

Postgraduate Certificate

Mind-Body Therapies





Postgraduate Certificate Mind-Body Therapies

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/mind-body-therapies

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01

Introduction

Mind-body therapies in integrative medicine can assist patients with relaxation techniques. This postgraduate certificate is designed to provide knowledge of mind-body therapies as a tool to improve health. Learn and update yourself on the possibilities of these procedures in a practical way, through the latest educational technology, 100% online, tailored to the needs of the professional.



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The field of natural therapies is an emerging field of health sciences, which is being incorporated gradually and complementarily to traditional health structures. But in order to be able to respond to this emerging need, it is essential to have an adequate specialization”

The National Center for Complementary and Alternative Medicine (NCCAM) was established in the U.S. in 1998 due to the growing need for information and research in the field of Natural Therapies, with the mission to explore practices for complementary and alternative healing within the context of rigorous science and to train researchers and inform both the general public and healthcare professionals about the results of research studies in natural therapies.

In this regard, NCCAM has proposed a pragmatic classification of natural therapies into five areas, one of which is the Mind-Body Techniques Area, which includes practices that focus on the interaction between the mind, body, and behavior, and mental control techniques to affect physical functions and promote health.

This Postgraduate Certificate in Mind-Body Therapies constitutes a comprehensive training program, updated based on the latest scientific evidence and the experience of renowned professionals in the field of Natural Therapies. The program offers various mind-body techniques, especially meditation and yoga, aimed at achieving relaxation, well-being, and improving both mental and physical functions.

This **Postgraduate Certificate in Mind-Body Therapies** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of mind-body therapy techniques presented by experts
- ♦ Procedures developed in real environments and in an eminently practical and useful way to enhance the desired therapeutic action
- ♦ Includes questionnaires and self-assessment exercises on the contents presented to improve understanding of the concepts and enhance learning
- ♦ Video lessons about the different techniques and their approach
- ♦ Theoretical lessons questions to the expert, discussion forums on controversial issues, and individual reflection work
- ♦ The program allows access to content from any fixed or portable device with an Internet connection



Update your knowledge through the Postgraduate Certificate in Mind-Body Therapies in a practical way, tailored to your needs"

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This Postgraduate Certificate is the best investment you can make when selecting an update program for two reasons: in addition to updating your knowledge in Mind-Body Therapies, you will receive a diploma for the Postgraduate certificate awarded by TECH Global University”

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

The Postgraduate Certificate includes real-life practical cases and exercises to bring the development of the program closer to everyday clinical practice.

Take advantage of the opportunity to update your knowledge in Mind-Body Therapies to complement patient care and enhance therapeutic recommendations.



02 Objectives

The main goal of the program is to develop theoretical and practical learning, enabling the healthcare professional to master, in a practical and rigorous manner, the procedures for recommending Mind-Body Therapies.



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This continuing education program will instill a sense of confidence in the practice of medical care, helping you to grow both personally and professionally”



General Objective

- ♦ Provide the knowledge and skills necessary for the proper development and application of Mind-Body Therapies



Make the most of the opportunity and step up to get up-to-date on the latest developments in Mind-Body Therapies”





Specific Objectives

- ♦ Define the biology of life from the perspective of Natural Therapies
- ♦ Define the anatomical, biochemical, and nutritional functioning of the human body, identifying different biorhythms and their pathognomonic components
- ♦ Describe the most important components of the basic systems of regulation, symbiosis, and homeostasis
- ♦ Define the most commonly used Western and Eastern relaxation techniques
- ♦ Address the management of the patient with observation techniques according to objectives
- ♦ Explain relaxation techniques according to their main authors
- ♦ Describe Western meditations
- ♦ Define Eastern techniques
- ♦ Establish the difference between Western meditation and Eastern techniques
- ♦ Lay the foundations for the Mézières technique
- ♦ Address the management of the patient with visualization techniques
- ♦ Describe the Vittoz method
- ♦ Define the Benson technique
- ♦ Explain the Benson technique so that individuals can practice it at home
- ♦ Identify intervention strategies in psychosensory relaxation
- ♦ Establish the differences between the most commonly used Eastern relaxation techniques
- ♦ Define bodywork
- ♦ List the benefits of Therapeutic Yoga
- ♦ Conduct a critical analysis of Yoga based on the latest scientific evidence
- ♦ Describe the different therapeutic yoga projects applicable from the field of therapeutic practice
- ♦ Encourage the use of research in Yoga and other postural disciplines as a field of practice

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, and who pour into this refresher program the experience of their work. In addition, other professionals participate in its design and development, giving it its multidisciplinary character.



