

Postgraduate Certificate

Update in Integrative Medicine





Postgraduate Certificate Update in Integrative Medicine

- » Modality: online
- » Duration: 3 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/update-integrative-medicine

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01

Introduction

Integrative medicine is a growing science in the most medically developed countries and encompasses conventional and complementary medicine seeking synergy between different disciplines. All aspects of the individual are taken into account from this more global approach: physiological, psychological, nutritional and social. The relationship between the professional and the patient thus enters a different terrain, with the patient actively participating in his or her healing while the specialist implements a different form of listening.

This new healthcare model offers the possibility of reducing traditional medication by incorporating tools that allow us to decrease iatrogenesis and improve the prognosis of chronic diseases.



Health Plan

Check Up List		Healthy 1 Basic Check Up	Healthy 2 Comprehensive
Physical Examination		✓	
Chest X-Ray			
EKG		✓	
Urine Exam			
CBC		✓	
Lipid Profile : Cholesterol, Triglycerides, HDL, LDL-calculated		—	
Uric Acid			
Creatinine, BUN			
Pelvic Exam & Pap Smear Test and Breast Exam by Obstetrician			

Health Check Up Report

Do not consume any food or drink for 8 hours before

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Integrative Medicine brings to medical practice the therapeutic possibilities of the proven techniques of Complementary Medicine”

Integrative Medicine is a field of Health Sciences that is in full development in the most advanced countries, with a large percentage of the population using complementary or alternative forms of treatment at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France.

The push for this approach is motivating its inclusion in public health services in countries such as the United Kingdom, Germany, Belgium, the Netherlands and the Nordic countries. For example, 90% of pain management services in the United Kingdom and 70% in Germany include acupuncture among the treatments they provide.

In 1998, the European Union completed a COST (European Cooperation in the field of Scientific and Technical Research) project on non-conventional medicine. With the participation of several government, including Spain, they attempted to demonstrate the possibilities, limitations, and significance of alternative medicine, establishing a common scientific framework, harmonizing legislation, and helping to control healthcare costs. The CAMBRELLA project, a pan-European research network on natural therapies, was launched in January 2010 and has been funded with more than 1.5 million euros through the EU's Seventh Framework Program. The working groups that make up CAMBRELLA focus on terminology, legal framework, patient needs, the role of natural therapy treatments in healthcare systems and research methodology.

The World Health Organization expressed in this regard the explicit desire to incorporate Traditional Medicine on a global level in its 2014-2023 Strategy.

This **Postgraduate Certificate in Update in Integrative Medicine** contains the most complete and up-to-date scientific program on the market. The most important features of the University Course are:

- ♦ Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Diagnostic-therapeutic developments on assessment, diagnosis, and treatment in Integrative Medicine and Health.
- ♦ Practical exercises where the self-evaluation process can be carried out to improve learning.
- ♦ Clinical iconography and diagnostic image tests.
- ♦ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ♦ Incidence in evidence-based medicine and research methodologies in Integrative Medicine and Health.
- ♦ 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.



Access in only seven weeks the latest advances in Integrative Medicine with the solvency and guarantee of one of the best online courses on the market"

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Endorsed by the WHO, Integrative Medicine offers you the complement of Complementary Medicine therapies and treatments. Don't miss the opportunity to specialize in this field with the best experts"

The teaching staff is made up of prestigious and renowned Spanish professionals, including experts from the field of integrative medicine and health, with a long career in health care, teaching and research, who have worked in different hospitals throughout the country, developing professional and teaching experience that they deliver in an extraordinary way in this course.

The methodological design of this course has been developed by a multidisciplinary team of e-learning experts. Integrating the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based primarily on the problem-based learning method, to address real problems in their daily clinical practice. This will allow them to advance by acquiring knowledge and developing skills that will impact their future professional work.

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the physician will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Integrative Health and Medicine and other related disciplines, with extensive teaching experience.

The most advanced online technology, with interactive videos that will allow you to learn through real experience.

Our expert instructors will guide you through more than seventy real cases, from the location of your choice and at your own pace. To create a fully customized learning experience.



02

Objectives

This Postgraduate Certificate aims to update and acquire knowledge and practices in integrative medicine and health, through the use of a problem-based learning system, which will place you in real situations, creating a practical environment of high didactic effectiveness.



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Using the problem-based learning technique, this University Course will give you access to the knowledge necessary to implement the advances of integrative medicine in the field of mental health"



General Objectives

- ♦ 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 continuing Education and Research.



A course backed by the prestige of TECH Technological University, one of the most prestigious universities in Spain, with the most experienced teaching staff and the best online technology adapted to the teaching of scientific content"





Specific Objectives

- ◆ Identify cultural, socioeconomic, and historical factors that shape population health disparities.
- ◆ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access, and develop health resources for underserved populations.
- ◆ Study how the political, economic, and social macrosystem shapes the health system, determines access to resources, and influences the role of health professionals and the patient.
- ◆ Demonstrate social and cultural competence in the context of a comprehensive care plan.
- ◆ Define the clinical practice model, contextualized to the individual's health situation and appropriate goal setting.
- ◆ Know the different philosophical systems of Integrative Medicine from an anthropological perspective.
- ◆ Recognize the pathophysiological processes that are common to all chronic diseases.
- ◆ Know the diagnostic tools useful in these processes.
- ◆ Explain basic aspects related to the module.

03

Course Management

The Postgraduate Certificate's teaching staff includes leading specialists in Update in Integrative Medicine who bring their years of work experience to this training program. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.





