

# Postgraduate Diploma

Mental Health and the Support  
Relationship in Integrative Medicine





## Postgraduate Diploma Mental Health and the Support Relationship in Integrative Medicine

Course Modality: **Online**

Duration: **6 months**

Certificate: **TECH Technological University**

Official N° of hours: **600 h.**

Website: [www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-mental-health-support-relationship-integrative-medicine](http://www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-mental-health-support-relationship-integrative-medicine)

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# 01

# Introduction

Integrative Medicine in the search for mental stability has become a significant tool with which thousands of professionals around the world have managed to improve the health of their patients through holistic techniques and detection of physical and cognitive deterioration. Therefore, accompanying the person and guidance in the effective management of their emotions have become two significant strategies for Gerontology and the prevention of Oxidative Stress. And in order for the specialist to catch up with the advances in this field, TECH has developed a complete program perfect for this, composed of 600 hours of diverse content based on the latest developments in the mental health support relationship and healthy aging. In addition, it will help you to implement the use of ICT in your practice, updating your practice through a 100% online academic program.





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*TECH presents this program as an unparalleled opportunity for you to catch up on the latest developments in Gerontology applied to Integrative Medicine from wherever and whenever you want"*

The complexity associated with the functioning of the human mind, as well as the countless advances that have been made in relation to the knowledge of the influence of emotions on people's health, have allowed professionals in the field of Integrative Medicine to develop alternative clinical strategies to the traditional ones, which are clearly favorable to the achievement of mind-body stability, especially in cases in which the patient suffers from some type of disease. Therefore, through diet, healthy habits or exercise, in combination with psychoanalysis and specialized clinical assistance, physicians contribute to the effective arrest of harmful processes for the organism such as Oxidative Stress or the progression of diseases such as Alzheimer's or Parkinson's disease.

Therefore, it is a clinical area in constant evolution and in which in recent years considerable advances have been made in favor of body-mind stability through harmless techniques, without side effects, without drugs and without any other aggressive measure for the patient. And it is precisely in this field that the Postgraduate Diploma that TECH introduces below is focused. This is an academic program at the forefront of modern medicine that covers the latest developments in Gerontology and pathologies related to mental health, focusing on the most innovative and effective therapeutic and diagnostic guidelines contemplated by the Integrative practice. In addition, it includes a specific module that places special emphasis on the implementation of ICT in the specialist's practice, so that they can learn in detail the most innovative tools in this regard, as well as master their use.

The program includes 600 hours of diverse content, from the syllabus to real clinical cases and additional multidisciplinary material. All of this is designed to provide the graduate with everything they need to update their knowledge, guaranteeing the fulfillment of their most ambitious expectations. In addition, its convenient 100% online format makes it the ideal program to combine it with the activity of your practice, without the need to attend classes or follow strict schedules, but through a program that adapts to you and your needs.

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

- ♦ Practical cases presented by experts in Integrative Health
- ♦ 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 work intensively to learn about the neurological pathologies that have the greatest impact in the current context, as well as the most innovative treatments for each one of them"*

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*You will be able to access the Virtual Campus where all the content is hosted from any device with an internet connection”*

