

# Professional Master's Degree Advanced Integrative Medicine and Health for Nursing

Endorsed by:



Sociedad Española  
de Salud y  
Medicina Integrativa.



**tech** technological  
university



## Professional Master's Degree Advanced Integrative Medicine and Health for Nursing

Course Modality: Online

Duration: 12 months

Certificate: TECH Technological University

Official N° of hours: 1,500 h.

Website: [www.techtute.com/in/nursing/professional-master-degree/master-advanced-integrative-medicine-health-nursing](http://www.techtute.com/in/nursing/professional-master-degree/master-advanced-integrative-medicine-health-nursing)

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# 01

# Introduction

International organizations point out that people at home will have, in the very near future, devices that will allow them to monitor different indicators of their physical condition being assisted by the relevant nursing professional. This technological innovation goes hand in hand with the many advances being made in genomic medicine, integrative nutrition and orthomolecular supplementation. In response to these developments, the nurse who wants to maintain a close patient-nurse relationship must be up-to-date with the latest scientific findings on diet therapy or the use of ICT for improved healthcare from the perspective of Integrative Medicine and Health. All this will be possible thanks to this Professional Master's Degree created to offer the most exhaustive knowledge in this field through innovative multimedia resources to which you will have access 24 hours a day through a computer or tablet.







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*With this 100% online Professional Master's Degree you will be able to update your knowledge in Advanced Integrative Medicine and Health for Nursing”*

Integrative Medicine has seen growth in recent years thanks to the scientific studies that have supported its techniques and its unique advances in innovative and effective areas such as ozone therapy, gerontology or Wellness Therapy. Likewise, the use of biometric tools and the multiple possibilities of ICT to control or aid the individualization of treatments mean that this area of medicine, complementary to traditional medicine, has a promising future.

In this scenario, the nursing professional, who has gained expertise within Integrative Medicine due to their proximity and multidisciplinary knowledge, cannot remain oblivious to the progress in this area. That is why TECH has designed this Professional Master's Degree, where it has brought together an excellent team of professionals specialized in Advanced Integrative Medicine and Health in Nursing.

Thanks to these experts, the professional will be able to keep abreast of the latest advances in integrative medicine applied to pediatrics, women's care, mental health and the great contribution that nurses can make to the physical and psychological well-being of patients. To this end, students are provided with multimedia didactic material (video summaries, detailed videos, diagrams), specialized readings and clinical case studies, which will enable them to learn about advances in phytotherapy, diet therapy or nutritional disorders so that they can integrate them into their daily clinical practice.

The professional is, therefore, presented with an excellent opportunity to study a high-quality Professional Master's Degree, comfortably, wherever and whenever they wish. All you need is a computer, tablet or cell phone with internet connection to access the virtual classroom where the course material is hosted. The content can be delivered according to your needs, making it a 100% online program, which is flexible and compatible with the most demanding responsibilities.

This **Professional Master's Degree in Advanced Integrative Medicine and Health for Nursing** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in Advanced Integrative Medicine and Health in Nursing
- ♦ The graphic, schematic, and practical contents which they contain, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be undertaken to improve learning
- ♦ A 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



*Thanks to this qualification you will be able to get up to date on the most frequently used ICT in Advanced Integrative Medicine and Health"*

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*This academic elective gives you the update in Advanced Integrative Medicine and Health that you were looking for”.*


The program's teaching staff includes professionals from the sector who contribute their work experience to this degree 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 learning designed for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to resolve 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.

*Delve into the advances in nutritional genomics with a 100% online program, designed for nursing professionals like you.*

*Integrate into your daily practice, the methodology given in the case studies provided by the specialists who teach this Professional Master's Degree.*



DNA - Test

# 02 Objectives

Over 12 months, the nursing professional will be able to obtain with this Professional Master's Degree the most current and comprehensive knowledge on Advanced Integrative Medicine and Health for Nursing. For this purpose, students will have a syllabus developed by a team of specialists, which will bring them up-to-date with the latest developments in chronological ageing, ozone therapy or advances in psychoanalysis. In the course of your learning you will have a teacher who will also resolve any doubts that may arise regarding the content of this program.







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*Specialist professionals will show you the most recent advances in Advanced Integrative Medicine and Health for Nursing”*



## General Objectives

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- ◆ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence
- ◆ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine
- ◆ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care
- ◆ Promote the acquisition of technical skills and abilities through an effective multimedia system
- ◆ Encourage professional motivation through continuous education and research



*Make the most of this opportunity and take the next step to get up to speed on the latest developments in Advanced Integrative Health and Medicine for Nursing"*





## Specific Objectives

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### Module 1. Genomic Medicine

- ♦ Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks
- ♦ Interpret literature related to the module
- ♦ Describe the importance of isolating patterns of meaning within complex signals and the complexity of analyzing large datasets
- ♦ Develop customized, clinically meaningful omics-based solutions, with a focus on lifestyle and wellness-centered solutions

