

# Postgraduate Certificate

## Women's Health and Advanced Integrative Medicine





## Postgraduate Certificate

### Women's Health and Advanced Integrative Medicine

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/womens-health-advanced-integrative-medicine](http://www.techtute.com/us/medicine/postgraduate-certificate/womens-health-advanced-integrative-medicine)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

01

# Introduction

Integrative Medicine is increasingly becoming one of the medical sciences with the greatest projection of the moment in developed countries. Its way of doctor-patient interaction includes a more holistic dimension of the care concept which, in the case of Women's Medicine, can mean a substantial change. Active listening, essential in this specialty, is established as the gateway to a type of approach in which the woman becomes the agent of her own care, acquiring greater responsibility in this regard. Integrative Medicine also incorporates the contrasted advances of Complementary and Natural Medicine to the ways of working of Conventional Medicine in a perfect synergy.





“

*It incorporates the proven techniques of integrative medicine to women's medicine, achieving a qualitative step forward in this medical practice"*

Advanced 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 (CAM) at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France.

The momentum of 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 governments, including Spain, the aim was 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 at the global level in its 2014-2023 Strategy.

With the most complete and up to date scientific program on the market. The most significant features of the Postgraduate Certificate are:

- Development of more than 75 clinical cases presented by experts in Advanced Integrative Medicine and Health.
- Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- Diagnostic and therapeutic novelties on evaluation, diagnosis and intervention in Advanced Integrative Medicine and Health.
- Practical exercises where the self-evaluation process can be carried out to improve learning.
- Clinical iconography and diagnostic image tests
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- Incidence on evidence-based medicine and research methodologies in Advanced 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



*With the latest contrasted advances in one of the medical sciences that has attracted most interest in developed countries"*

“

*The synergies of Conventional Medicine, Complementary Medicine and Traditional Medicine in the service of Women's Medicine”*

Its teaching staff is made up of prestigious and renowned Spanish professionals, including experts in the field of medicine and advanced integrative health, with a long history of care, teaching and research, who have worked in various hospitals throughout the country, developing a professional and teaching experience that they deliver in an extraordinary way in this Postgraduate Certificate.

The methodological design of this Postgraduate certificate, developed by a multidisciplinary team of e-learning experts, integrates the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based fundamentally on the scientific method, to face the solution of real problems in their daily clinical practice, which will allow them to advance in the acquisition of knowledge and the development of skills that will impact their future professional work.

The design of this program is based on Problem-Based Learning, by means of which the physician must try to solve the different professional practice situations that arise throughout the Postgraduate Certificate. For this, the doctor will be assisted by an innovative interactive video system created by renowned experts in the field of Advanced Integrative Medicine and Health and other related disciplines with extensive teaching experience.

*The professors of this Postgraduate Certificate, experts in Integrative Medicine, will guide you through exercises based on more than seventy real cases.*

*Hands-on learning with the most powerful interactive video system on the market today.*



02

# Objectives

This Postgraduate Certificate is aimed at updating and acquiring 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.







“

*Acquire, in just a few weeks, the basic skills necessary to put into practice the integrative medicine way of working in health medicine”*



## 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 continued specialization and research

*A Postgraduate Certificate endorsed by the prestige of TECH - Technological University, one of the most prestigious universities in Spain, with the most expert teaching staff and the best online technology adapted to the teaching of scientific content.*





## Specific Objectives

---

- ◆ Explain basic aspects related to the module
- ◆ Identify at-risk and vulnerable populations, environmental conditions, and associated chronic diseases.
- ◆ Discuss symptoms, disorders and diseases associated with exposure to heavy metals, pesticides, chemicals, drugs, nutrients, the natural environment and other toxic causes of oxidative stress
- ◆ Review the literature on exposure, exposure time and metabolic reserve in human health.
- ◆ Review the legal context of the application of Integrative Medicine, how to assess risk and mitigate cases of malpractice.
- ◆ Understand common ethical issues that arise in current clinical practice.
- ◆ Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system.
- ◆ Study the relationship of stress to mindfulness, mindfulness and self-care.
- ◆ Develop practices related to Mind-Body Techniques based on mindfulness and related techniques.
- ◆ Examine heart rate variability, autonomic tone, and self-regulatory practices for emotional care
- ◆ Design a care plan based on personal needs and barriers.

