

# Postgraduate Diploma

## Approaches and Strategies in Integrative Medicine



## Postgraduate Diploma Approaches and Strategies in Integrative Medicine

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

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-approaches-strategies-integrative-medicine](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-approaches-strategies-integrative-medicine)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 26*

05

Methodology

---

*p. 30*

06

Certificate

---

*p. 38*

# 01

# Introduction

The approach to chronic patients using integrative medicine is becoming more and more common. This practice bases its treatments on different approaches according to the disease, but it goes beyond purely palliative therapeutic guidelines. Massages, specialized diets, physical activity, acupuncture, aromatherapy? This specialty includes innumerable non-conventional techniques, which have proven to have extremely favorable effects in promoting health. For this reason, professional interest in this practice has increased considerably in recent years, which is why TECH found it necessary to develop this program. Our students will benefit from a convenient and flexible 100% online experience that includes all the information they need to update on the approach to common chronic diseases using the most innovative integrative Medicine.





“

*If you are looking for a 100% online course that allows you to balance your professional practice with your knowledge update in integrative medicine, then our program is perfect for you”*

Integrative medicine and the use of clinical strategies based on the application of non-invasive natural treatments to manage chronic diseases is an increasingly frequent practice due to the results it has achieved with respect to health promotion. A significant technique known worldwide for its efficacy is Yamamoto's craniopuncture (YNSA), designed by the Japanese physician to assess, diagnose and treat various pathologies related to pain and neurological disorders, mainly through the stimulation of different somatotopias. Like this, there are multiple alternative techniques based on natural approaches and strategies to conventional ones.

TECH has developed this comprehensive program for specialists to delve into each of these techniques to update their practice, which includes 400 hours of the best theoretical, practical and additional content designed by physicians versed in integrative medicine. Our students will have access to the most comprehensive and critical information based on advances in the field and therapies that promote health from an alternative point of view, beyond the purely palliative. The program also focuses on the approach to the most common chronic diseases, and on the diagnostic and therapeutic techniques recommended for each of them according to their symptoms.

It is a unique opportunity for physicians to update their practice with a 100% online academic experience at the forefront of clinical advances, where, in addition to the syllabus, our students will find research articles, complementary readings, news, detailed videos, self-knowledge exercises, dynamic summaries and much more additional material to contextualize and personalize the study of each section. Everything will be available in a state-of-the-art Virtual Campus, which can be accessed from any device with an internet connection. Our students will not have to worry about schedules or face-to-face classes, as this academic program adapts to their needs.

This **Postgraduate Diploma in Approaches and Strategies in Integrative Medicine** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Case studies presented by experts in integrative medicine
- ♦ 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



*You will have 400 hours of the best theoretical, practical and additional content to personally delve into each section of the syllabus, which is always based on the most updated information”*



“

*Thanks to this program, you will be able to implement the most innovative and effective strategies in integrative medicine in your practice in just six months”*

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 students must try to solve the different professional practice situations that arise during the academic year. To that end, they will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*Would you like to get up to date on current approaches in integrative medicine? This Postgraduate Diploma guarantees you that update.*

*A program where you design your study time since you can access the course load whenever you want, with any device with an internet connection.*



# 02 Objectives

Medicine is subject to constant changes given the continuous research being conducted to establish increasingly more effective and efficient treatments and therapeutic and preventive guidelines. For this reason, professionals in the field must be constantly update their knowledge to always guarantee a service of the highest possible level. This Postgraduate Diploma's objective is precisely to facilitate this task by providing the most cutting-edge theoretical, practical and additional material so physicians can catch up on the latest developments in integrative medicine 100% online and in just six months.