### Module 2. Advances in Integrative Medicine Techniques

- ♦ Analyze the relationship between the peripheral and central nervous system and the digestive tract and the immune system
- ♦ Review access to complementary medicine therapies in hospital settings
- ♦ Analyze Neural therapy and Ozone Therapy
- ♦ Learn about the clinical advances in integrative nutrition such as the Anti-Inflammatory and Ketogenic Diets

### Module 3. Integrative Medicine and Pediatrics

- ♦ Analyze the importance of nutrition in pregnancy and supplementation, as well as breastfeeding during the first months of the baby's life
- ♦ Learn about mucosal inflammatory syndrome and the most prevalent pediatric diseases
- ♦ Establish and develop a methodology for a school for parents



#### **Module 4. Women's Health in Integrative Medicine**

- ◆ Study the changes that women go through during puberty, their stage of fertility and pregnancy
- ◆ Understand the new challenges that women go through during maternity
- ◆ Review recurrent pathologies in gynecology such as candidiasis, polycystic ovarian syndrome and endometriosis

#### **Module 5. Gerontology and Pathologies Related to Oxidative Stress**

- ◆ Address advances in chronological ageing research, as well as 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 6. 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 Mind and Body techniques such as yoga and Psychoanalysis in the therapeutic approach







### **Module 7. Research**

- ◆ Understand what can be disclosed, to whom, for what reason and what is needed to disclose cases
- ◆ Address the need to bring Integrative Medicine into the Public Health System
- ◆ Reflect on the need for academic and professional organization according to the regulatory framework of some European countries
- ◆ Discuss the right of the individual as a patient to free access to Integrative Medicine
- ◆ Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM
- ◆ Identify community resources and referral network for patients requiring specialized care

### **Module 8. 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 Skills

One of the objectives of this qualification is to enable the nursing professional to broaden their competencies and strengthen their skills with the most relevant and up-to-date information provided by this Professional Master's Degree. Thus, at the end of this program, students will have enhanced their ability to identify pathologies and address them using the latest effective techniques and tools. Furthermore, you will be introduced to the field of probiotics, helping you to get up to speed in this field.







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*This program will enable you to enhance your competencies and skills in the identification of food intolerances”*



## General Skills

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- ♦ Provide a basis or opportunity for originality in the development and/or application of ideas, often in a research context
- ♦ Apply acquired knowledge and problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their area of study
- ♦ Be able to integrate knowledge and face the complexity of making judgements based on incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of your knowledge and judgements
- ♦ Communicate conclusions - and underlying knowledge and rationale supporting them - to specialist and non-specialist audiences in a clear and unambiguous manner
- ♦ Acquire the learning skills that will enable them to continue studying in a manner that will be largely self-directed or autonomous







## Specific Skills

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- ♦ Formulate strategies and individualized health plans
- ♦ Define the different interdisciplinary referral models and teams within and outside the public health system
- ♦ Gather a complete medical history from a holistic point of view
- ♦ Indicate efficient strategies for health prevention, promotion, and research
- ♦ Organize a networked coordination system to facilitate therapeutic management of the patient
- ♦ Define the treatment approach required by the patient according to the different techniques used
- ♦ Describe the multiple disciplines that make up Integrative Medicine and know how to prescribe each of these disciplines
- ♦ Apply diagnostic techniques based on clinical semiology
- ♦ Determine through genetic testing the different polymorphisms involved in chronic pathologies
- ♦ Diagnose microbiota dysfunction and be able to indicate the appropriate supplementation for the different pathological variants
- ♦ Explain the patient's degree of injury through complementary tests
- ♦ Indicate the different channels for managing the various types of tests
- ♦ Explain the effect of biomechanical problems through cadence analysis
- ♦ Understand health dysfunction through chronobiological signs
- ♦ Diagnose food intolerances
- ♦ Establish and manage an environmental warning system and report to the competent management bodies
- ♦ Conduct a diagnosis of the patient's home environment
- ♦ Indicate foods appropriate to the genetic specificity of the individual
- ♦ Determine which drugs and other therapeutic products may interact with an individual's genetic health
- ♦ Indicate specific treatments and products for the treatment of oxidative stress



*Make you way through multimedia resources on clinical advances in ozone therapy and its different therapeutic applications"*

# 04

# Course Management

TECH offers all its students a high-quality education. In keeping with this philosophy, it carefully selects each and every one of the teachers who teach its Professional Master's Degrees. Thus, the nursing professional who attends this program will have before them a multidisciplinary team of specialist professionals who are renowned in and have extensive experience in the area of Integrative Medicine and Health. Their extensive knowledge in this field will also be reflected in the content of this Professional Master's Degree, which can be accessed at any time from an electronic device with an Internet connection.



