Postgraduate Diploma

Affective and Anxiety Disorders

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Postgraduate Diploma
Affective and Anxiety Disorders

Course Modality: **Online**

Duration: **6 months.**

Certificate: **TECH Technological University**

Official N° of hours: **450 h.**

Website: **www.techtitute.com/medicine/postgraduate-diploma/postgraduate-diploma-affective-anxiety-disorders**

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01
Introduction

Affective and anxiety disorders are a serious problem for global health. It is calculated that one in every four people will suffer from a mental health problem and, among them, between 35% and 45% won't receive the appropriate treatment. In this panorama, anxiety and affective disorders are the pathologies that affect a higher number of people. That's why it is crucial that physicians update their knowledge so that they are able to give the optimal help to their patients and, with academic programs like this one offered by TECH, students will be able to achieve this objective.

" *Around the world, millions of people live with anxiety and other types of mental health disorders. That's why more and more physicians with expertise in this area are needed"*

Affective disorders are understood to be those pathologies that directly affect a person's mood, regardless of age, race or individual condition. Therefore it is a category of mental health problems which includes all types of depression and bipolar disorder among other illnesses that directly affect a person's quality of life.

This type of disease is currently the second leading cause of disability in the world, making it a serious problem for global health. That's why, during this Postgraduate Diploma, we will review the main changes in the evolution of the concept and the innovative treatments for these disorders. All of this with the objective of providing the physician with in-depth knowledge in this area which will allow them to approach this type of patient with a higher level of confidence.

During the program, we will also deal in depth with anxiety disorder, which can be further subdivided into panic disorder, Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), social phobia (or social anxiety disorder), specific phobias, and Generalized Anxiety Disorder (GAD).

All of these anxiety disorders are a daily reality that can really affect the well-being of patients of all ages. In addition, these problems are especially prevalent for primary care physicians and require well-managed, early interventions.

With this in mind, this Postgraduate Diploma focuses on the correct ways to approach and treat this type of mental health pathologies, as well as the most effective methods when it comes to diagnosing these diseases.

All of this information will be condensed into 450 hours of intensive study which will mark a before and after in the career of the professional. A 100% online Postgraduate Diploma that provides the student with the ease of being able to study it comfortably, wherever and whenever they want. All you need is a device with internet access to take your career one step further.

This **Postgraduate Diploma in Affective and Anxiety 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

This Postgraduate Diploma is the opportunity you were waiting for to increase your skills and become an expert physician in anxiety and affective disorders"

" *Here you will be able to find the best teachers, the best content and, above all, the best teaching methodology. Don't hesitate, enroll now and try it"*

You don't have to put your professional or personal life aside in order to carry on studying. With TECH you will be able to combine both in a comfortable and effective way

Improve and update your knowledge of Affective Disorders in just six months of intensive learning