“

*If one of your objectives is to perfect your competences in the reduction of oxidative stress through the best biological models, this program guarantees you the keys to achieve it”*



## General objectives

- ♦ Gain updated and broad knowledge of the different approaches in integrative medicine
- ♦ Gain detailed knowledge of the latest developments in various chronic diseases that can be treated using integrative medicine

“

*By enrolling in this program, you will learn an innovative and effective way to update your practice without having to spend hours memorizing long, tedious and purely theoretical content”*





## Specific objectives

---

### Module 1. Introduction to Integrative Medicine

- ♦ 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

### Module 2. Approaches and Strategies

- ♦ 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

### Module 3. Approach to Frequent Chronic Diseases in Integrative Medicine I

- ♦ Review the degree of access to complementary medicine therapies in hospital settings
- ♦ Address the need to incorporate integrative medicine into health systems
- ♦ Reflect on the reduced expenditure and the improvement in quality of life related to the introduction of integrative medicine



03

# Course Management

At TECH, it is essential to include the best professionals in its teaching staff, so our students can benefit from the best specialists in the field. Not only will it be easier for them to update their practice, but they will do so through the vision of experts who have broad and extensive professional experience in the clinical management of chronic diseases using integrative medicine. They will undoubtedly obtain a critical and experiential vision that will allow them to implement the most effective information and techniques in current clinical practice into their own strategies.





“

*Not every program includes the support of top-level professors. That's why (and many more things you'll discover if you enroll) TECH is different and better than the rest”*



## 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.



## Dra. 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

“

*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Rodríguez Picazo, Pedro

- ♦ Nurse
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc
- ♦ Educational partner of the G-SE international team
- ♦ Head of sanitary area C.A.I. Alicante City Council
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Board member of the Spanish Association of Integrative Health and Medicine
- ♦ Member of the Spanish Association of Community Nursing
- ♦ Member of the International Association of Yoga Therapist
- ♦ Member of the Expert Team of the European Foundation of MTC
- ♦ Master's Degree in Mental Health, Catholic University 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



### Dr. Menassa, Alejandra

- ♦ President of the Spanish Society of Integrative Health and Medicine (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

## Professors

### Dr. Vargas Sánchez, María José

- ♦ Medical specialist in Anesthesiology, Resuscitation, and Pain Therapeutics
- ♦ ACTP Coach by ICF at EEC (European School of Coaching) and collaborating member
- ♦ Mentor/coach in Cardiac Coherence, HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- ♦ University Diploma in Nursing

### Dr. Alonso Almela, Marta

- ♦ Nutritionist in an Integrative Medicine Clinic
- ♦ Graduate in Traditional Chinese Medicine
- ♦ Diploma in Nutrition and Bachelor's Degree in Food Science
- ♦ Master's Degree in Orthomolecular Nutrition

### Dr. Trujillo, Helena

- ♦ Psychoanalyst for Grupo Cero, couples therapist and psychologist with collegiate number M-31056
- ♦ Part of the Department of Clinical Assistance at Grupo Cero and the Department of Art and Culture of Grupo Cero
- ♦ Director of Grupo Cero Televisión
- ♦ Expert in Criminology. Specialist in mental health and female development

### Dr. Serrano Gandía, Juan

- ♦ Specialist in Biochemistry and Molecular Biology
- ♦ Teacher on the Master's Degree in Integrative Supplements at the ESI
- ♦ Graduate in Biological Sciences
- ♦ OSMI Executive Committee Member

**Dr. García, Daniel**

- ♦ Doctor in Health Sciences
- ♦ Nurse
- ♦ Physiotherapist
- ♦ Master's Degree in neuro-motor control
- ♦ Mind-body techniques such as meditation, Chi Kung and Tai chi

**Dr. Faulin, Ayla**

- ♦ Head of the Department of Nursing in Integrative Medicine Clinic - CMI
- ♦ Diploma in Nursing at the University of La Rioja
- ♦ Bachelor's Degree in Natural Therapies, specializing in Naturopathy at Royal University Center "Escorial - María Cristina"
- ♦ Expert in Manual Therapies and Body-Mind Relaxation Techniques

**Dr. Hortal, Luis**

- ♦ Family Physician
- ♦ Professor of Health Information Systems and Ultrasound in SERMAS
- ♦ Advanced Diploma in Homeopathy
- ♦ Internship teacher for 5th and 6th year students at the University of Alcalá
- ♦ Family and Community Medicine Resident Tutor DAEste SERMAS

