

# Postgraduate Diploma

## Mental Health and the Helping Relationship in Integrative Medicine for Nursing

Endorsed by:



Sociedad Española  
de Salud y  
Medicina Integrativa.

A young woman with long dark hair is sitting at a desk, looking thoughtful. She has her hands near her face, with her fingers resting on her cheeks. She is wearing a light-colored, textured sweater. The background is a bright, out-of-focus indoor setting with a window and some greenery.

**tech** technological  
university



## Postgraduate Diploma Mental Health and the Helping Relationship in Integrative Medicine for Nursing

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

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

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# 01

# Introduction

The main existing mental pathologies, such as depression, obsessive neurosis, phobias or anxiety, have been successfully addressed by Integrative Medicine through a multidisciplinary approach. Results achieved by scientific advances, methodological strategies and techniques to treat patients with serious cognitive diseases. In order to update the health professional in this field, TECH has designed this 100% online program that covers, in just 6 months, the most advanced and current content on Gerontology and pathologies related to oxidative stress, the helping relationship and the use of new technologies. In this way, this institution contributes to a complete update with the most innovative pedagogical content of the current academic panorama.





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*Access wherever and whenever  
you want to a 100% online  
Postgraduate Diploma that  
provides you with a unique update  
in Gerontology and Mental Health”*

The increase of stress among the young and adult population, the increase of clinical cases diagnosed by depression or anxiety have led to incorporate strategies and techniques that allow the development of an alternative and complementary therapy to the traditional one. In this scenario, Integrative Medicine has been able to achieve the body-entity stability of the patient, who suffers from some type of Mental Health disease.

In this way, the new existing methodologies have generated a great interest on the part of health professionals, who wish to be up to date in all the advances that are taking place in this discipline. Accordingly, in response to this demand, TECH has designed this 6-month educational proposal that will focus on Mental Health and the Helping Relationship in Integrative Medicine for Nurses.

This is an advanced program, developed by a team of specialists with an exquisite professional background in this specialty and with a wide prestige within the health field. In this way, the graduate will delve into the most recent advances in Gerontology and pathologies related to oxidative stress, *coaching* techniques, yoga, breathing therapy or the use of ICT focused on this specialty.

In addition, thanks to the numerous teaching resources (video summaries of each topic, detailed videos, specialized readings or case studies), the graduate will be able to acquire an attractive and dynamic update. Likewise, with the *Relearning* system, based on the reiteration of content, the healthcare professional will not have to dedicate long hours of study to this Postgraduate Diploma and will focus on the key concepts.

This institution offers a unique opportunity to update your knowledge through a flexible university program. All you need is an electronic device with an Internet connection to be able to view the content of this program. An excellent opportunity to be able to combine daily professional activities with a first level Postgraduate Diploma.

This **Postgraduate Diploma in Mental Health and the Helping Relationship in Integrative Medicine for Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ 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 with the most innovative treatments in Mental Health from the perspective of Integrative Medicine"*

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*Integrate in your daily life the advances in Art Therapy and creative processes with elderly patients and Mental Health problems”*

The program's teaching staff includes professionals from the field 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 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.

*Get up to date with TECH on neurological and psychiatric diseases and their approach from Integrative Medicine.*

*Get an introduction to coaching and focus its techniques to the management of the patient with anxiety or stress.*



# 02 Objectives

The objective of this Postgraduate Diploma is none other than to provide the graduate with the most exhaustive and cutting-edge information related to the practice of integrative medicine in the context of a mental health and the helping relationship. This way, in only 6 months you will be able to get to know in detail the latest advances in this area, through a syllabus prepared by the best professionals in this field.





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*Introduce in your daily practice the most effective methodologies to treat patients with Parkinson's or Alzheimer's disease from Integrative Medicine”*



## 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



*A unique opportunity to work on perfecting your Skills in the field of mind-body techniques in the therapeutic approach"*





## Specific Objectives

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### **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 Helping 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**

- ◆ Review the legal context of the application of Integrative Medicine, how to assess risk and mitigate cases of malpractice
- ◆ Understand common ethical issues that arise in current clinical practice
- ◆ Identify the available platforms to handle patient databases
- ◆ Analyze SEO and SEM positioning techniques as well as algorithms

03

# Course Management

TECH has made an exhaustive selection of each and every one of the teachers that make up this university program. In this way, it has brought together an exceptional faculty, specialized in Integrative Medicine. A team of experts with a recognized national and international professional career that will give the guarantees of being able to access an advanced and recent content on Mental Health and Helping Relationship from this health specialty.