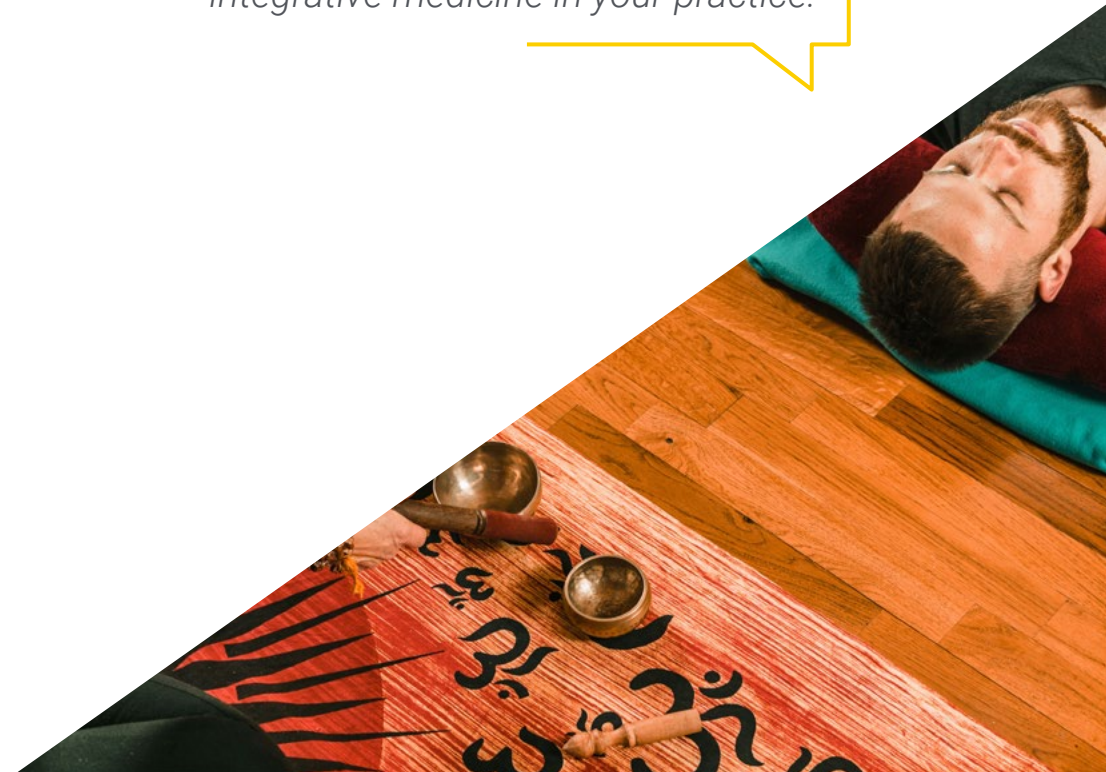
The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

*Would you like to be up to date on the latest developments related to the relationship between neurological and psychiatric diseases? You are in front of the perfect opportunity to achieve it.*

*A Postgraduate Diploma that will give you the keys to implement the most sophisticated and innovative technology for the practice of integrative medicine in your practice.*



# 02 Objectives

The objective of this Postgraduate Diploma is none other than to provide the graduate with the most complete and cutting-edge information related to the practice of integrative medicine in the context of mental health and the Support Relationship. Therefore, in just 6 months of a 100% online academic program, you will learn in detail the advances that have been made in this field, allowing you to implement in your practice the diagnostic-therapeutic strategies that are obtaining the best results in the clinical context.





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*A multidisciplinary and dynamic option perfect to introduce you to the most significant and up-to-date details for the implementation and use of ICT in the integrative medical practice"*



## General objectives

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- Provide the specialist with all the information that will allow them to update their specialized knowledge in a guaranteed manner and based on the latest advances in Integrative Medicine
- Provide the graduate with the most avant-garde and accurate information through which they can not only update their practice, but also improve their skills in the clinical management of patients with various pathologies related to mental health

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*A unique opportunity to work on perfecting your skills for greater effectiveness in the application of mind-body techniques in the integrative therapeutic approach"*





## Specific objectives

### **Module 1. Gerontology and Pathologies Related to Oxidative Stress**

- ♦ Address advances in chronological ageing research and measures for healthy aging
- ♦ Analyze changes in the neurological diseases that have the greatest impact on this population, such as Alzheimer's or Parkinson's disease

### **Module 2. Mental Health and the Support Relationship**

- ♦ Study the evidence for integrative medicine treatment of neurological and psychiatric diseases
- ♦ Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses
- ♦ Understand the effectiveness of Body-Mind techniques such as yoga and Psychoanalysis in the therapeutic approach

### **Module 3. Information and Communication Technologies Applied to Integrative Medicine**

- ♦ Identify the available platforms to handle patient databases
- ♦ Analyze SEO and SEM positioning techniques as well as algorithms

# 03

# Course Management

TECH has carried out an exhaustive selection process to form the teaching staff of this Postgraduate Diploma, resulting in a faculty of the highest level composed of professionals versed in Integrative Medicine. A group of specialists who combine their teaching with the activity of their practices in clinical centers of international reference, so they are aware of the most effective and innovative therapeutic and diagnostic innovations, which they will undoubtedly share with the graduates who opt for the course of this program.





