

# Postgraduate Certificate Obsessive Personality Disorder





## Postgraduate Certificate Obsessive Personality Disorder

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/obsessive-personality-disorder](http://www.techtitute.com/us/medicine/postgraduate-certificate/obsessive-personality-disorder)

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# 01

# Introduction

Obsessive Personality Disorder can seriously affect the patient's quality of life and can generate comorbidities such as depression or alcohol and drug use. For this reason, early diagnosis and personalized medical care based on the latest advances made in the field of psychiatry can have a positive influence on the control of the disease and the non-appearance of adverse consequences. Everything the specialist needs to know to stay up to date on this disorder will be found in this intensive program. It is a 100% online program directed by medical experts that will allow you to update yourself on everything related to this pathology: origin, causes, symptoms, diagnosis, treatment, and much more!



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*TECH presents this Postgraduate Certificate as a manual with which the specialists can update themselves on everything related to Obsessive Personality Disorder completely online”*

Worry, perfectionism, excessive dedication to a task or inflexibility are the main traits of a person who suffers from Obsessive Personality Disorder of the DSM 5 group. This disease limits the patient's daily life and can seriously affect their mental and physical health. Furthermore, late diagnosis, associated with inefficient treatment, could lead to comorbidities such as depression and anxiety, panic, changes in eating habits or body dysmorphism, among others.

For this reason, the specialist's attention in this type of case must be arduous and accurate in its identification and treatment, in order to avoid complications and trying to improve the quality of life of the person in the shortest period of time possible. In order to do this, being up to date with the latest news related to this pathology is a fundamental requirement, which is why this Postgraduate Certificate in Obsessive Personality Disorder is perfect for them. It is an intensive and exhaustive program that pursues the objective of serving as a guide for the graduate in his task of updating knowledge about everything related to the disorder: origin and causes, symptoms, differential diagnosis, pharmacological and psychotherapeutic approach, etc.

All this through a comfortable 100% online program with which you will not have to worry about schedules or face-to-face classes, since you will be able to access the Virtual Classroom 24 hours a day throughout the week and from any device with an internet connection. In addition, you will have 150 hours of the best theoretical and practical syllabus, accompanied by additional high-quality material so that you can obtain from this degree a rewarding academic experience for your professional performance.

This **Postgraduate Certificate in Obsessive Personality Disorder** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Psychiatry
- ◆ The graphic, schematic, and 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
- ◆ Its 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



*The Postgraduate Certificate will place special emphasis on the sociodemographic variables and the cultural influence of the appearance of this pathology, so that the specialist can take it into account"*

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*You will place special emphasis on the differential diagnosis of these patients with respect to other psychiatric disorders”*

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.

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 education programmed to learn in real situations.

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

*You will delve into the diagnostic classification according to DSM-5 and ICD-11, and according to Marco PAS, so that you can learn about the news regarding each one.*

*An exhaustive review of the characteristic symptoms of Obsessive Personality Disorder, so that the specialist can perfect his or her diagnostic skills.*



# 02 Objectives

The prevalence of Obsessive Personality Disorder in society and the changes in treatment models is what has motivated TECH to design this Postgraduate Certificate. That is why its objective is to provide you with all the material you need to update yourself in reference to everything related to the developments that have occurred in the field of Psychiatry related to this pathology: strategies diagnosis, patient management, drugs, etc.







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*If your goal with this program course is to update your knowledge without having to invest extra hours, TECH guarantees that you will achieve it in less than 6 weeks”*



## General Objectives

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- ◆ Provide the medical professional with the most up-to-date and innovative knowledge related to Obsessive Personality Disorder
- ◆ Make available to graduates the most innovative academic tools that allow them to update themselves exhaustively and in a way that is compatible with their medical activity



*You will delve into the characteristic symptoms and the news related to the differential symptomatic diagnoses of OCD”*





## Specific Objectives

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- ◆ Describe the characteristic symptoms of Obsessive Personality Disorder
- ◆ Distinguish the subtypes of Obsessive-Compulsive Personality Disorder
- ◆ Study the influence of the environment and biographical history of this pathology
- ◆ Delve into the sociodemographic variables and cultural influences that affect Obsessive Personality Disorder

# 03

## Course Management

TECH is aware that having a teaching team specialized in the topic on which the degree is based is an extra motivation that can interfere with the graduate's decision when choosing. That is why the university guarantees for this Postgraduate Certificate the assistance of a faculty specialized in Psychiatry with an extensive career in the management of clinical cases with pathologies such as Obsessive Personality Disorder. This group of professionals will be available to the student to resolve any questions that may arise during the course of the program.