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*No doubt you will find in this team of specialists in Integrative Medicine the support you need to make an update in just 6 months"*

## Management



### Dr. Menassa, Alejandra

- Head of Internal Medicine and Mental Health Unit at the Integrative Medicine Clinic
- Head of Ozone Therapy at the Integrative Medicine Clinic
- Attending Physician in the Internal Medicine service Emergencies in the Service at the 12 de Octubre University Hospital
- Member of the Psychoanalytic Medical Team of the Film Production Company Grupo Cero
- Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- Expert in Psychological Judicial Expertise at the Instituto Superior de Psicología Alborán
- Expert in Ozone Therapy in Internal Medicine, University of Havana
- Vicepresident of the Spanish Society of Integrative Health and Medicine (SESMI)
- Member of: Spanish Society of Internal Medicine (SEMI)



### **Dr. Rodríguez Picazo, Pedro**

- Attending Director, UME clinic
- Director Founder of Medintegra
- Health Coordinator at Colisée
- Doctorate in Health Sciences, University of Alicante
- Degree in Nursing in Community Health from the University of Alicante
- University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia.
- Master's Degree in Advanced Integrative Health and Medicine by TECH Technological University
- ARPN, Sanitary Services by the European University Miguel de Cervantes.
- Member of: Editorial Board of the Revista Medicina Integrativa RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Fellow of the European Society of Integrative Medicine and Fellow of the Society of Integrative Oncology

## Professors

### Dr. Cruz, Héctor

- ♦ Medical Specialised in Neurology
- ♦ Neurologist in the Terrassa Health Consortium
- ♦ Neurological at the Clinical symptoms University Hospital of Zaragoza
- ♦ Neurologist in the Vic transfer Consortium
- ♦ Homeopath at Family Health Center
- ♦ Author of several scientific articles
- ♦ Speaker at congresses related to Homeopathy
- ♦ Master's Degree by the Medical and Homeopathic Academy of Barcelona(AMHB)

### Dr. García Pérez Juan, Daniel

- ♦ Physical Therapist and Nurse
- ♦ Physiotherapist in private practice Daniel García Pérez-Juana
- ♦ Assistance Director at Clínica IMEDE
- ♦ Head of the Department of Physiotherapy and Osteopathy at the Integrative Medicine Clinic
- ♦ Doctor in the Health Sciences and Proprioception by the Rey Juan Carlos University
- ♦ Master's Degree in motor and Physiotherapy from Rey Juan Carlos University
- ♦ President and Founder at the Spanish Association of Yin

### Dr. Serra Vila, Mireia

- ♦ Music Therapist at the San José Institute Foundation Madrid
- ♦ Collaborating Psychologist at La Paz University Hospital. Madrid
- ♦ Degree in Philosophy and Letters from the Autonomous University of Barcelona
- ♦ Ph.D. in Clinical Psychology from the Ramón Llull University.
- ♦ Music Therapist from Ramon Llull University

### Ms. Sánchez Pérez, Sonia

- ♦ Educational psychologist at Castalla City Council
- ♦ Psychologist in the Health and Community Foundation. Alicante, Valencian Community
- ♦ Social Educator in the Health and Community Foundation. Alicante, Valencian Community
- ♦ Diploma in Social Education, Social and Philosophical Bases of Education from the National University of Distance Education (UNED)
- ♦ Degree in Psychology from the National Distance Education University
- ♦ Gestalt Therapist, Psychology by the Institute of Psychotherapy and Group Techniques.
- ♦ Expert in Applied Clinical Psychology from Esneca Business School

### Dr. Rojas Martínez, Pilar

- ♦ Psychoanalyst and Physician Specializing in Rheumatology and Family Medicine at the Centro de Consultas de Psicoanálisis
- ♦ Director of the Department of Psychosomatic Medicine in the School of Psychoanalysis and Poetry Group Zero
- ♦ Assistant Physician in Rheumatology at the General University Hospital of Albacete.
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Specialized in Rheumatology at the Hospital Universitario 12 de Octubre.
- ♦ Specialized in Family and Community Medicine at the Toledo Teaching Unit