**Dr. Rigau, Josepa**

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy
- ♦ Doctor of Medicine and Surgery, Rovira i Virgili University of Tarragona
- ♦ Specialist and Master's Degree in Biological and Antiaging Medicine from the University of Alcalá
- ♦ Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- ♦ Master's Degree in Environmental Medicine

**Dr. Salgado, Carmen**

- ♦ University expert in Naturopathy
- ♦ Master's Degree in Orthomolecular Nutrition
- ♦ Bachelor's Degree in in Traditional Chinese Medicine
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Degree in Pharmacy

**Dr. Álvaro Naranjo, Tomas**

- ♦ Immunopathologist
- ♦ Medical specialist, Anatomic Pathology Service, HTVC Care Center
- ♦ Doctor in Pathological Anatomy
- ♦ Specialist in the study of the immune system and its tumors
- ♦ Specialized in Syntergetic Medicine and scholar in the field of Bioenergetic and Vibrational Medicine
- ♦ Expert in Psychoneuroimmunology and Energy Psychology techniques
- ♦ Degree in Clinical Psychology
- ♦ Degree in Medicine and Surgery

**Dr. De la Puerta, Lola**

- ♦ Member of the expert medical team on the "International Scientific Forum for the usefulness of food-IgG, in chronic inflammatory diseases"
- ♦ Degree in Medicine
- ♦ Official accreditation from the Official College of Physicians of Madrid for the practice of Esthetic Medicine and Biological and AntiAging Medicine
- ♦ Member of the Spanish Society of Anti-Aging and Longevity Medicine, the Spanish Society of Integrative Medicine, the Spanish Society of Biological and Anti-Aging Medicine, the Spanish Society of Cosmetic Medicine and Surgery and the Association of Microbiological Therapy



**D. Moltó, Juan Pablo**

- ♦ Founder of Psiconeuroacupuntura®
- ♦ Graduate in Acupuncture and Moxibustion
- ♦ Course in Neuropsychology, Institute of Advanced University Studies of Barcelona
- ♦ Degree in Humanistic Psychotherapy
- ♦ Degree in Sensorimotor Psychotherapy
- ♦ Degree in Homeopathy, María Cristina Royal University Center in Madrid

**Dr. González Martín, María del Carmen**

- ♦ Specialist in Clinical Infectious Diseases
- ♦ Vice-President of the Cosmetic Doctor Association of Granada
- ♦ Founding member and Board of Directors of SENMO (Spanish Society of Nutrition and Orthomolecular Medicine)
- ♦ Member of the Committee of Experts in Ozone Therapy of the ISCO3 International Society of Ozone Therapy
- ♦ Member of the Spanish Society of Integrative Medicine (SESMI)
- ♦ Master's Degree in Orthomolecular Medicine
- ♦ Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine (AFMO)
- ♦ Master's Degree in Antiaging and Longevity Medicine
- ♦ University expert in Ozone Therapy

**Dr. Esmel Esmel, Neus**

- ♦ Member of SESMI
- ♦ PhD, Nurse and Anthropologist
- ♦ Master's Degree in Nursing Sciences
- ♦ Expert in Reflexotherapy, Flower Therapy and Bioenergetic Therapies

**Dr. Díaz Díez, Camino**

- ♦ Specialist in Family and Community Medicine
- ♦ Medical coordinator for Blue Healthcare
- ♦ Member of the Spanish Society of General Medicine (SEMERGEN)
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Master's Degree in evidence-based Supplements and Nutrition
- ♦ Master's Degree in Environmental Medicine
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid

**Dr. Lajo, Teresa**

- ♦ Head of the department of endocrinology of the Moncloa University Hospital
- ♦ Physician specializing in endocrinology and nutrition
- ♦ Professor of Endocrinology at the European University
- ♦ Master's Degree in Health Services Management and Administration
- ♦ Master's Degree in Cognitive-Behavioral Therapy