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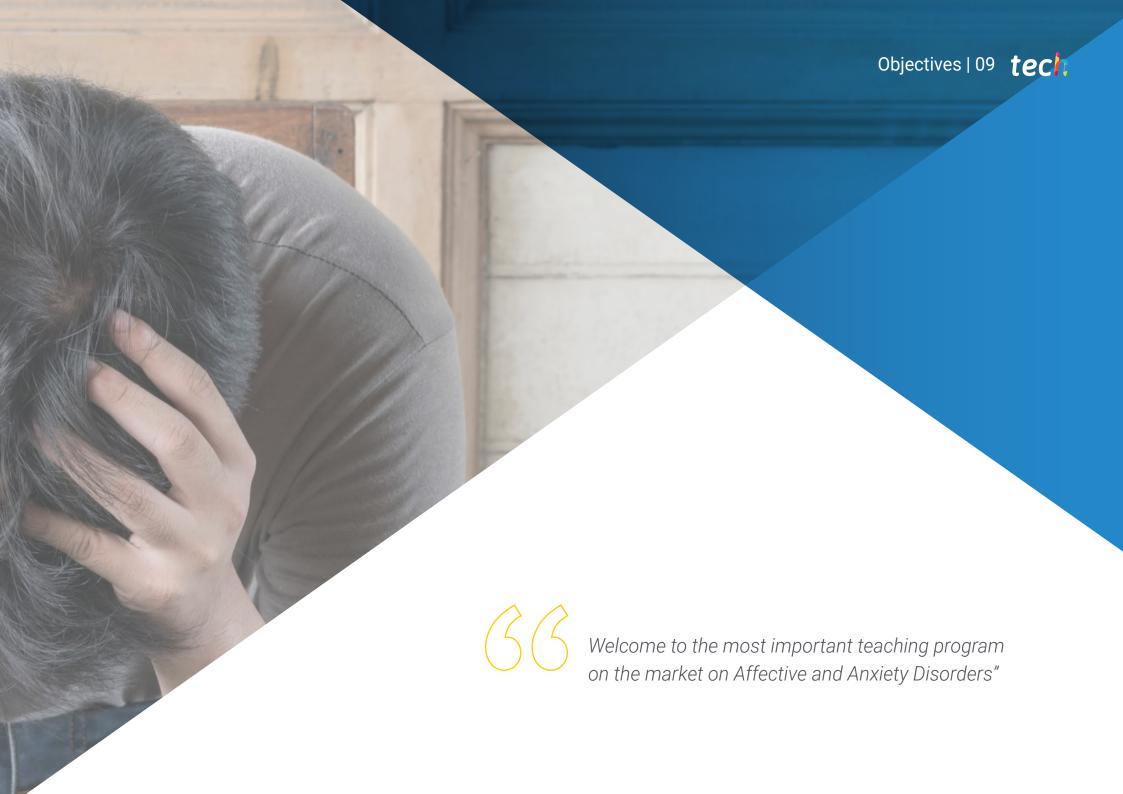
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and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

02
Objectives

This program's fundamental objective is to provide healthcare professionals with in-depth knowledge which will allow them to approach affective and anxiety disorders from an innovative and highly effective perspective. In this way, after finishing the program, the student will be able to carry out their professional work with better guarantees and from a global and totally up-to-date vision. Therefore, they will be able to position themselves as a expert physician in this area.

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Welcome to the most important teaching program on the market on Affective and Anxiety Disorders"

General Objectives

- 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 Objectives

Module 1. Mood Disorders

 ♦ Gain in-depth knowledge in order to create a treatment plan for mood disorders

Module 2. Anxiety or Fear-Related Disorders. Disorders Specifically Related to Stress. Dissociative Disorders

