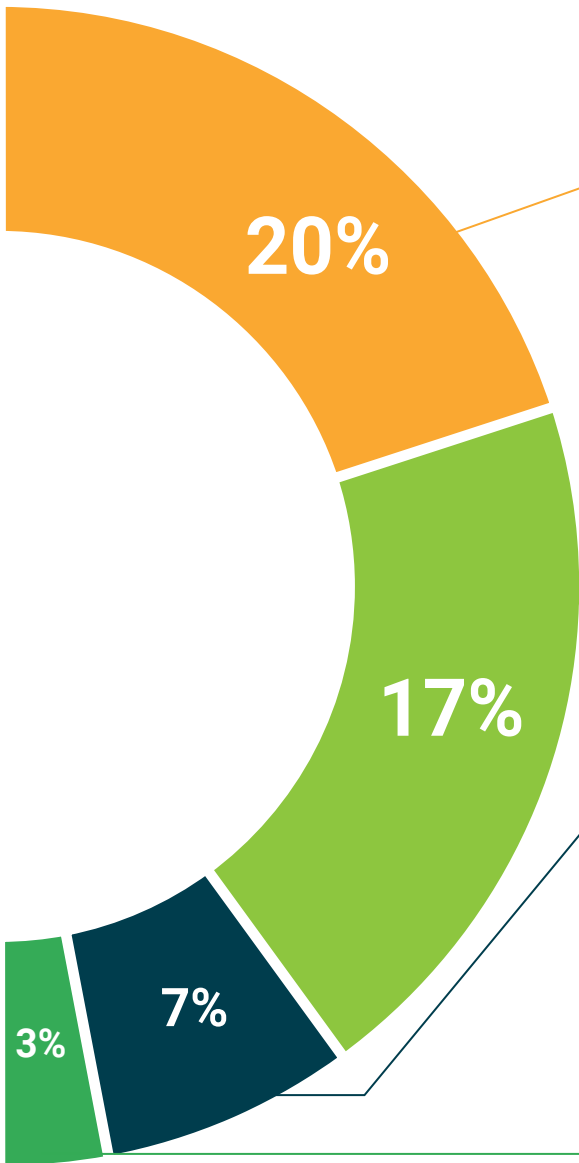
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Mental Health and the Helping Relationship in Integrative Medicine Advanced 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”*

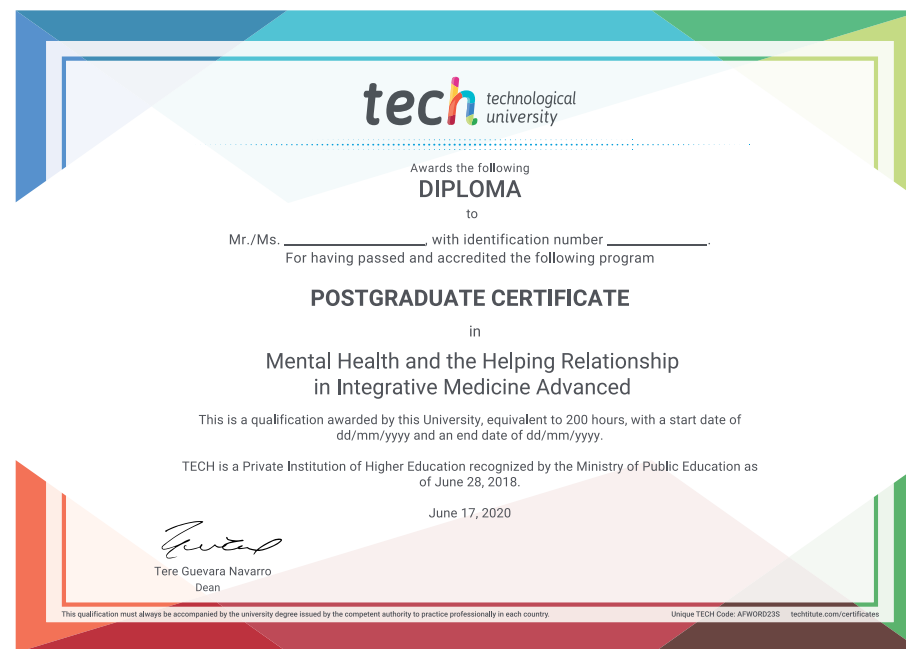
This **Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine Advanced** contains the most complete and up-to-date scientific program on the market.

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 Mental Health and the Helping Relationship in Integrative Medicine Advanced**

Official N° of Hours: **200 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.



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