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*You will have the possibility of establishing direct communication with the teaching team through the Virtual Campus, to resolve any doubts that may arise during the course of the program"*

## Management



### 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



### **Dr. Rodríguez, 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

## Professors

### 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

### 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 Traditional Chinese Medicine
- ♦ Degree in Biochemistry and Molecular Biology

### Dr. Serrano Gandía, Juan

- ♦ Degree in Pharmacy
- ♦ 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. Blázquez, Elisa

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

### Dr. Lajo Morales, 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. 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. Begara, Mar

- ♦ Intensivist at the Madrid-Montepíncipe-Torrelodones Hospital
- ♦ Specialist Pediatrician at La Paz Hospital
- ♦ Specialist in Intensive Pediatric and Neonatal Care at La Paz Hospital
- ♦ Specialist in bioregulatory medicine
- ♦ Specialist in Orthomolecular Nutrition
- ♦ Master's Degree in Homeopathic Therapeutics
- ♦ Degree in Medicine and Surgery from the UAM

### 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. 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. Cuevas, Manuela**

- ♦ Master's Degree in Biopathology and Preventive Gynecology by the UAB
- ♦ Postgraduate Diploma in Homeopathy
- ♦ International degree in anthroposophic medicine
- ♦ Degree in Medicine and Surgery from the UAB

**Dr. Maroto, María Jose**

- ♦ External collaborator from CMI - Integrative Medicine Clinic for the area of integrative aesthetic medicine
- ♦ Diploma in Homeopathy from the Spanish Center of Homeopathy, Boiron
- ♦ Diploma in Dermocosmetics from the Complutense University of Madrid
- ♦ Degree in Medicine and Surgery from the University of Oviedo

**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. Matute, Ruth**

- ♦ Biochemistry
- ♦ Molecular Biology

**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

**Ms. Sánchez, Sonia**

- ♦ Expert in Clinical Psychology
- ♦ Training in EMDR (Eye Movement Desensitization and Reprocessing) European Association
- ♦ Training in Gestalt therapy
- ♦ Diploma in Social Education
- ♦ Psychology Graduate

**Dr. Rojas, Pilar**

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

**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. Serra, Mireia**

- ♦ PhD in Clinical Psychology Medicine from the URL
- ♦ Degree in Philosophy and Letters from the UAB
- ♦ Music therapist by URL

**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. 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 MTCl
- ♦ Research teacher in MTCl, acupuncture and homeopathy
- ♦ Member of the MTCl Américas network
- ♦ General editor for BVS MTCl Américas
- ♦ Master's Degree in Alternative Medicine focused on Homeopathy

**Dr. González, Belén**

- ♦ Family physician and nutritionist

**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

**Ms. 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. 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

**Ms. Rodríguez, Mónica**

- ♦ Attending pediatrician at the Quirón Hospital in Marbella
- ♦ Department of pediatrics

**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 Seville
- ♦ Master's Degree in Homeopathy, University of Seville
- ♦ Master's Degree in Medical Anti-Aging, University of Seville and University of Alcalá de Henares
- ♦ Graduate in Medicine and Surgery from the Sevilla University

**Dr. Álvaro Morales, María del Pilar**

- ♦ Specialist Pediatrician
- ♦ Trained in Kinesiology
- ♦ Master's Degree in Homeopathy from the University of Las Palmas of Gran Canaria
- ♦ Degree in Medicine and Surgery from the Autonomous University of Las Palmas of Gran Canaria

**Dr. García, Olga**

- ♦ Doctor at the Anderson Oncology Clinic in Madrid
- ♦ Specialist in Family and Community Medicine
- ♦ Training in Homeopathy and Acupuncture

**Dr. Lafaja, Juani**

- ♦ Specialist in Gynecology and Obstetrics
- ♦ Master's Degree in Sexology
- ♦ Expert in Active Cell Nutrition
- ♦ Studies in Environmental Medicine
- ♦ Expert in Premenstrual Syndrome/Premenstrual Dysphoric Disorder and sexual dysfunctions with organic causes

