

# Postgraduate Certificate

## Anxiety, Stress and Other Mental Disorders for Nursing



## Postgraduate Certificate Anxiety, Stress and Other Mental Disorders for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/anxiety-stress-other-mental-disorders-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/anxiety-stress-other-mental-disorders-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

According to several studies conducted by the WHO, anxiety affects more than 300 million people around the world. These alarming figures have the relevance of having highly qualified health personnel in the management of different types of mental pathologies to increase the quality of life of patients. That is why TECH has created this program, with which the nurse will expand their knowledge in the assessment and approach to mood or anxiety disorders to improve their care for individuals who suffer from them. 100% online, you will obtain this education without giving up your personal and professional obligations.





“

*This Postgraduate Certificate will allow you to increase your skills in the assessment of the mood of the individual suffering from depression to ensure their well-being in an agile way"*



Around one billion people are affected by a mental disorder worldwide, as indicated by research carried out by the World Health Organization. Among the most relevant pathologies are anxiety and depression, the prevalence of which increased by up to 25% during the COVID-19 pandemic. People who suffer from these conditions often have to go to health clinics because they suffer from clinical episodes that compromise their physical and mental wellbeing. In this sense, Nursing are required to have extensive skills in the care of these patients to establish a rapid assessment to optimize their subsequent recovery.

In view of this circumstance, TECH has promoted the design of this course, which will train the nursing professional to enhance their knowledge in the care of patients with mental disorders of various kinds. During 150 hours, the student will identify the state-of-the-art mechanisms for assessing the individual's mood or will acquire the skills required to help people with agoraphobia to overcome an attack. In addition, they will adopt the best skills to urgently attend to the most extreme stress-related cases.

Thanks to the 100% online delivery mode in which this course is developed, students will be able to combine excellent learning with their personal and professional obligations. Likewise, this program is designed and developed by the best Nursing specialized in Mental Health, so all the didactic contents to which the student will have access will have been previously applied in work experiences by these experts.

This **Postgraduate Certificate in Anxiety, Stress and Other Mental Disorders for Nursing** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ The development of practical case studies presented by experts in Mental Health for Nursing
- ◆ The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out 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



*Provide first class care to people with agoraphobia through the cutting-edge competencies you will acquire in this degree"*

“

*Combine excellent learning with your personal and professional obligations through the 100% online methodology of this Postgraduate Certificate”*

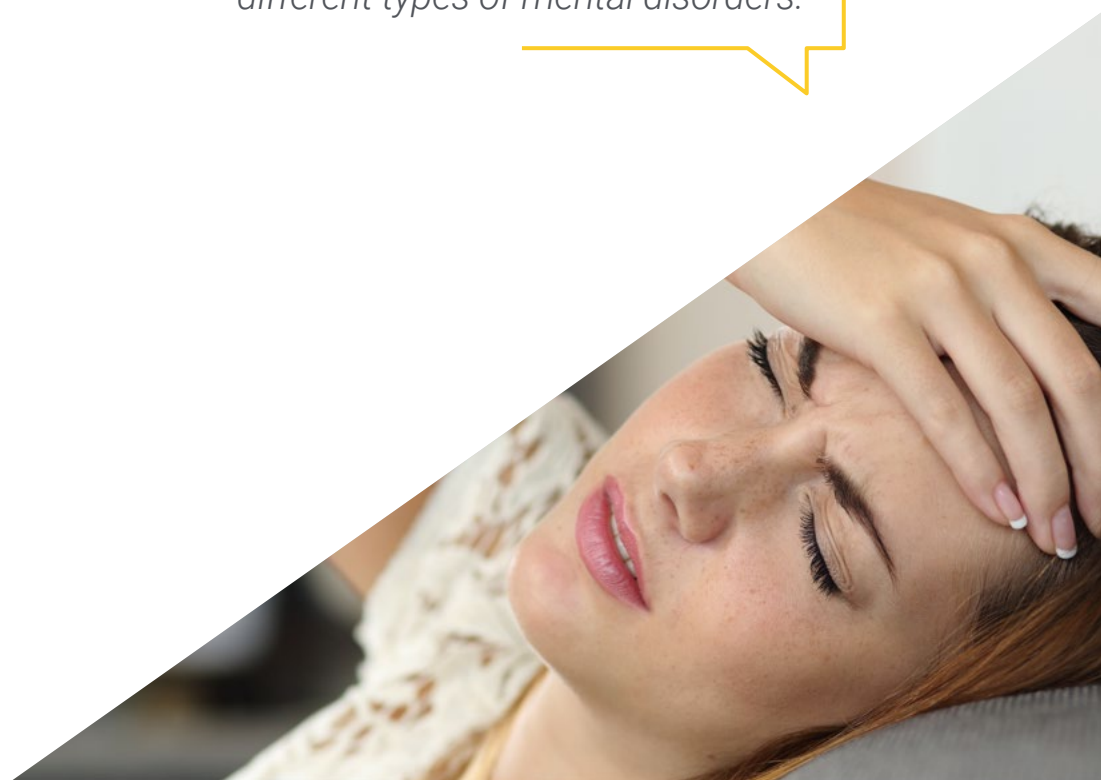
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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

