

# Postgraduate Certificate

## Obsessive-Compulsive Disorder and Other Related Disorders





## Postgraduate Certificate Obsessive-Compulsive Disorder and Other Related Disorders

- » 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/obsessive-compulsive-disorder-other-related-disorders](http://www.techtitute.com/us/medicine/postgraduate-certificate/obsessive-compulsive-disorder-other-related-disorders)

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# 01

# Introduction

Obsessive-compulsive disorders are very prevalent nowadays and often cause great problems for people. For this reason, and because once they appear they tend to become chronic, TECH has designed this program that focuses on providing the physician with the latest knowledge when approaching this type of pathology from a different perspective. It is, therefore, a unique opportunity that will help students to position themselves in a sector that is increasingly in demand.



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*To enhance the quality of life of people with OCD, appropriate treatment is vital. Courses like this one provide physicians with an innovative vision on the topic”*

Obsessive-compulsive disorders (OCD), which are characterized by a series of recurrent and manic thoughts about a specific topic, will be discussed in depth during this course. Therefore, for example, a person with OCD may have a real panic about touching something that other people have touched (fear of germs) and/or manias that they tend to repeat compulsively.

For all these reasons, this type of disorder arouses great psychopathological interest and is considered to be difficult to frame within nosology. Likewise, it is a very prevalent problem since it produces a lot of interference in the daily life of the people who suffer from it.

This disorder usually develops at an early age, although it can also occur in adulthood, with a gradual or sudden onset. Once diagnosed, it usually becomes a chronic pathology. In addition, most people with this disease (more than 60%) have more than one type of obsession.

The most relevant characteristics of this disorder and the most effective methods of approaching it will be dealt with in this course, which will provide the student with in-depth knowledge on the subject. All of this, in just six weeks. A 100% online Postgraduate Certificate that provides the physician with the ease of being able to take it comfortably, wherever and whenever they want. They will only need a device with an internet connection to access the biggest database of content on the educational market.

This **Postgraduate Certificate in Obsessive-Compulsive Disorder and Other 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 self-assessment can be used to improve learning
- ◆ 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



*Become an expert physician in Obsessive-Compulsive Disorder and take your career one step further”*

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*Specialization is the only tool at the physician's disposal when it comes to advancing their career in a booming industry"*

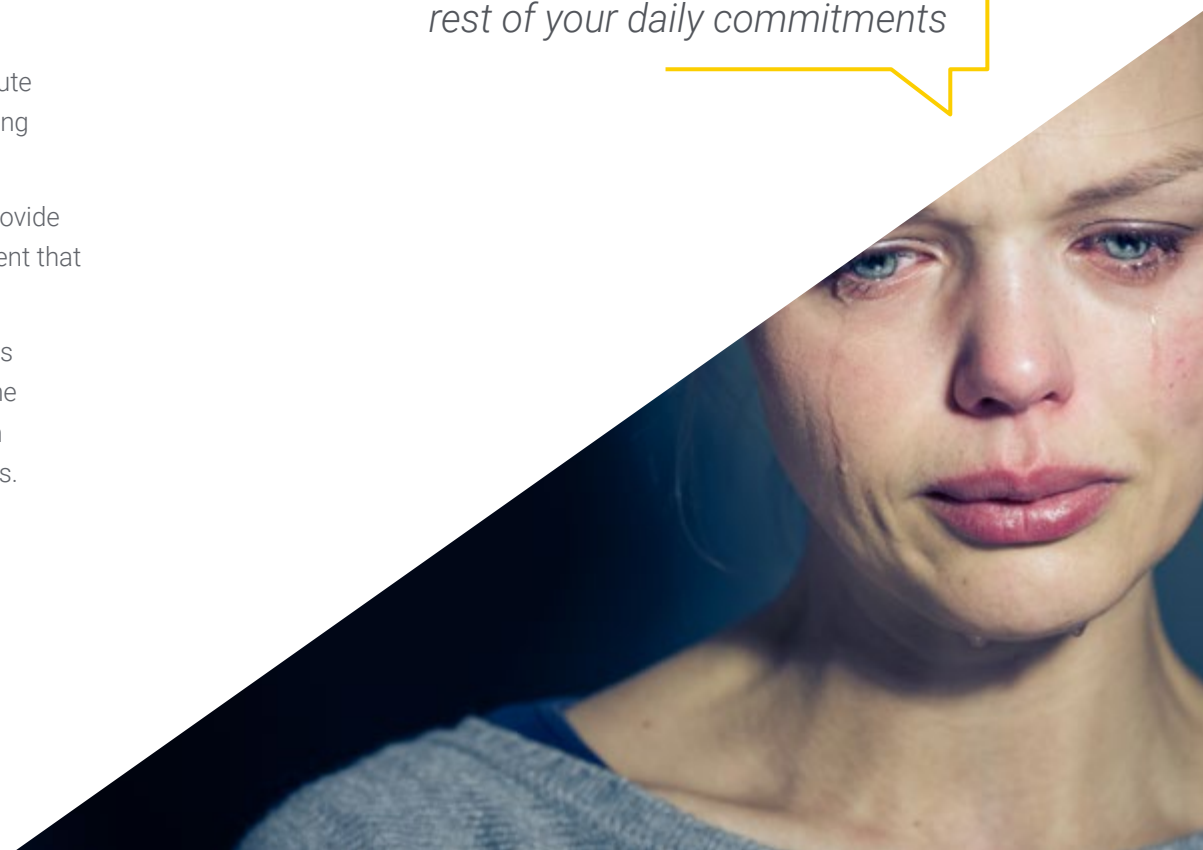
The program's teaching staff includes professionals from the sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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.