03

# Course Management

The program includes in its teaching staff reference specialists in integrative medicine and health and other related areas, who bring the experience of their work to this specialization. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





“

*Learn from leading professionals, the latest advances in procedures in the field of Women's Health and Advanced Integrative Medicine"*

## Management



Dr. Menassa, Alejandra

- ♦ Internal Medicine Physician
- ♦ President of the Spanish Society of Integrative Health and Medicine and Health (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine).
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana.
- ♦ Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute



Rodríguez, Pedro

- ♦ Nurse
- ♦ Master's Degree in Mental Health Catholic University of Valencia
- ♦ Master's Degree in Nutrition University of the Balearic Islands
- ♦ Expert in Immunonutrition Catholic University of Valencia
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia.
- ♦ Diploma in Acupuncture by ADEATA and FEDINE
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc
- ♦ Educational partner of the G-SE international team

## Professors

### **Dr. Cuevas, Manuela**

- ♦ Graduated in Medicine and Surgery at the UAB in 1983. TECH Master's Degree in Biopathology and Preventive Gynecology: UAB (1995). Postgraduate Diploma in Homeopathy (1988) . International title in Medicine. Anthroposophical (2012). Author of the following books: Moon Woman, Solar Woman and Human Papilloma Virus and Women's Health. Treatment from integrative gynecology

### **Dr. Enríquez, Alexandra**

- ♦ Assistant Physician of the Gynecology and Obstetrics Service of University Hospital Quirónsalud Madrid. Obstetrician/gynecologist with more than 11 years of experience in the center, with an integrative vision of pregnancy and childbirth and reference in pregnancies with environmental pathologies, such as multiple chemical sensitivity.

### **Faulin, Ayla**

- ♦ Head of the Nursing Department of Clínica Medicina Integrativa - CMI. Diploma in Nursing (University of La Rioja). Bachelor's Degree in Natural Therapies, specializing in Naturopathy (Real Centro Universitario "Escorial-Maria Cristina"). Expert in Manual Therapies and Body-Mind Relaxation Techniques

### **González Iñiguez, Mónica**

- ♦ Nurse. Acupuncturist from the College of Nursing of Alicante. Holistic therapist. Bioneuroemotion Assistant. 20 years working in a hospital. Mas de 10 en el área de la salud natural e integrativa. Founder of the Atenea Association of Natural and Energetic Therapies.

### **Dr. Lafaja, Juani**

- ♦ Doctor. Specialist in Gynecology and Obstetrics. Master's Degree in Sexology. Expert in Active Cellular Nutrition. Environmental Medicine Studies. Expert in Premenstrual Syndrome/Premenstrual Dysphoric Disorder and organically caused sexual dysfunction. Training in Tecar Therapy applied to pelvic floor pathologies

### **Maroto, Maria Jose**

- ♦ External collaborator at CMI - Integrative Medicine Clinic for the area of integrative aesthetic medicine. Degree in Medicine and Surgery from the University of Oviedo. Postgraduate Certificate of Higher Specialization in Aesthetic Medicine by the Spanish School of Aesthetic Medicine. Diploma in Homeopathy by the Spanish Center of Homeopathy, Boiron. Diploma in Dermocosmetics from the Complutense University of Madrid.

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







“

*A fully adaptable Postgraduate Certificate with which you will be able to organize your time and effort in the most comfortable and efficient way”*

## Module 1. Women's Health in Integrative Medicine

- 1.1. Puberty
- 1.2. Fertility and Pregnancy
  - 1.2.1. Motherhood and its Challenges. Feeding
  - 1.2.2. Complementary Techniques to Support IVF
    - 1.2.2.1. Acupuncture
    - 1.2.2.2. Wellness Therapy (Supplementation, Body-Mind, Balneotherapy...)
- 1.3. Recurring Diseases in Gynecology
  - 1.3.1. Candidiasis.
  - 1.3.2. Recurrent Cystitis
  - 1.3.3. Myomas
  - 1.3.4. Polycystic Ovary Syndrome
  - 1.3.5. Endometriosis
  - 1.3.6. HPV infection
  - 1.3.7. Dysmenorrhea, Premenstrual Syndrome and Premenstrual Dysphoric Disorder
  - 1.3.8 Fibrocystic Mastopathy
- 1.4. Menopause
  - 1.4.1. Most Frequent Problems
  - 1.4.2. Integrative Medicine Approach





“

*The most concrete and specific curriculum, created to achieve effective results in a short period of time”*

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.



“

*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. 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 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.

“

*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 Women's Health and Advanced Integrative Medicine** guarantees you, in addition to the most rigorous and up to date specialization, access to a Postgraduate Certificate issued by **TECH Technological University**.



“

*Successfully complete this specialisation and receive your university degree without travel or laborious paperwork"*

This **Postgraduate Certificate in Women's Health and Advanced Integrative Medicine** contains the most complete and up to date scientific program on the market.

After the student has passed the evaluations, he/she will receive by mail with acknowledgment of receipt their corresponding Postgraduate Certificate issued by **TECH Technological University**.

The diploma issued by **TECH Technological University** will express the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by job exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Women's Health and Advanced Integrative Medicine**

ECTS: **8**

Official Number of Hours: **200**



\*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



## Postgraduate Certificate

Women's Health  
and Advanced  
Integrative Medicine

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

# Postgraduate Certificate

## Women's Health and Advanced Integrative Medicine