**Dr. Verdaguer, Xevi**

- ♦ Psycho-neuroimmunologist
- ♦ Posturologist Acupuncture Specialist in Cranio-Mandibular and Cranio-Cervical Osteopathy
- ♦ Specialist in Micro-Immunology Clinical Hypnosis
- ♦ Director of the Postgraduate course accredited by the University of Barcelona: PNIE or PsychoNeuroImmunoEndocrinology
- ♦ Graduate in Physiotherapy from UCAM, MURCIA

**Dr. Gelfo, Judith**

- ♦ Dentist, specialist in Posturology in a Kinesiological Key

**Dr. Barrena, María José**

- ♦ Founder of Intermedical Solutions
- ♦ Biochemistry with professional practice in the health sector and in the development of Membrane Lipidomics in Mature Erythrocytes as a complementary analytical tool for the knowledge of the functional state of people and their specific nutrition

**Dr. Guirado, Fernando**

- ♦ Nurse
- ♦ Biometrist and Hematographic Researcher

**Dr. García Alonso, Marisa**

- ♦ Specialist in Clinical Analysis
- ♦ Trainer at the Spanish Association of Microimmunotherapy (AEMI)
- ♦ Nutribiotica trainer, giving seminars on microbiota and intestinal markers
- ♦ Master's Degree in drug addiction from the Complutense University of Madrid
- ♦ Master's Degree in Business Management and Administration from Institute of Business Administration (Instituto de Empresa)
- ♦ Master's Degree and member of the teaching team on the Master's Degree in Evidence-based Integrative Supplementation at ESI
- ♦ Degree in Pharmacy

**Dr. Maudos, Carlos**

- ♦ Graduate in Kinesiology
- ♦ Graduate in Homeopathy and other analogous therapies
- ♦ Diploma in MORA Bioresonance
- ♦ Diploma in Syntergetic Medicine
- ♦ Graduate in M.T.Ch

**Dr. Mejías, Sergio**

- ♦ Cardiology Specialist
- ♦ Doctor in Medicine and Surgery, Faculty of Medicine, University of Navarra
- ♦ Degree in Medicine

**Dr. Navarro, Carmen**

- ♦ Medical Director, GAIA clinic
- ♦ Consultation specialized in Environmental Medicine: SQM, SFC, Fibromyalgia and chronic bacterial and viral infectious diseases
- ♦ Expert in Micronutrition and Diet Therapy from the University of Almeria
- ♦ Master's Degree in Integrative and Humanist Medicine
- ♦ Degree in Medicine and Surgery from the University of Granada

**Dr. Muñoz Calero, Pilar**

- ♦ Expert in Environmental Medicine
- ♦ President of the Alborada Foundation
- ♦ Co-Director of the Extraordinary Chair of Pathology and Environment at the Complutense University of Madrid
- ♦ Teaching Collaborator, Faculty of Medicine, Complutense University of Madrid
- ♦ Degree in Medicine from the Complutense University of Madrid, specialized in Pediatrics, Neonatology, Stomatology, and Addictions
- ♦ Expert in Environmental Medicine

**Dr. González, Belén**

- ♦ Family physician and nutritionist

**Dr. Mendes Moreira, Ana Cristina**

- ♦ General Practitioner
- ♦ President of the Spanish Society of Integrative Medicine
- ♦ Training in Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Homotoxicology, Orthomolecular Medicine, Biological Medicine Antiaging Medicine and Syntergetics

**Dr. Ibáñez, Esther**

- ♦ Family Physician and Pediatrician
- ♦ Degree in Medicine and Surgery. General and Digestive Surgery in London
- ♦ Master's Degree in Chinese Medicine and Acupuncture

**Dr. González Iñiguez, Mónica**

- ♦ Founder of the Atenea Association of Natural and Energetic Therapies
- ♦ Nurse
- ♦ Holistic Therapist
- ♦ Acupuncturist from the College of Nursing of Alicante
- ♦ Bioneuroemotion Assistant

**Dr. Cruz, Héctor**

- ♦ Neurologist and Homeopathic doctor
- ♦ Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- ♦ Postgraduate degree in Naturopathic Medicine from the University of Zaragoza
- ♦ Master's Degree by the Medical and Homeopathic Academy of Barcelona
- ♦ Postgraduate in Naturopathic Medicine
- ♦ Degree in Medicine from the University of Zaragoza