### Dr. Vargas Sánchez, María José

- ♦ Specialist in Anesthesiology and Resuscitation Anaesthesiology
- ♦ Specialist in Anesthesiology at Blue Healthcare
- ♦ Health Coach Specialized in Emotional Management and Wellness at the Willow Foundation.
- ♦ Heart Coherence Coach at the Heartmath Institute
- ♦ Master's Degree in Research and Specialized Treatment of Pain, University of Valencia
- ♦ Master's Degree in Cosmetic Medicine in Emergency at the San Carlos Clinical Hospital
- ♦ Vice-president of the Spanish Federation of Reiki
- ♦ Member of: Spanish Society for Integrative Health and Medicine (SESMI)



**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 university San Roque Hospitals
- ♦ Joint author of a book on integrative oncology
- ♦ Art therapist, teacher of Samatha and Vipassana, and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ PhD in Clinical Psychology
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation
- ♦ Member of: Spanish Society of Integrative Health and Medicine (SESMI)

**Dr. Sabater Tobella, Juan**

- ♦ Research Specialist in Genomic Medicine and Metabolopathies
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ President of Eugenic
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry
- ♦ Implementation of the first provincial program for the early detection of Phenylketonuria and other metabolopathies
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ PhD in Pharmacy from the University of Barcelona
- ♦ Degree in Pharmacy from the University of Barcelona
- ♦ Member of: Royal Academy of Medicine of Catalonia, Royal National Academy of Medicine, of the Institute of Spain, Royal Academy of Pharmacy of Catalonia

**Ms. De la Flor, Irina**

- ♦ Professional Coach
- ♦ Director of Lo Mejor de Mí, Vivo Sano Foundation
- ♦ Director of Health Defense Organisation, Vivo Sano Foundation
- ♦ Degree in Law, Universidad Carlos III de Madrid
- ♦ Degree in Arts from the Carlos III University of Madrid
- ♦ Doctorate in Philosophy, University of Alcala
- ♦ Master's Degree in Conscious Coaching from the University of East London
- ♦ Collaborator in: The United Nations, The European Parliament, The European Commission

**Mr. Almodovar, Francisco**

- ♦ Lawyer Specialised in Health Law
- ♦ Co-founder of the law firm Almodóvar & Jara
- ♦ Coordinator of the Almodóvar & Jara Law Firm's Legal Teams
- ♦ Head of Management and Development of RAM Law Firm
- ♦ Author of the book *El dato personal terapéutico*
- ♦ Co-author of several monographs and articles on legal issues related to health rights.
- ♦ Regular speaker at conferences, courses and congresses related to Pharmaceutical and Health Law
- ♦ Collaborator of *European Pharmaceutical Law Group*
- ♦ Law Degree from the Complutense University of Madrid
- ♦ Master's Degree in New Technologies Law

04

# Structure and Content

The excellent faculty that integrates this university program has made every effort to develop an advanced syllabus, with the latest information on Mental Health and Helping Relationships in Integrative Medicine. In this way, the health professional will have the guarantee of being able to carry out a complete update, counting to achieve it with innovative pedagogical resources that can be accessed comfortably, at any time of the day, from an electronic device with Internet connection.





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*You will achieve a complete update on Gerontology and the advances achieved in Mental Health”*

### 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
    - 1.3.1.1. Parkinson's Disease
    - 1.3.1.2. Sensory Dysfunction
  - 1.3.2. Biomechanics
    - 1.3.2.1. Muscles as a Metabolic Organ

### Module 2. Mental Health and the Helping 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. *CoachingTools*
- 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. Legal Aspects Related to the Application of ICT in Integrative Medicine
- 3.2. Use of Biometric Tools
- 3.3. Application of Digital Clinical Self-Questionnaires
- 3.4. Use of Digital Medical History
- 3.5. Platforms and Databases for Health Professionals
- 3.6. Create and Manage Your Own Digital Structure
- 3.7. Positioning: SEO. SEM. Algorithms
- 3.8. Video consultation
- 3.9. Software Models of Interactions Based on Genomic Medicine

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*Don't hesitate and get into a university program that will give you the necessary knowledge to be able to use ICT in patient care"*

05

# Methodology

This program offers students a different way of learning. Our methodology follows a cyclical learning process: **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.