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This Postgraduate Certificate in Mind-Body Therapies, contains the most complete and up-to-date program on the market”

Management



Dr. Corty Friedrich, Miguel

- ♦ Public Health Physician
- ♦ Medical Director of Clínica Praxis
- ♦ Emergency and Repatriation Physician for Germany, Switzerland and Great Britain
- ♦ Degree in Medicine and Surgery from the University of Alicante
- ♦ Doctorate in Public Health, History of Science and Scientific Documentation from the University of Alicante
- ♦ Member of the Illustrious College of Physicians of Alicante



Dr. Rodríguez Picazo, Pedro

- ♦ Associate Director of the UME Clinic
- ♦ Founding Director of Medintegra
- ♦ Health Coordinator at Colisée
- ♦ Doctorate in Health Sciences from the University of Alicante
- ♦ Diploma in Nursing, Community Health from the University of Alicante
- ♦ University Specialist in Osteopathy, Kinesiology and Acupuncture from the University of Murcia
- ♦ Master's Degree in Advanced Integrative Health and Medicine from TECH Technological University
- ♦ ARPN, Healthcare Services by the Universidad Europea Miguel de Cervantes
- ♦ Member of: Editorial Board in the Journal Integrative Medicine RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Member of the European Society of Integrative Medicine, Member of the Society of Integrative Oncology



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Structure and Content

The structure of the content has been designed by a team of professionals familiar with the implications of training in medical practice, aware of the importance of up-to-date education to effectively interact with patients, and committed to providing quality teaching through new educational technologies.



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This Postgraduate Certificate in Mind-Body Therapies contains the most complete and up-to-date program on the market”

Module 1. Introduction to Natural Therapies

- 1.1. History
- 1.2. Scientific Evidence: Efficacy and Safety of Natural Therapies
- 1.3. Competencies of Healthcare Personnel
- 1.4. Legitimacy of Natural Care in Daily Clinical Practice
- 1.5. Classification of Natural Therapies According to WHO and NCCAM

Module 2. Mind-Body Therapies

- 2.1. Mind-Body Therapies
- 2.2. What Are Relaxation Techniques?
- 2.3. Manifestations of Relaxation
- 2.4. Western Relaxation Techniques
- 2.5. Eastern Relaxation Techniques
- 2.6. Breathing Control
- 2.7. Breathing Relaxation Exercises with Yoga
- 2.8. Active and Passive Meditations
- 2.9. Meditation
- 2.10. Tuning Forks and Chakras. Theory
- 2.11. Tuning Forks and Chakras. Practice
- 2.12. Chakra Chromotherapy. Practice





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A unique, essential and decisive learning experience to boost your professional development”

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

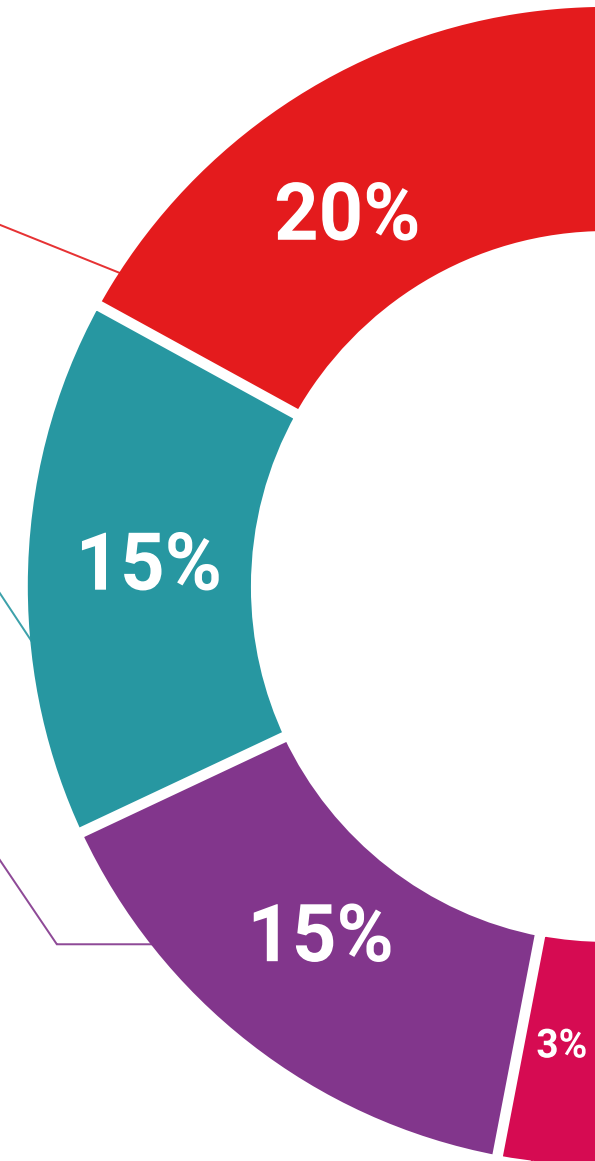
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