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*In the Virtual Classroom you will find a forum where the teaching team and the rest of your colleagues will propose various topics, in which you can participate and learn the opinion of professionals from all over the world"*

## Management



### Dr. Benito Ruiz, Adolfo

- Medical specialist in Psychiatry in the Toledo Hospital Complex
- FEA of Psychiatry, Toledo Hospital Complex
- FEA of Psychiatry at the Francisco Díaz Mental Health Center
- Chief researcher in several studies related to Psychiatry
- Author and co-author of dozens of scientific articles related to his specialty
- Author and coauthor of numerous book chapters
- Professor in Mental Health courses and in undergraduate studies
- Doctorate in Medicine, University of Alcalá
- Master's Degree in Psychotherapy, Integrated Perspective from the University of Alcalá Henares
- Awards of the Foundation for Biomedical Research of the Príncipe Asturias University Hospital

## Professors

### Dr. Martín Villaroel, Cristina

- ♦ Specialist in Psychiatry
- ♦ Faculty of Psychiatry, Toledo Hospital Complex
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Therapeutic Support Course: Theory and Method in Community Intervention at the State Reference Center for Psychosocial Care
- ♦ Course of Clinical Psychopathology and Community Intervention promoted by the Association La Revolución Delirante



# 04

## Structure and Content

TECH has used in the design of the structure and content of this Postgraduate Certificate, not only the most innovative and complete information related to Obsessive Personality Disorder, but also the best pedagogical methodology of the current educational system. In this way, the specialist who accesses this qualification is guaranteed a thorough update of his knowledge, but without having to invest extra hours over long periods of memorization, since learning is done naturally and progressively.





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*You will have access to 150 hours of the best theoretical, practical and additional content, so that you can delve deeper into Obsessive Personality Disorder at your own pace and at your own pace”*

## Module 1. Obsessive Personality Disorder

- 1.1. Characteristics of the Disorder
- 1.2. Diagnosis Classification
  - 1.2.1 According to DSM-5 and ICD-11
  - 1.2.2 PAS Framework
- 1.3. Sociodemographic Variables and Cultural Influence
- 1.4. Origin and Causes
  - 1.4.1 Genetic Vulnerability
  - 1.4.2 Influence of Environment and Biographical History
- 1.5. Characteristic Symptoms
- 1.6. Symptomatic Diagnosis
  - 1.6.1 Differential Diagnosis with Obsessive-Compulsive Disorder (OCD)
  - 1.6.2 Differential diagnosis with other psychiatric disorders
- 1.7. Evolution and Development
- 1.8. Distinguish the subtypes of Obsessive-Compulsive Personality Disorder.
- 1.9. Pharmacological Approach
  - 1.9.1 Antidepressants
  - 1.9.2 Anxiolytics
  - 1.9.3 Other psychopharmacological treatments
- 1.10. Psychotherapeutic Approach
  - 1.10.1 2nd Generation Therapies. Cognitive Behavioral Therapy
    - 1.10.1.1. Manage exposure with response prevention
    - 1.10.1.2. Beck's Cognitive Therapy
  - 1.10.2 3rd Generation Therapies
    - 1.10.2.1. Mindfulness Therapy
    - 1.10.2.2. Acceptance and Commitment Therapy
  - 1.10.3 Brief Dynamic Psychotherapy. Luborsky's CCRT method (Core Conflictual Relationship Theme)





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*A program designed by experts and aimed at medical professionals who seek to perfect their skills in the management of patients with Obsessive Personality Disorder"*

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

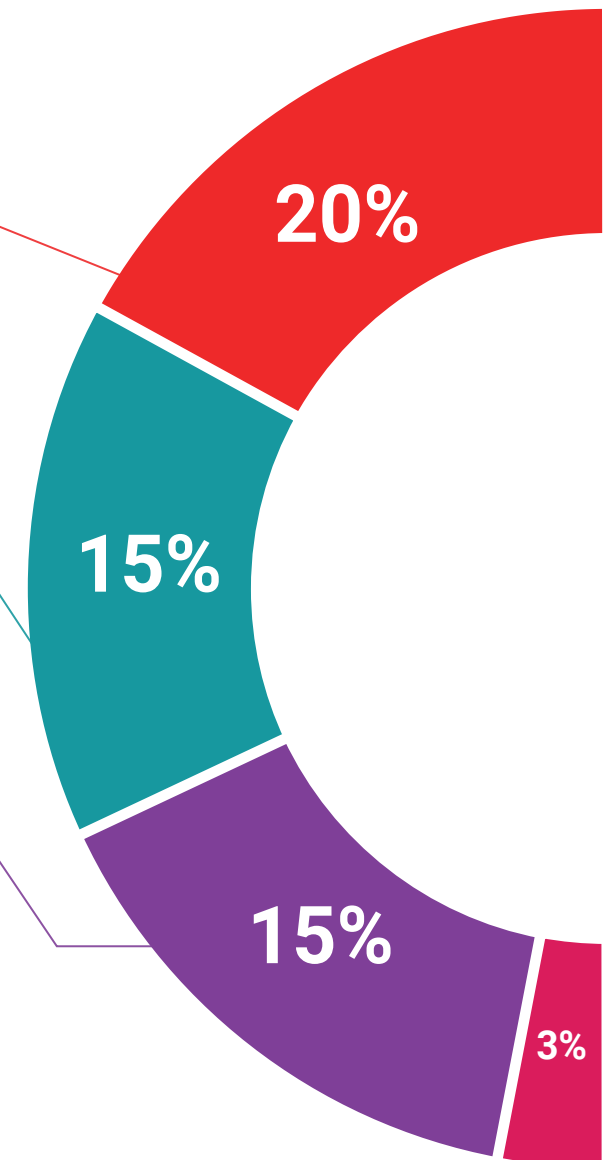
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 Personality 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 Obsessive Personality Disorder** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** diploma 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 Personality Disorder**

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.

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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