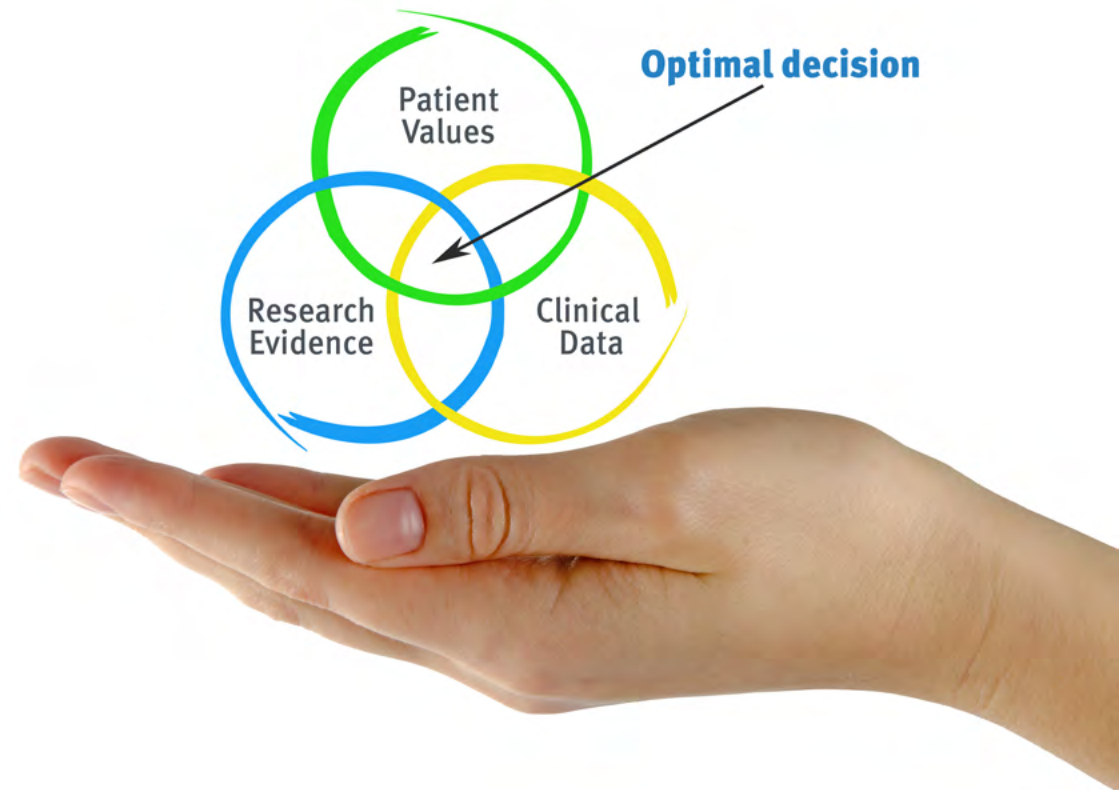
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, 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.



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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. Nurses 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 prepared more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our educational 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 adapted in 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of 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 Certificate

The Postgraduate Diploma in Mental Health and the Helping Relationship in Integrative Medicine for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

This **Postgraduate Diploma in Mental Health and the Helping Relationship in Integrative Medicine for Nursing** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Diploma in Mental Health and the Helping Relationship in Integrative Medicine for Nursing**

Official N° of Hours: **600 h.**

Endorsed by:



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\*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  
classroom



## Postgraduate Diploma Mental Health and the Helping Relationship in Integrative Medicine for Nursing

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

# Postgraduate Diploma

## Mental Health and the Helping Relationship in Integrative Medicine for Nursing

Endorsed by:



Sociedad Española  
de Salud y  
Medicina Integrativa.

A photograph showing a nurse in blue scrubs comforting an elderly woman with her hands on her forehead. The woman appears distressed, and the nurse is providing support. The image is partially obscured by a diagonal white line.

**tech** technological  
university