*From your own computer and at any time and place, you can take this program, characterized by its great educational flexibility.*

*Incorporate into your work methodology the latest advances, supported by scientific evidence, in the approach to patients with different types of mental disorders.*



# 02 Objectives

TECH has designed this qualification with the fundamental premise of providing the nursing professional the necessary tools to promote the expansion and updating of competencies in the management of different mental disorders. Through this program, you will delve into the new methods of care for patients with anxiety or stress to enhance their health performance, ensured by following these general and specific objectives.







“

*Achieve unparalleled professional growth in just 6 weeks thanks to this TECH degree”*



## General Objectives

---

- ♦ Explain the diagnosis, etiology, pathophysiology, and prevention of mental illness
- ♦ Identify risk factors for mental illness
- ♦ Identify signs and symptoms that indicate mental illness
- ♦ Develop techniques to explain and apply patient self-care to prevent mental health disorders



*Follow the objectives designed by TECH for this program and significantly improve your healthcare practice with people suffering from various mental disorders"*







## Specific Objectives

---

- ♦ Explain the different organic mental disorders and psychotic disorders
- ♦ Identify the different mood disorders
- ♦ Detect the different anxiety disorders
- ♦ Describe obsessive-compulsive disorders.
- ♦ Define stress disorder and its health implications

03

# Course Management

TECH has selected an excellent teaching team for this degree, made up of Nursing specialized in Mental Health who work in various hospitals throughout Spain. Likewise, the didactic contents that the student will have during the duration of this academic experience are expressly made by these professionals. For this reason, all the knowledge that will be assimilated will be in tune with the latest developments in this area.







“

*This Postgraduate Certificate is taught by leading experts in the field of Mental Health for Nursing, who will be responsible for providing knowledge with greater applicability in their day-to-day professional life”*



## Management



### Mr. Lozano Alonso, Raúl

- ♦ Head of Nursing of the Drug Addiction Disorders Unit at Hestia Esquerdo Hospital
- ♦ President of the Madrid Association of Mental Health Nursing
- ♦ Professor at the University School of Nursing of the Red Cross from the Autonomous University of Madrid
- ♦ Personalized Trainer in MIR exams at CEMIR-Team POE
- ♦ Faculty member of Nus Agency
- ♦ Nursing Services in Quirónsalud
- ♦ Community Care Nurse in the Madrid Health Service (SERMAS)
- ♦ University Professor at Rey Juan Carlos University
- ♦ Assistant University Professor at the Autonomous University of Madrid
- ♦ Diploma in Nursing
- ♦ Specialist Nurse in Mental Health via EIR entrance exams
- ♦ Master's Degree in Nursing Sciences
- ♦ Master's Degree in Health Services Management and Telemedicine



### **Ms. Peña Granger, Mercedes**

- Head of Adult Psychiatry Nursing Unit at General University Gregorio Marañón Hospital, Madrid
- EIR Mental Health Tutor in Multidisciplinary Teaching Unit at Gregorio Marañón General University Hospital, Madrid
- Associate Professor at the University of Comillas and the University of Rey Juan Carlos
- Graduate in Nursing from the Complutense University of Madrid
- Diploma in Nursing Psychosomatics from the Complutense University of Madrid
- Degree in Social and Cultural Anthropology from the Complutense University of Madrid
- Degree in Nursing from Rey Juan Carlos University
- Mental Health Specialist. Ministry of Health
- Master's Degree in the Humanization of Health Institutions from the European University of Madrid

## Professors

### Ms. González Palomar, María Esther

- ◆ Specialist Nurse in Mental Health
- ◆ Head of the Nursing Unit of Adolescent Psychiatry at the Gregorio Marañón University General Hospital
- ◆ Postgraduate Certificate in Nursing from the Complutense University.
- ◆ Postgraduate Certificate in Social Work at Complutense University
- ◆ Specialist in Mental Health Nursing
- ◆ University Diploma in Surgical Nursing
- ◆ University Diploma in Coronary Unit Nursing
- ◆ University Diploma in Psychiatric Nursing