 ♦ Gain in-depth knowledge of the correct diagnosis oriented towards treatment

 ♦ Gain in-depth understanding of how anxiety disorders work

Module 3. Obsessive-Compulsive Disorder and Related Disorders

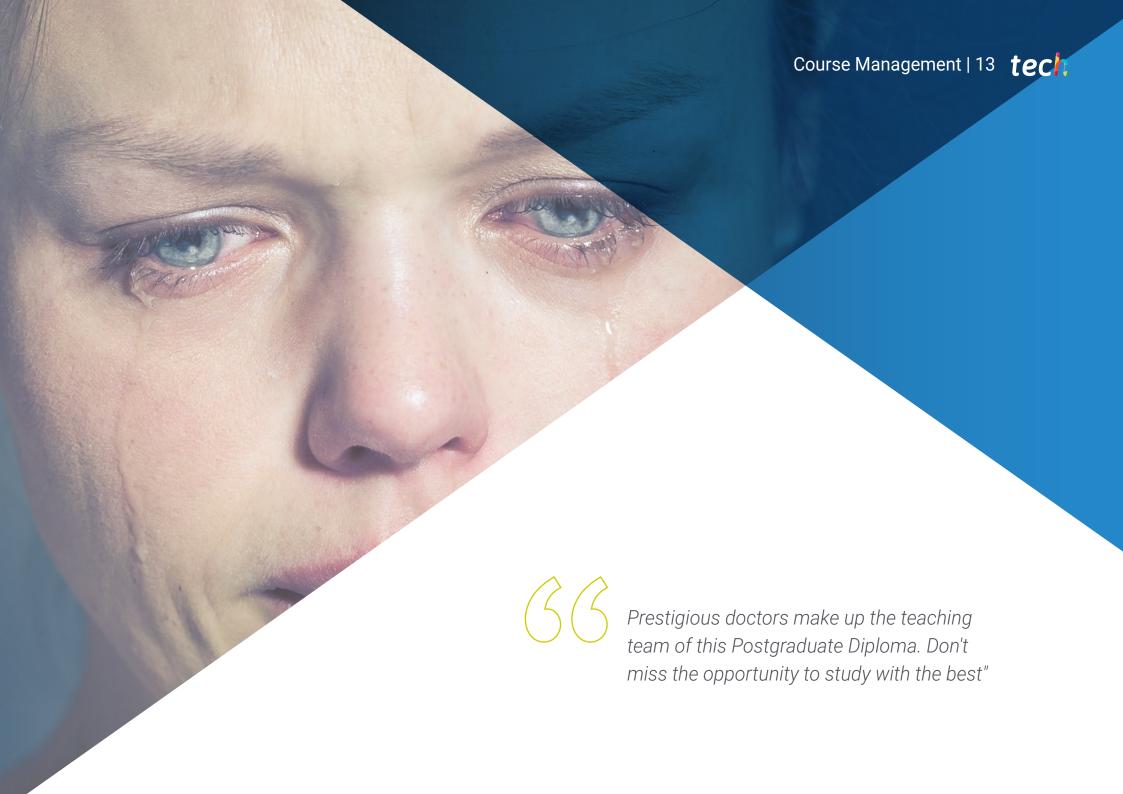 ♦ Know the evolution of the classifications, as well as the pathophysiological data

Your goals will start to become a reality after studying with TECH: Growth, prestige and professional consolidation"

03
Course Management

The teaching staff of this program is made up of a group of medical professionals who contribute to this program the experience of their years of work at the head of the most important health institutions in the country. This ensures that the student, by studying here, will be able to learn from the experience of the best doctors, psychologists and psychiatrists. A unique experience that will mark a before and after in the professional's career.

Prestigious doctors make up the teaching team of this Postgraduate Diploma. Don't miss the opportunity to study with the best"

Management

Dr. Baca García, Enrique

- Head of the Department of Psychiatry at the Jiménez Díaz Foundation
- Full 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

Dr. Barrigón Estevez, María Luisa

- Attending Physician in the Psychiatric Department in the JDF Health Research Institute Foundation
- Degree in Medicine and Surgery from the University of Extremadura
- Specialist in Psychiatry with training completed in the Clinical University Hospital of Granada
- Offical PhD program in Psychiatry from the University of Granada

Professors

Dr. Brañas González, Antía
* Medical specialist in Psychiatry in the Ourense Hospital Complex
* Experience in clinical work in different public and private centers
* PhD in Health Sciences from the University of Alcalá
* Degree in Medicine and Surgery from the University of Santiago de Compostela
* Diploma of Advanced Studies from the University of Granada