**Dr. Mas Llorens, Laia**

- ♦ Co-founder and Deputy Director at ISIC-Institute for Integrative and Conscious Health
- ♦ Polarity Therapy
- ♦ Nurse
- ♦ Master's Degree in Integrative Medicine
- ♦ Postgraduate in Family and Community Nursing

**Dr. Romero, Carolina**

- ♦ Director of the Mind-Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind-Body department in the integrative health program at San Roque hospital
- ♦ Art therapist, teacher of Samatha -Vipassana and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation

**Dr. Portales, Sergio**

- ♦ Integrative physician (Homeopathy, Acupuncture, Kinesiology, Bioresonance etc.) in Private Practice
- ♦ Specialist in Intensive Care Medicine
- ♦ Former president of the Matritense Hahnemannian Society
- ♦ Former Professor of Medical Physiology
- ♦ Diploma in Acupuncture
- ♦ Diploma in Gestalt Psychotherapy
- ♦ Degree in Medicine and Surgery from the National University of Mexico and the university of Alcalá de Henares

**Dr. Benito, Susana**

- ♦ Physician specializing in Rehabilitation and Physical Medicine
- ♦ Medical Specialist, Infanta Leonor Hospital of Madrid, Locomotor System Consultation
- ♦ ESI Academy collaborating teacher in the Master's Degree in Integrative Supplementation
- ♦ Degree in Medicine and Surgery from the University of Alcalá in Madrid
- ♦ Specialist in Neurosensorial Posturology at the Ecole Supérieure de Posturology Phillipe Villeneuve

**Dr. Alonso, Mar**

- ♦ Naturopathic expert in Naturopathic Biological Methods
- ♦ Bioresonance, Bioenergetics, and gut microbiota trainer
- ♦ Expert in Quantum Biophysics

**Dr. Díaz, Gualberto**

- ♦ Expert in Integrative Medicine with focus on homeopathy and oncology support
- ♦ Specialist MIR in Family and Community Medicine
- ♦ Diploma in Pediatrics for family physicians
- ♦ Degree in Medicine and Surgery

**Dr. Aldana Martínez, Natalia Sofia**

- ♦ Surgeon
- ♦ Specialist in Alternative Therapies - Traditional Chinese Medicine
- ♦ Researcher in MTCI
- ♦ Research teacher in MTCI, acupuncture and homeopathy
- ♦ Member of the MTCI Américas network
- ♦ General editor for BVS MTCI Américas
- ♦ Master's Degree in Alternative Medicine focused on Homeopathy

**Dr. Hernández Niño, Leonardo**

- ♦ Medical Surgeon, National University of Colombia
- ♦ Specialist in University Teaching and Research Sergio Arboleda University
- ♦ University Professor and Researcher at MATC
- ♦ Master's Degree in Alternative Medicine, Homeopathy Area, National University of Colombia
- ♦ Postgraduate training in Neural Therapy, Traditional Chinese Medicine, Ozone Therapy, Syntergetics and Homotoxicology

**Dr. Blázquez, Elisa**

- ♦ Nutritionist
- ♦ Nutritional coach
- ♦ Head of the Nutritional and Dietary Department, Clínica Medicina Health

**Dr. Fernandez, Valle**

- ♦ Degree in Medicine
- ♦ Master's Degree in Integrative and Humanist Medicine
- ♦ Specialist in Family and Community Medicine, Southeast Healthcare Unit, Gregorio Marañón University Hospital

**Dr. Díaz, Arístides**

- ♦ Specialist in Transpersonal approach and family constellations





#### **Dr. García Gutiérrez, Rosario**

- ◆ Director of the Clinical Department at Grupo Cero
- ◆ Physician Specialist in Rheumatology and Family Medicine
- ◆ Psychoanalyst of the Grupo Cero School of Psychoanalysis
- ◆ Member of SESMI