### Ms. Cunillera Llorente, Alicia Hatshepsut

- ◆ Specialist Nurse in Mental Health
- ◆ Nurse of the Short Psychiatric Hospitalization Unit at the Gregorio Marañón General University Hospital, Madrid
- ◆ Nurse of the Food Disorders Unit at the Gregorio Marañón General University Hospital, Madrid
- ◆ Nurse from the Personality Disorders Unit at the PhD Rodríguez Lafora Hospital
- ◆ Speaker at congresses and conferences specialized in Mental Health
- ◆ Degree in Nursing from the Pontificia de Comillas University





**Ms. Borrego Espárrago, María Victoria**

- ◆ Nursing Supervisor of in Hospitalization at the Ruber Juan Bravo Hospital Complex
- ◆ Nurse Mental Health Specialist at Sisters Hospitals of the Sacred Heart of Jesus
- ◆ Nursing Supervisor of the Psychosocial Rehabilitation Area at the San Miguel Clinic
- ◆ Author of numerous Specialized publications
- ◆ Diploma in Nursing from the Autonomous University of Madrid
- ◆ Diploma in Nursing by EUE Red Cross
- ◆ Postgraduate Diploma Degree in Health Services Management through the University CEU Cardenal Herrera
- ◆ Member of: Board of Directors of the Spanish Association of Nursing of Mental Health, Advisory Commission of Care of the Regional Office of the Community of Madrid

# 04

# Structure and Content

The curriculum of this academic program consists of 1 module through which the nursing professional will increase their skills in health care for patients suffering from anxiety or stress disorders. The didactic resources available in this Postgraduate Certificate are present in different textual and multimedia supports. Due to this, and by means of a 100% online methodology, the student will have the possibility of adapting their learning to their personal and student needs.







“

*This curriculum, designed and developed by expert Nursing in Mental Health, will provide you with the most advanced knowledge in the management of various mental disorders"*

## Module X. Module name

- 1.1. Organic Mental Disorders and Psychotic Disorders
  - 1.1.1. Delirium and Dementia
  - 1.1.2. Amnesia Disorders and Other Mental Disorders with an Identified Organic Etiology
  - 1.1.3. Substance-Related Disorders
  - 1.1.4. Schizophrenia
  - 1.1.5. Other Psychotic Disorders
- 1.2. Mood Disorders
  - 1.2.1. Historical Introduction
  - 1.2.2. Classification of Mood Disorders
  - 1.2.3. Syndromes
  - 1.2.4. Episodes
  - 1.2.5. Disorders
  - 1.2.6. Specifications
  - 1.2.7. Epidemiology
  - 1.2.8. Course
  - 1.2.9. Differential Diagnosis
  - 1.2.10. Etiology
  - 1.2.11. Assessment
  - 1.2.12. Treatment



- 1.3. Anxiety Disorders
  - 1.3.1. Introduction and Basic Concepts
  - 1.3.2. Anxiety Syndromes
  - 1.3.3. Distress Disorder
  - 1.3.4. Phobia Disorders
  - 1.3.5. Agoraphobia without History of Panic Disorder
  - 1.3.6. Specific Phobia
  - 1.3.7. Social Phobia
  - 1.3.8. Generalized Anxiety Disorder
  - 1.3.9. Anxiety Disorder due to Medical Illness
  - 1.3.10. Substance-Induced Anxiety Disorder
  - 1.3.11. Non-Specific Anxiety Disorder
  - 1.3.12. Explanatory Models
  - 1.3.13. Assessment
  - 1.3.14. Treatment
- 1.4. Obsessive Compulsive Disorder
  - 1.4.1. Historical Introduction
  - 1.4.2. Basic Concepts
  - 1.4.3. Evolution in Classification (ICD and DSM)
  - 1.4.4. Author Classification
  - 1.4.5. Course
  - 1.4.6. Epidemiology
  - 1.4.7. Differential Diagnosis
  - 1.4.8. Explanatory Models
  - 1.4.9. Assessment
  - 1.4.10. Treatment

- 1.5. Stress Disorder
  - 1.5.1. Historical Introduction
  - 1.5.2. Post-Traumatic Stress Disorder
  - 1.5.3. Course
  - 1.5.4. Epidemiology
  - 1.5.5. Differential Diagnosis
  - 1.5.6. Acute Stress Disorder
  - 1.5.7. Explanatory Models
  - 1.5.8. Assessment
  - 1.5.9. Treatment



*Enroll in this Postgraduate Certificate” to access the most updated didactic contents in the educational market regarding mental disorders in the field of Nursing”*



# 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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nursing learn better, faster, and more sustainably over time.

*With TECH, Nursing can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nursing who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



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



At the forefront of world teaching, the 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 we have trained more than 175,000 Nursing with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All 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 them as many times as you want.