Dr. García Román, Cristina
* Faculty Specialist in Psychiatric Department in UHSM at the Clinical Hospital of San Cecilio
* Degree in Medicine and Surgery from the University of Granada
* Master's Degree in Psychopathology and Health from the National University of Remote Education. General Foundation UNED
* Postgraduate Diploma in Psychopathology and Health from the National University of Remote Education. General Foundation UNED
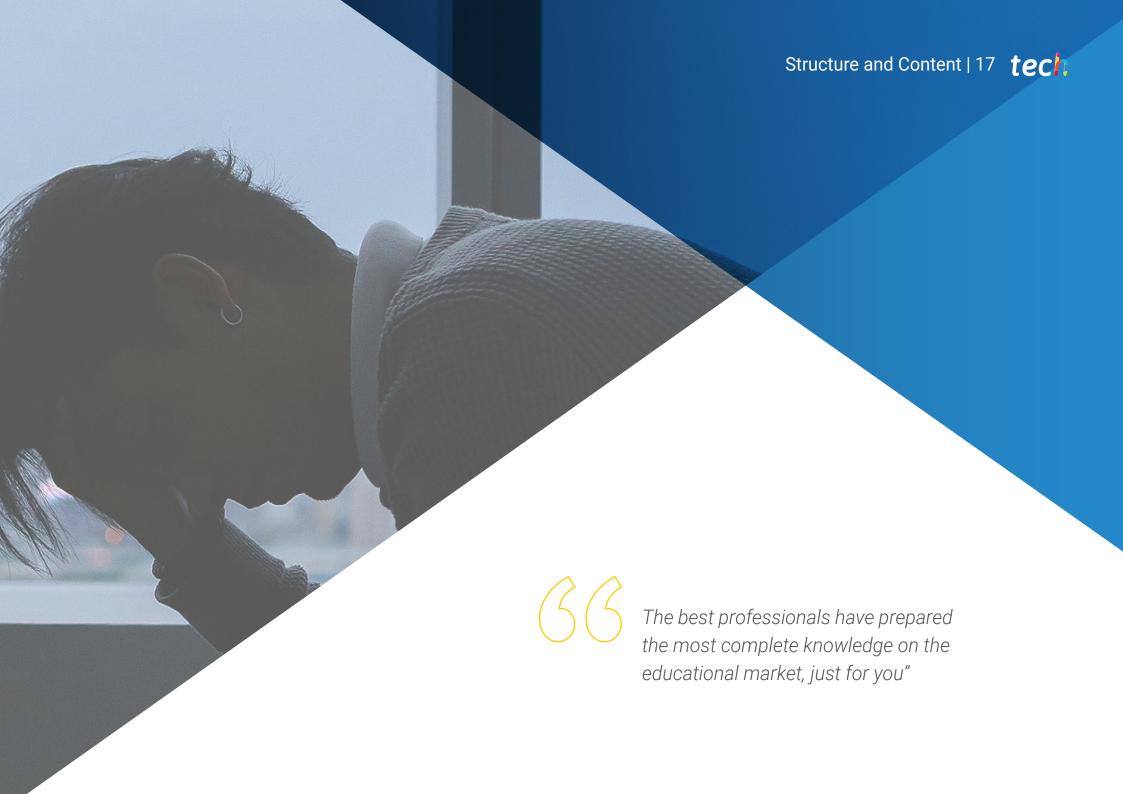
Dr. Gota, José Miguel
* Intensive Community Treatment Team to be implemented in the Mental Health Clinical Management Unit of the San Cecilio University Hospital in Granada
* Physician in Community Mental Health Units, caring for the adult population
* Degree in Medicine from the University of Zaragoza
* Psychiatry specialist in the Southern Health Management Area of Granada-Basic General Hospital of Motril

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 structure and content of this program have been designed based on the requirements of the latest generation of medicine, always guaranteeing the highest scientific accuracy. In this way, the student will have access to both a theoretical and practical syllabus which will provide them with a global learning experience, allowing them to gain in-depth and up-to-date knowledge of affective disorders, anxiety and their most effective treatments. Furthermore, these contents will become an authentic guide for the student while they carry out their professional activities.