#### **Mr. Yanguas, José Pol**

- ◆ Degree in Pharmacy from Granada
- ◆ Diploma in CEDH Homeopathy, College of Doctors of Alicante, Boiron
- ◆ Superior Technician in Orthoprosthetics in the private center of primary and secondary education CEBAT of Muchamiel
- ◆ Continuing education diploma for pharmacists in pharmacy, Pharmaceutical Federation
- ◆ Lecturer at the International Symposium on Pharmaceutical Innovation, Benemérita Universidad Autónoma of Puebla

#### **Dr. Bogeat, Julio**

- ◆ Coordinator, Trainer and Consultant
- ◆ Gestalt Therapist, Ericksonian Hypnosis, and EMI (Eye Movement Integration), Enneagram
- ◆ Collaborator on the Foundation for the Development of Consciousness
- ◆ Lecturer for the Chair of Consciousness and Development, University of Granada
- ◆ Degree in Clinical Psychology

#### **Dr. Daza, Beatriz**

- ◆ Collaborating Professor, Complutense University of Madrid; Professor of TCM
- ◆ Organizational Secretary of the Spanish Society of Integrative Health and Medicine (SESMI) and member of the Association of Health Acupuncturists (AAS)
- ◆ Graduate in Nursing
- ◆ Master's Degree in Palliative Care
- ◆ Diploma in Traditional Chinese Medicine



**Dr. García, Isabel**

- ♦ Endocrinology medical specialist

**Dr. Giralt, Isabel**

- ♦ Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- ♦ Vice-President of the Spanish Society of Integrative Health and Medicine
- ♦ Member of the board of the European Society of Integrative Medicine
- ♦ Founder of ENERGIMED S.L. Acupuncture and Natural Medicine Clinic
- ♦ Master's Degree in Acupuncture from the University of Barcelona
- ♦ Degree in Medicine

**Dr. Mestre, Josep María**

- ♦ Quality manager, Teletest
- ♦ Specialist in Clinical Analysis
- ♦ Degree in Pharmacy

**Dr. García Sabaté, Carolina**

- ♦ Molecular Biology Service Specialist, Teletest
- ♦ Biochemistry R&D

**Dr. Domínguez Iglesias, Jesús**

- ♦ Physiotherapist
- ♦ Specialist in implementing the mineralogram test in hair
- ♦ Specialist in Cranio Osteopathy, Traditional Chinese Medicine, Naturopathy, Geobiology, Kinesiology, Functional Medicine and Integrative Physiology

**Dr. Sabater Tobella, Juan**

- ♦ President of Eugenicomic
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry-Barcelona
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ Permanent Member of the Royal Academy of Medicine of Catalonia

- ♦ Corresponding Member of the Royal National Academy of Medicine, of the Institute of Spain
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ European Specialist in Laboratory Medicine (EC4)
- ♦ Member of the Pharmacogenomics Research Network

**Dr. Fernández, Tomás**

- ♦ Nurse
- ♦ Director of the Department of Naturopathic Nursing, Official College of Nursing of Zaragoza
- ♦ President of ASENZAR- Association of Naturopathic Nursing of Zaragoza
- ♦ Postgraduate Degree in Naturopathic Medicine and Surgery from the University of Zaragoza

**Dr. Santos, Martín**

- ♦ Family and Community Medicine Specialization
- ♦ Degree in Medicine and Surgery from the University of Valencia
- ♦ Doctoral studies and specialization in Medical Oncology in Germany and Switzerland
- ♦ Master's Degree in Environmental Medicine, Homeopathy and Natural Medicine

**Dr. Vinyes, David**

- ♦ Neurologist
- ♦ Director of the hybrid Master's Degree in Medical Neural Therapy and Dentistry
- ♦ Medical director of the Institute of Neural Therapy and Regulatory Medicine
- ♦ Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (University of Barcelona UB - Sant Joan de Déu Campus)
- ♦ Master's Degree in Neurosciences at the UAB
- ♦ Master's Degree in Anthropology of Medicine at the University of Tarragona
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona