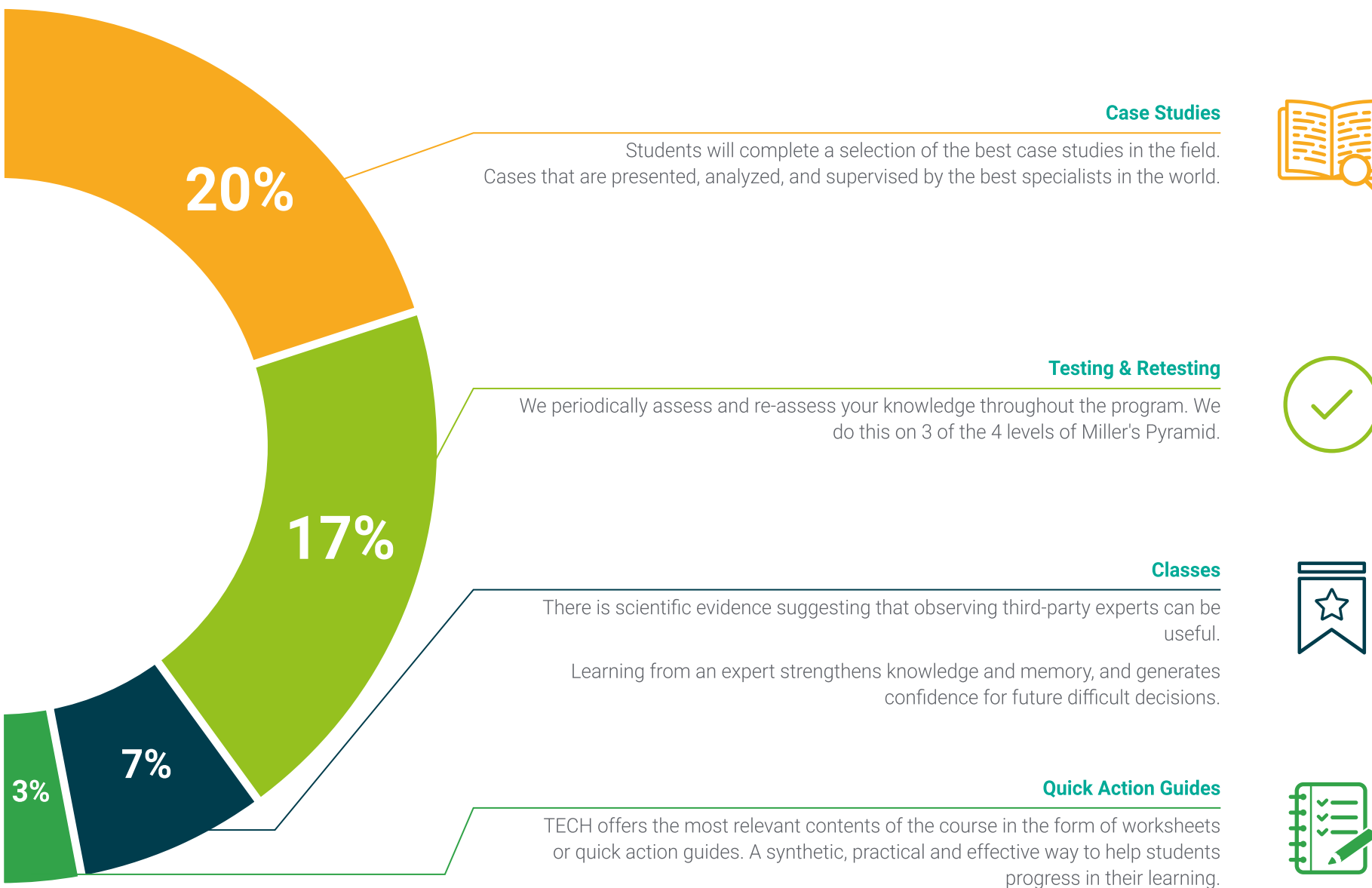
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

The Postgraduate Certificate in Mind-Body Therapies guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University.



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Mind-Body Therapies** endorsed by TECH Global University, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Mind-Body Therapies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



Postgraduate Certificate Mind-Body Therapies

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate

Mind-Body Therapies