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Learn, from leading professionals, about the latest advances in the procedures in the field of Update in Integrative Medicine”

International Guest Director

Dr. Chiti Parikh is a leading medical figure with an impressive career in Integrative Medicine. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of executive director of the Integrative Health and Wellness program. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a strong commitment to teaching and mentoring, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's international contribution in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



Dr. Chiti, Parikh

- Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- Executive Director at Weill Cornell Medicine
- M.D. from Rutgers Robert Wood Johnson Medical School

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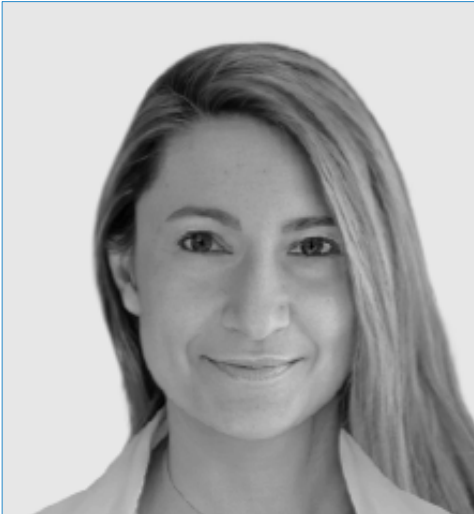
Thanks to TECH you will be able to learn with the world's best professionals”

Management



D. Rodríguez Picazo, Pedro

- ♦ Co-Director of the Master of Health and Integrative Medicine
- ♦ PhD candidate in Health Sciences
- ♦ Official Master's Degree in Clinical Nutrition
- ♦ Master's Degree Univ. Mental Health
- ♦ Univ Immunonutricion Expert
- ♦ Univ specialist. Osteopathy Kinesiology and Acupuncture. Nurse
- ♦ Founder of Medintegra
- ♦ Therapeutic Yoga & Mindfulness teacher trainer
- ♦ Responsible for the health area of the CAI Ayto de Alicante
- ♦ Professor of g-SE endorsed by the American College of Sport Medicine
- ♦ Clinical tutor of the Faculty of Health Sciences of Alicante



Dra. Menassa, Alejandra

- ♦ Internist
- ♦ President of the Spanish Society of Health and Integrative Medicine (SESMI)
- ♦ Head of the CMI Mental Health Unit
- ♦ Psychoanalyst and Professor at the Grupo Cero School of Psychoanalysis
- ♦ Member of the SEMI (Spanish Society of Internal Medicine)
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana
- ♦ Master in Assessment of bodily and psychosocial harm from the European Institute

Professors

Dña. Trujillo, Helena

- ♦ Specialist in mental health and female development
- ♦ Grupo Cero psychoanalyst, couples therapist and registered psychologist M-31056
- ♦ Expert in Criminology
- ♦ Specialist in mental health and female development
- ♦ Member of the Clinical Care Department of Grupo Cero and the Department of Art and Culture of Grupo Cero
- ♦ Director of Grupo Cero Televisión

Dña. Vargas Sánchez, María José

- ♦ Specialist in Anesthesiology, Resuscitation and Pain Therapeutics
- ♦ University Diploma in Nursing
- ♦ ACTP Coach by ICF in EEC (European School of Coaching) and collaborating member
- ♦ Mentor / coach in cardiac coherence by the HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Teacher and Professional Reiki Therapist)

04

Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of keeping up-to-date to intervene in the treatment and monitoring of the patient through the use of Integrative Medicine and Health and committed to quality teaching through new educational technologies.





Get up to date in one of the most important sciences in the health care sector, with a high level Postgraduate Certificate that is unique on the market"

Module 1. Introduction to Integrative Medicine

- 1.1. History of Integrative Medicine
 - 1.1.1. History of Integrative Medicine
- 1.2. Foundations and Indications.
 - 1.2.1. Foundations of Integrative Medicine.
 - 1.2.2. Indications.
- 1.3. How to Develop a Health Plan for the Patient.
 - 1.3.1. The Health Plan: How to Develop It
- 1.4. The Sociology of Health.
 - 1.4.1. Aspects of the Social Macrosystem that Affect Human Health.
 - 1.4.2. Social Aspects Affecting Access to the System.
 - 1.4.3. Limitations to the Practice of Integrative Medicine.
- 1.5. Medical History and Comprehensive Evaluation of the Person.
 - 1.5.1. Medical History from the IM Perspective.
 - 1.5.2. Comprehensive Assessment: Objectives and Results.
- 1.6. Integrative Approach from a Social Work Perspective.
 - 1.6.1. Social Work and IM.
 - 1.6.2. Integrative Approach from the Social Work Foundation.
- 1.7. Biological and Psychological stages in Humans. Age-Related Developmental Aspects.
 - 1.7.1. Biological and Psychological stages in Humans.
 - 1.7.2. Age-Related Developmental Aspects.





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Incorporate all the resources of complementary medicine to your training and get the recognition of one of the most prestigious online universities of the moment”

05

Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



The physician will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06 Certificate

The Postgraduate Certificate in Update in Integrative Medicine guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Certificate issued by TECH - Technological University.



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Successfully complete this training and receive your diploma without the hassle of travel or paperwork"

This **Postgraduate Certificate in Update in Integrative Medicine** contains the most complete and up-to-date scientific program on the market.

After students have passed the assessments, they will receive, by certified mail, their **Postgraduate Certificate** issued by TECH Technological University.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Update in Integrative Medicine**

ECTS: **7**

Official Number of Hours: **175**



*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 quality

online

development languages

virtual classroom

tech technological
university

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