**Mr. Almodovar, Francisco**

- ♦ Lawyer at Almodovar & Jara and RAM Law Firm
- ♦ Biomedical Law Degree

**Dr. Sánchez Suárez, Sergio Luis**

- ♦ Specialist Physician in Integrative Medicine and Health
- ♦ Doctor of Medicine
- ♦ Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- ♦ Master's Degree in Neurosciences and Behavioral Biology from the Pablo Olavide University, Seville
- ♦ Diploma in Homeopathic Medicine, Tomás Pablo Paschero, Argentinian School of Homeopathic Medicine
- ♦ Diploma in Global Postural Re-Education (GPR), University of Manual Therapies of Saint Mont, France
- ♦ Trained in Microimmunotherapy, 3IDI-Spain Institute
- ♦ Diploma in Manual Lymphatic Drainage Vodder from the Association for the Promotion of LDMV-Spain

**Dr. Morales, Carlos**

- ♦ Physician graduated from the Metropolitan University of Colombia
- ♦ Master's Degree in Genomic Medicine by the CEU fundación San Pablo
- ♦ Diploma in Homeopathy and Homotoxicology, University of Zaragoza, and Homeopathic Medicine, Vitalis Homeopathic Medical Foundation
- ♦ Expert in active cell nutrition by the INCA (Barcelona)

**Dr. Matute, Ruth**

- ♦ Biochemistry
- ♦ Molecular Biology

**Dr. Pellicer, Cristina**

- ♦ Medical trainer in thoracic surgery
- ♦ Master's Degree in Clinical Oncology from the University of the Basque Country
- ♦ Master's Degree in Clinic Psychoneuroimmunology from the University of Salamanca and Psychoneuroimmunology in Europe

**Dr. Crespo de la Rosa, Juan Carlos**

- ♦ Doctor of Medicine and Surgery from the University of Sevilla
- ♦ Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Sevilla
- ♦ Master's Degree in Acupuncture from the University of Sevilla
- ♦ Master's Degree in Medical Biology, University of Sevilla
- ♦ Master's Degree in Homeopathy, University of Sevilla
- ♦ Master's Degree in Medical Anti-Aging, University of Sevilla and University of Alcalá de Henares
- ♦ Graduate in Medicine and Surgery from the Sevilla University

“*Make the most of this opportunity to learn about the latest advances in this subject to apply it to your daily practice*”

04

# Structure and Content

Medical professionals have very little time to keep up with all the advances made in their respective specialties. Course must, therefore, be dynamic and innovative so they can update their practice without investing extra hours in purely theoretical content.

This is precisely the main feature of this program, which has been developed based on the most innovative pedagogical strategy, Relearning, and whose curriculum includes dozens of diverse and multidisciplinary additional material so our students can work on honing their skills while learning about the latest developments in the profession.





“

*One of the most noteworthy sections on the program is the use of Yamamoto YNSA cranial acupuncture, an innovative technique to treat chronic sensorineural deafness”*

## 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 that Impact Access to the System
  - 1.4.3. Limitations to Practicing Integrative Medicine
- 1.5. Medical History and Comprehensive Evaluation of the Person
  - 1.5.1. Medical History from the Perspective of Integrative Medicine
  - 1.5.2. Comprehensive Assessment: Objectives and Results
- 1.6. Integrative Approach from a Social Work Perspective
  - 1.6.1. Social Work and Integrative Medicine
  - 1.6.2. Integrative Approach from a Foundation of Social Work
- 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





**Module 2. Approaches and Strategies**

- 2.1. Biological Model
  - 2.1.1. The Interrelation of Physiological Systems
  - 2.1.2. Mitochondrial Physiology and Dysfunction
  - 2.1.3. Chronic Inflammation and Mucosal Permeability Syndromes
  - 2.1.4. Implication of Immune System Disorders in Chronic Pathologies
    - 2.1.4.1. Autoimmunity
  - 2.1.5. The Role of Oxidative Stress
  - 2.1.6. Microbiota
  - 2.1.7. The Physiology of Detoxification
- 2.2. Systemic Approach
  - 2.2.1. Gestalt
  - 2.2.2. Transgenerational
- 2.3. Psychoanalytical Approach
- 2.4. Cosmogony of Oriental Medicine
  - 2.4.1. Anthropological and Philosophical Aspects
    - 2.4.1.1. Kinanthropometry and Relationship with Kinetic Chains
  - 2.4.2. Acupoints from Human Embryology
  - 2.4.3. Scientific Foundations of Contemporary Acupuncture
  - 2.4.4. Microsystems
    - 2.4.4.1. Foot Reflexology
    - 2.4.4.2. Auricular Reflex Zone Technique
    - 2.4.4.3. Other Disciplines (Yamamoto Cranial Acupuncture YNSA)
- 2.5. Constitutional Imago, Archetype and Diathesis