This program is designed around Problem Based Learning, whereby professionals must try to solve the different professional practice situations that arise during the Postgraduate Certificate. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Psychiatry and, in particular, the treatment of OCD requires physicians to have a vision adapted to current standards*

*TECH gives you the opportunity to study online without having to put aside the rest of your daily commitments*



# 02 Objectives

This Postgraduate Certificate was created with the purpose of providing the physician with in-depth, complete and up-to-date knowledge in the area of diagnosis and approach to Obsessive-Compulsive Disorders. For this purpose, and throughout six weeks of intensive work, the student will receive a series of multimedia materials taught by high-caliber professionals that will help them to optimally achieve this objective.





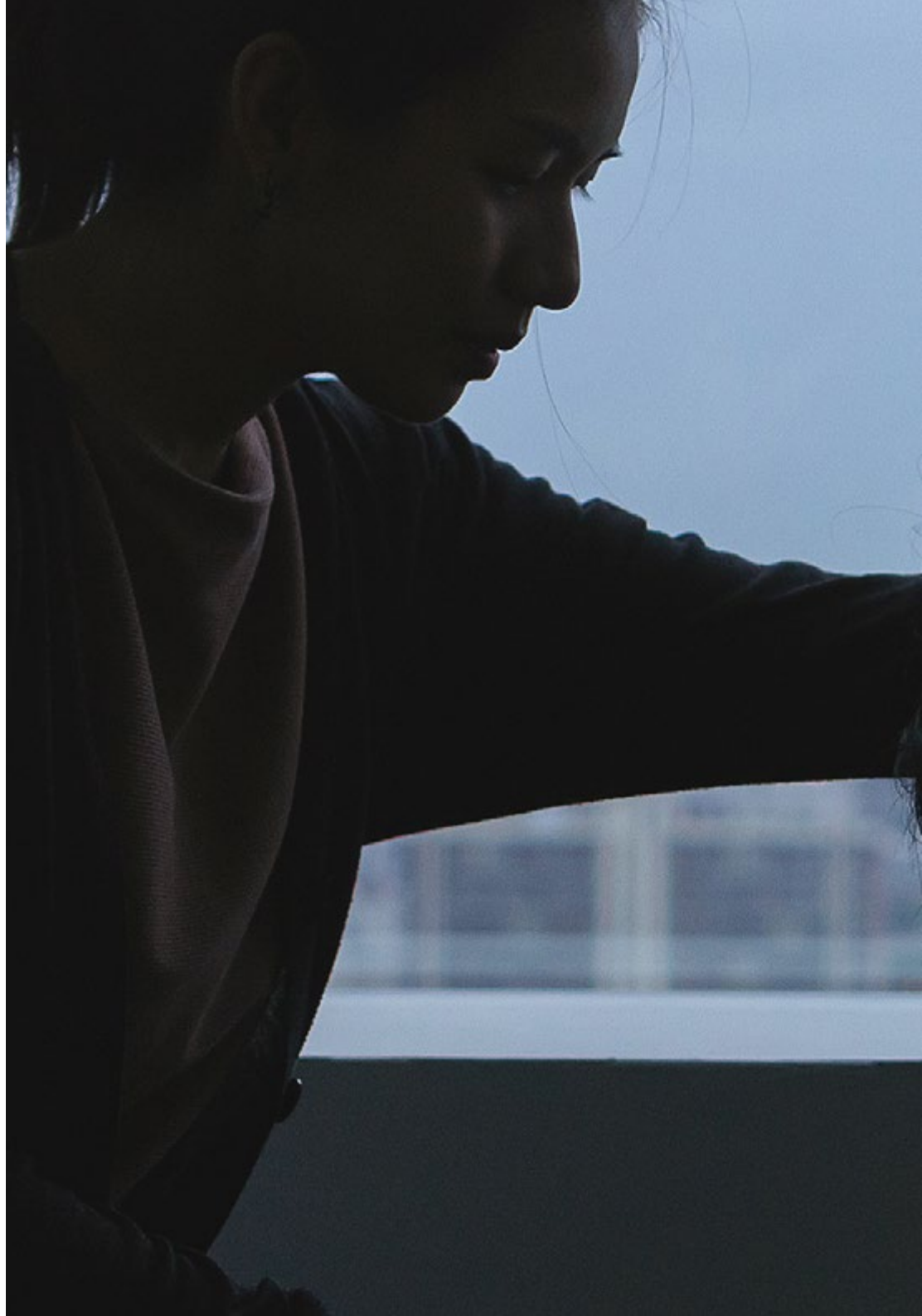
“*TECH will help you achieve  
your professional goals*”