### 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".

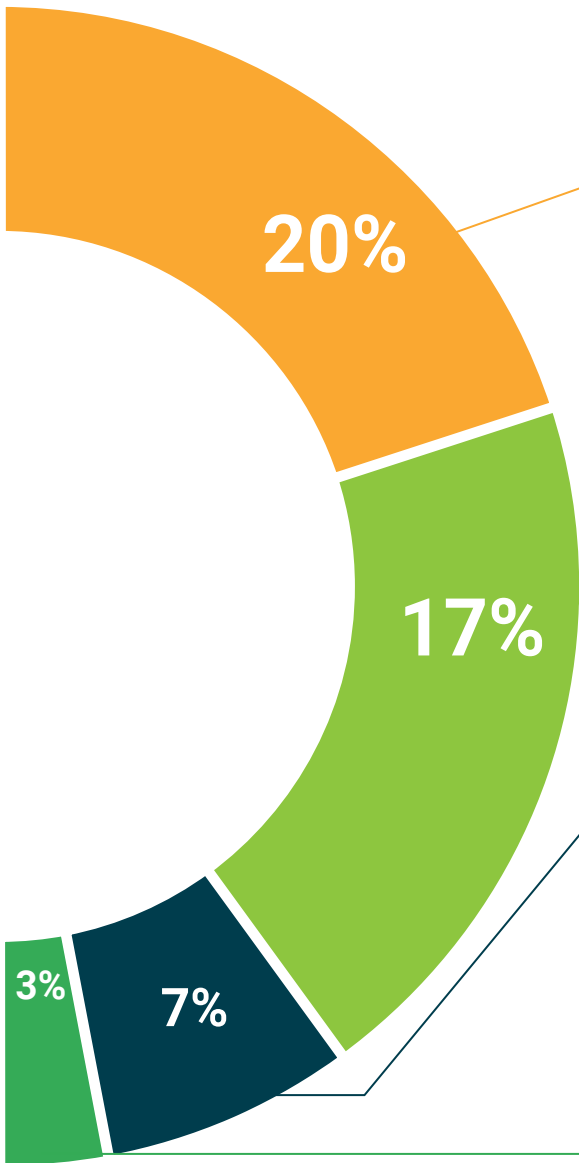


### Additional Reading

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 suggesting that observing third-party experts can be useful.  
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

# Titulación

The Postgraduate Certificate in Anxiety, Stress and Other Mental Disorders for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

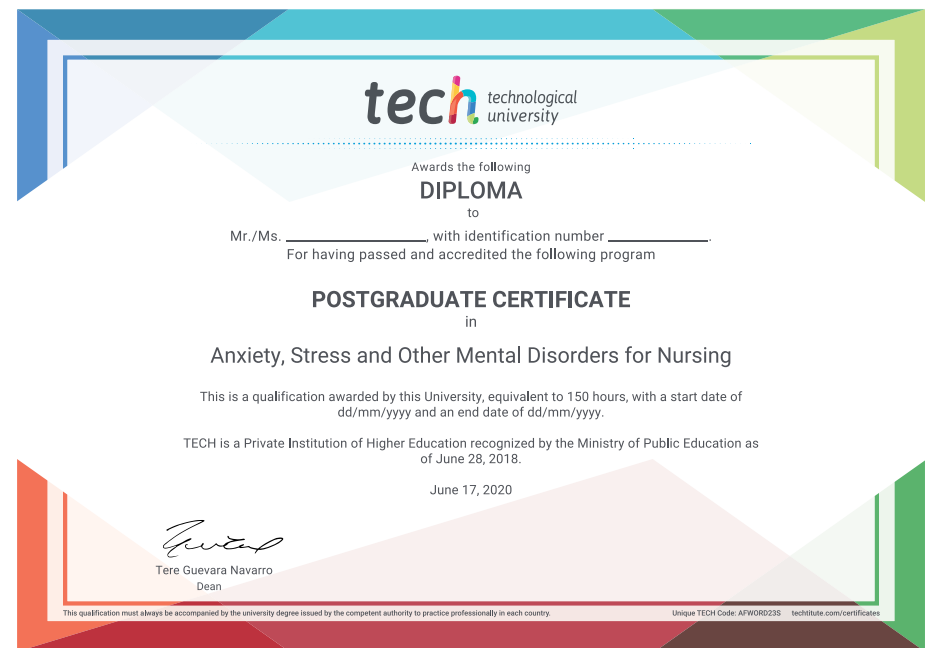
This **Postgraduate Certificate in Anxiety, Stress and Other Mental Disorders for Nursing** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Certificate in Anxiety, Stress and Other Mental Disorders for Nursing**

Official N° of Hours: **150 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 Certificate Anxiety, Stress and Other Mental Disorders for Nursing

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

# Postgraduate Certificate

## Anxiety, Stress and Other Mental Disorders for Nursing