**Module 3. Approach to Frequent Chronic Diseases in Integrative Medicine I**

- 3.1. Environmental Illnesses
  - 3.1.1. Fibromyalgia
  - 3.1.2. Chronic Fatigue
  - 3.1.3. Electrosensitivity
  - 3.1.4. Multiple Chemical Sensitivity
- 3.2. Dermatology
- 3.3. Digestive System
  - 3.3.1. Gastritis
  - 3.3.2. Liver Diseases
  - 3.3.3. Celiac Disease in Adults
- 3.4. Respiratory System
  - 3.4.1. Asthma
  - 3.4.2. Allergy
  - 3.4.3. COPD
- 3.5. Neurology
  - 3.5.1. Migraines
  - 3.5.2. Epilepsy
  - 3.5.3. CVA
  - 3.5.4. Peripheral Neuropathies



*A unique, key and decisive training experience to boost your professional development”*



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.





“

*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 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 Diploma in Approaches and Strategies in Integrative Medicine guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.



“

*Successfully complete this program and receive your university degree without travel or laborious paperwork”*



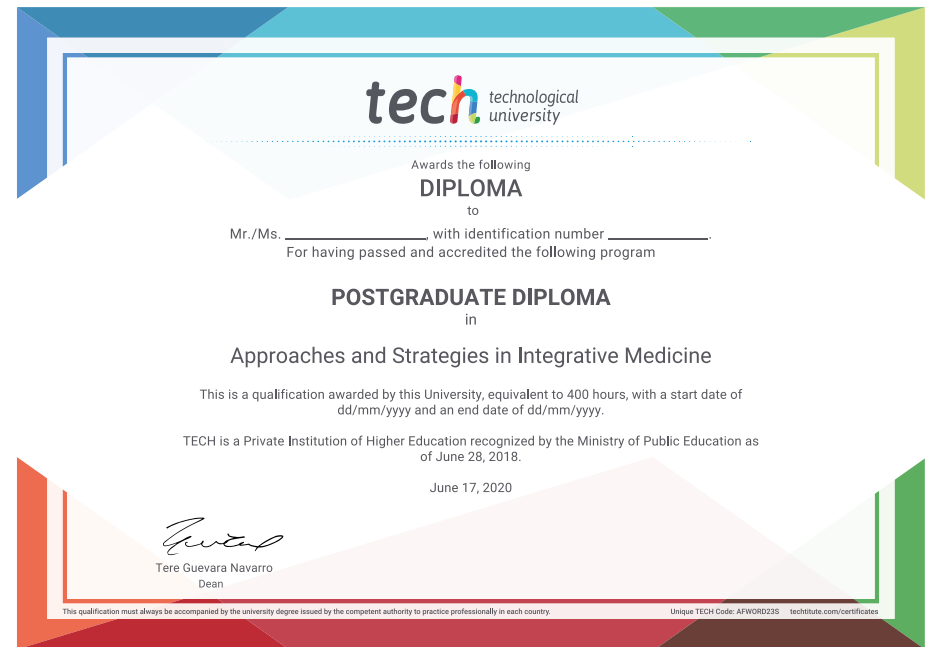
This **Postgraduate Diploma in Approaches and Strategies in Integrative Medicine** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diplomado** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Approaches and Strategies in Integrative Medicine**

Official N° of hours: **400 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 language  
virtual classroom



## Postgraduate Diploma Approaches and Strategies in Integrative Medicine

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

# Postgraduate Diploma

## Approaches and Strategies in Integrative Medicine