## 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 Objective

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- ◆ Know the evolution of the classifications, as well as the pathophysiological data



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

03

# Course Management

For this Postgraduate Certificate, TECH has assembled a teaching staff made up of active experts in the fields of medicine and psychiatry who contribute their experience of many years working in the sector to this Postgraduate Certificate. Professionals from other related areas have also participated in the creation of the contents of this program, completing it in an interdisciplinary and comprehensive way, giving the Postgraduate Certificate unique characteristics that the student will not be able to find anywhere else.



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*Studying from the experience of  
reputable professionals is always a  
guarantee of long-term success”*

## 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. Peñuelas Calvo, Inmaculada

- ◆ Specialist in the Psychiatry Department at the Jiménez Díaz Foundation
- ◆ Associate Professor of Health Sciences at the Complutense University of Madrid
- ◆ Degree in Medicine from the University of Zaragoza
- ◆ Master's Degree in Autism from the University of San Jorge
- ◆ Master's Degree in Systemic Family Therapy from the Autonomous University of Barcelona
- ◆ Master's Degree in Clinical Practice in Child and Adolescent Psychiatry from the University of Barcelona
- ◆ Postgraduate Diploma in Bipolar Disorder from the University of Barcelona
- ◆ Postgraduate Diploma in Child and Adolescent Psychiatry from the University of Barcelona



# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been designed to be delivered in only six weeks of intensive learning. In this way, and after 150 hours of learning, the physician will be ready to work in the field of treatments for Obsessive-Compulsive Disorders, from an up-to-date point of view and with maximum scientific rigor. It will become a positive turning point in how they can improve their patients' quality of life and they will also be able to improve their professional profile.





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

## Module 1. Obsessive-Compulsive Disorder and Related Disorders

- 1.1. Obsessive Compulsive Disorder I
  - 1.1.1. Epidemiology
  - 1.1.2. Risk Factors
  - 1.1.3. Etiopathogenesis
- 1.2. Obsessive Compulsive Disorder II
  - 1.2.1. Assessment
  - 1.2.2. Diagnosis
  - 1.2.3. Differential Diagnosis
- 1.3. Obsessive Compulsive Disorder III
  - 1.3.1. Treatment
  - 1.3.2. Prognosis
- 1.4. Body Dysmorphic Disorder I
  - 1.4.1. Epidemiology
  - 1.4.2. Risk Factors
  - 1.4.3. Etiopathogenesis
- 1.5. Body Dysmorphic Disorder II
  - 1.5.1. Assessment
  - 1.5.2. Diagnosis
  - 1.5.3. Differential Diagnosis
- 1.6. Body Dysmorphic Disorder III
  - 1.6.1. Treatment
  - 1.6.2. Prognosis
- 1.7. Hypochondriasis I
  - 1.7.1. Epidemiology
  - 1.7.2. Risk Factors
  - 1.7.3. Etiopathogenesis



- 1.8. Hypochondriasis II
  - 1.8.1. Assessment
  - 1.8.2. Diagnosis
  - 1.8.3. Differential Diagnosis
- 1.9. Hypochondriasis III
  - 1.9.1. Treatment
  - 1.9.2. Prognosis
- 1.10. Other Disorders
  - 1.10.1. Olfactory Reference Disorder
  - 1.10.2. Hoarding Disorder
  - 1.10.3. Body-Centered Repetitive Behavior Disorders

“*A first-class program that will mark a before and after in your career. We have been waiting for you to study with us”*

# 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 Obsessive-Compulsive Disorder and 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 university diploma without travel or laborious paperwork”*

This **Postgraduate Certificate in Obsessive-Compulsive Disorder and Other 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 Obsessive-Compulsive Disorder and Other 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 future  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Obsessive-Compulsive  
Disorder and Other  
Related Disorders

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

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