**Dr. Enríquez, Alexandra**

- ♦ Attending Physician at the Gynecology and Obstetrics Department of the Quirónsalud Hospital in Madrid
- ♦ Gynecologist/Obstetrician
- ♦ Specialist in integrative vision of pregnancy and childbirth

**Dr. Vásquez, Carlos**

- ♦ Surgeon
- ♦ Master's Degree in Alternative Medicine focused on Traditional Chinese Medicine and Acupuncture
- ♦ MTCl researcher and professor in ethnomedicine, phytotherapy and nutrition

**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. Aldana Martínez, Sonia Cristina**

- ♦ Geologist
- ♦ D. in Earth and Environmental Science and Technology from the University of Cagliari
- ♦ Master's Degree of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca
- ♦ Degree in Geology at the University of Santander

**Ms. De la Flor, Irina**

- ♦ Professional Coach
- ♦ Management of the research project on the development of consciousness at the University of Alcalá
- ♦ Degree in Law and Business Administration

# 04

## Structure and Content

TECH has managed to position itself among the best academic centers of online education thanks to the high quality of its programs, which is the result of the hard and intensive work of a team of professionals of the highest level. This university is concerned that each of its programs is designed based on the most exhaustive and innovative information of the area in question, as well as including additional diverse and multidisciplinary material to give graduates the opportunity to expand each section of the syllabus based on their needs and demands.



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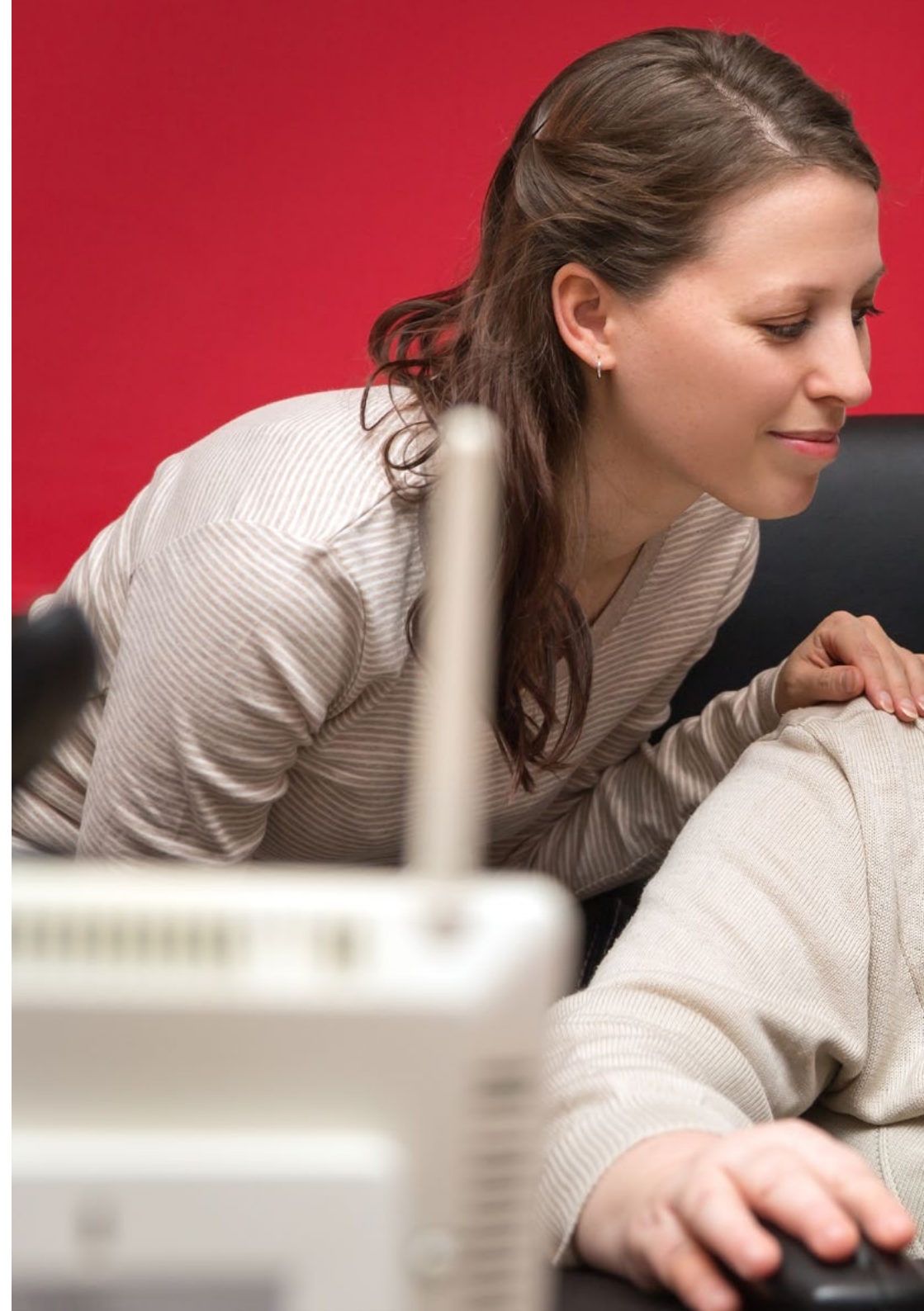
*Knowing in detail the latest developments related to the latest software models of interactions based on Genomic Medicine will help you to update your practice and offer a cutting-edge service"*