"The best professionals have prepared the most complete knowledge on the educational market, just for you"

Module 1. Mood Disorders

1.1. Bipolar Disorders
    1.1.1. Epidemiology
    1.1.2. Risk Factors
    1.1.3. Etiopathogenesis
1.2. Bipolar Disorders
    1.2.1. Classification
    1.2.2. Clinical Characteristics
    1.2.3. Type I Bipolar Disorder
    1.2.4. Type II Bipolar Disorder
    1.2.5. Cyclothymia
1.3. Bipolar Disorders
    1.3.1. Assessment
    1.3.2. Diagnosis
    1.3.3. Differential Diagnosis
1.4. Bipolar Disorders
    1.4.1. Evolution
    1.4.2. Prognosis
1.5. Bipolar Disorders
    1.5.1. Treatment
1.6. Depressive Disorders
    1.6.1. Epidemiology
    1.6.2. Risk Factors
    1.6.3. Etiopathogenesis
1.7. Depressive Disorders
    1.7.1. Classification
    1.7.2. Clinical Characteristics
    1.7.3. Depressive Disorder, Single Episode
    1.7.4. Recurring Depressive Disorder
    1.7.5. Dysthymic Disorder
    1.7.6. Mixed Anxiety and Depression Disorder
    1.7.7. Premenstrual Dysphoric Disorder

1.8. Depressive Disorders
    1.8.1. Assessment
    1.8.2. Diagnosis
    1.8.3. Differential Diagnosis
1.9. Depressive Disorders
    1.9.1. Evolution
    1.9.2. Prognosis
1.10. Depressive Disorders
    1.10.1 Treatment

Module 2. Anxiety or Fear-Related Disorders. Disorders Specifically Related to Stress. Dissociative Disorders

2.1. Anxiety or Fear-Related Disorders
    2.1.1. Epidemiology
    2.1.2. Risk Factors
    2.1.3. Etiopathogenesis
2.2. Anxiety or Fear-Related Disorders
    2.2.1. Classification
    2.2.2. Clinical Characteristics
2.3. Anxiety or Fear-Related Disorders
    2.3.1. Assessment
    2.3.2. Diagnosis
    2.3.3. Differential Diagnosis
2.4. Anxiety or Fear-Related Disorders
    2.4.1. Treatment
2.5. Disorders Specifically Related to Stress
    2.5.1. Classification
    2.5.2. Clinical Characteristics
2.6. Disorders Specifically Related to Stress
    2.6.1. Assessment
    2.6.2. Diagnosis
    2.6.3. Differential Diagnosis

From this syllabus, you will be able to approach Affective and Anxiety Disorders from a completely new perspective. Believe us"

05
Methodology

This program provides you with 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.

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.

> *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 Harvard 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

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

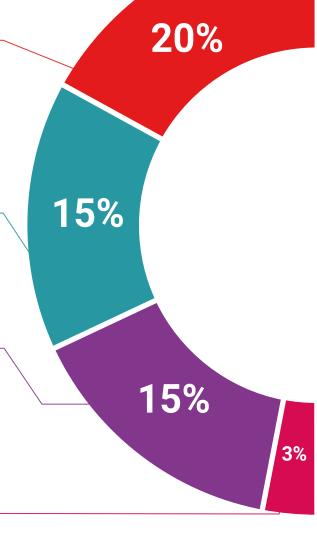### Surgical Techniques and Procedures on Video

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 multimedia content presentation training system 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.

20%

15%

15%

3%

20%

17%

7%

3%

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 termed Learning from an Expert strengthens knowledge and recall capacity, and generates confidence in the face of difficult decisions in the future.

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.

Certificate

The Postgraduate Diploma in Affective and Anxiety Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

Successfully complete this program and receive your university diploma without travel or laborious paperwork"

This **Postgraduate Diploma in Affective and Anxiety 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Affective and Anxiety Disorders**

Official Nº of hours: **450 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Affective and Anxiety Disorders

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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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Postgraduate Diploma
Affective and Anxiety Disorders

Course Modality: **Online**
Duration: **6 months.**
Certificate: **TECH Technological University**
Official N° of hours: **450 h.**

Postgraduate Diploma
Affective and Anxiety Disorders

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