### Module 1. Gerontology and Pathologies Related to Oxidative Stress

- 1.1. Advances in Chronological Age Research
- 1.2. Measures for Active and Healthy Aging
- 1.3. Neurology
  - 1.3.1. Alzheimer's Disease and Cognitive Deterioration
  - 1.3.2. Parkinson's Disease
  - 1.3.3. Sensory Dysfunction
  - 1.3.4. Biomechanics
    - 1.3.4.1. Muscles as a Metabolic Organ

### Module 2. Mental Health and the Support Relationship

- 2.1. Life History
  - 2.1.1. Pathochrony
- 2.2. Epidemiology and Prevalence of Mental Illness in the Population
- 2.3. Advances in Neuropsychiatry
- 2.4. Illness as a Pathway
  - 2.4.1. Coping with Illness
  - 2.4.2. Psychological Impact of Illness
- 2.5. Introduction to Coaching
  - 2.5.1. Powerful Questions
  - 2.5.2. Coaching Tools
- 2.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
  - 2.6.1. Yoga and Mindfulness
  - 2.6.2. Breathing Techniques
  - 2.6.3. Sound Therapy. Music Therapy
  - 2.6.4. Cardiac Coherence
  - 2.6.5. Bioenergetic Techniques
  - 2.6.6. Art Therapy and Creative Processes
  - 2.6.7. Psychoanalysis





### Module 3. Information and Communication Technologies Applied to Integrative Medicine

- 3.1. Use of Biometric Tools
- 3.2. Application of Digital Clinical Self-Questionnaires
- 3.3. Use of Digital Medical History
- 3.4. Platforms and Databases for Health Professionals
- 3.5. Create and Manage Your Own Digital Structure
- 3.6. Positioning: SEO. SEM. Algorithms
- 3.7. Videoconsultation
- 3.8. Software Models of Based Interactions

“Do not hesitate and bet on a program with which you will not only update your clinical practice, but with which you will contribute to the advancement of medicine through the application of the most innovative diagnostic and therapeutic techniques”

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.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

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

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Mental Health and the Support Relationship guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.







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

This **Postgraduate Diploma in Mental Health and the Support Relationship 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate 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 Mental Health and the Support Relationship in Integrative Medicine**

Official N° of hours: **600 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom

**tech** technological  
university

**Postgraduate Diploma**  
Mental Health and the  
Support Relationship in  
Integrative Medicine

Course Modality: Online

Duration: 6 months

Certificate: TECH Technological University

Official N° of hours: 600 h.

# Postgraduate Diploma

## Mental Health and the Support Relationship in Integrative Medicine