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*TECH has brought together a multidisciplinary teaching team who are leaders in the field of Integrative Medicine and Health. Thanks to this you will be up to speed on this specialty"*

## 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 Picazo, Pedro**

- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ 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
- ♦ 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
- ♦ Nurse
- ♦ Master's Degree in Mental Health Catholic University of 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
- ♦ Specialist Physician in Rheumatology and Family Medicine
- ♦ Psychoanalyst of the Grupo Cero School of Psychoanalysis
- ♦ Member of SESMI

### 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)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona
- ♦ Master's Degree in Neurosciences at the UAB
- ♦ Master's Degree in Anthropology of Medicine at the University of Tarragona
- ♦ Training in Neural Therapy at CIMA Colombia

### Dr. Rigau, Josepa

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy
- ♦ Cum Laude doctor in Medicine and Surgery by the 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. 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
- ♦ Trained in multiple health and complementary disciplines

### 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
- ♦ Graduate in Medicine and Surgery from the Sevilla University
- ♦ Master's Degree in Acupuncture. University of Seville
- ♦ Master's Degree in Biological Medicine. University of Seville
- ♦ Master's Degree in Homeopathy. University of Seville
- ♦ Master's Degree in Antiaging Medicine. Sevilla University and Alcalá de Henares University

### Dr. Salgado, Carmen

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

### Dr. Serrano Gandía, Juan

- ♦ Author of the following books: Cancer with a biological approach and Anti-cancer power, and co-editorial director of Integrative Oncology. Essential and clinical handbook
- ♦ Teacher of the Master's in Integrative Supplementation at ESI
- ♦ Graduate in Biological Sciences
- ♦ Specialist in Biochemistry and Molecular Biology
- ♦ OSMI Executive Committee Member

### Dr. Blázquez, Elisa

- ♦ Nutritionist
- ♦ Nutritional coach
- ♦ Head of the Nutrition and Dietetics Department of the Integrative Medicine Clinic and author of the book "Integrative Diet"

**Dr. Lajo, Teresa**

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

**Dr. Díaz Díez, Camino**

- ♦ 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)
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid
- ♦ Specialist in Family and Community Medicine
- ♦ Master's Degree in evidence-based Supplements and Nutrition
- ♦ Master's Degree in Environmental Medicine

**Dr. Begara, Mar**

- ♦ Degree in Medicine and Surgery by the UAM with an extraordinary end-of-career award
- ♦ Pediatrician at the La Paz Hospital
- ♦ Specialist in Intensive Pediatric and Neonatal Care, at the La Paz Hospital
- ♦ Intensivist at the Madrid-Montepíncipe-Torrelodones Hospital
- ♦ Master's Degree in Homeopathic Therapeutics
- ♦ Specialist in Biorregulating Medicine
- ♦ Specialist in Orthomolecular Nutrition

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

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

**Dr. Rodríguez, Mónica**

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

**Dr a. García, Olga**

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

**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
- ♦ Assistant at Bioneuroemotion with 20 years of profession in hospitalized patients and more than 10 years in the area of natural and integrative health

**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 Mind and Body Relaxation Techniques

**Ms. Cuevas, Manuela**

- ♦ Graduate in Medicine and Surgery from the UAB
- ♦ Master's Degree in Biopathology and Preventive Gynecology: UAB
- ♦ Postgraduate Diploma in Homeopathy
- ♦ International diploma in Medicine. Anthroposophical
- ♦ Author of the following books: Moon Woman, Solar Woman and Human Papilloma Virus and Women's Health. Treatment from integrative gynecology



**Dr. Lafaja, Juani**

- ♦ Doctor
- ♦ 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
- ♦ Training in Tecar Therapy applied to pelvic floor pathologies

**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 and reference in pregnancies with environmental pathologies, such as multiple chemical sensitivity

**Dr. Maroto, María Jose**

- ♦ External collaborator at IMC - Integrative Medicine Clinic for the area of integrative aesthetic medicine
- ♦ Degree in Medicine and Surgery from the University of Oviedo
- ♦ Advanced Specialization Course in Aesthetic Medicine by the Spanish School of Aesthetic Medicine
- ♦ Diploma in Homeopathy from the Spanish Center of Homeopathy, Boiron
- ♦ Diploma in Dermocosmetics from the Complutense University of Madrid

**Dr. Cruz, Héctor**

- ♦ Neurologist and Homeopathic doctor
- ♦ Degree in Medicine from the University of Zaragoza
- ♦ Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- ♦ Postgraduate in Naturopathic Medicine from the University of Zaragoza, with a Master's Degree in Homeopathy from the Medical-Homeopathic Academy of Barcelona
- ♦ Postgraduate in Naturopathic Medicine
- ♦ Participation in multiple presentations at Neurology and Homeopathy congresses

**Dr. García, Daniel**

- ♦ Nurse, physiotherapist
- ♦ Master's Degree in neuro-motor control
- ♦ Doctor in health sciences
- ♦ Mind and Body techniques such as meditation, Chi Kung and Tai chi

**Dr. Sánchez, Sonia**

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

**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. Serra, Mireia**

- ♦ Degree in Philosophy and Literature (UAB)
- ♦ Music Therapist (URL)
- ♦ Doctor in Clinical Psychology (URL)

**Dr. Vázquez, Carlos**

- ♦ Surgeon
- ♦ Master's Degree in Alternative Medicine focused on Traditional Chinese Medicine and Acupuncture
- ♦ PhD candidate in Pharmaceutic Sciences, in the phytochemical and pharmacognosy line
- ♦ Researcher and professor in MTCL, ethnomedicine, phytotherapy and diet.

**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
- ♦ 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
- ♦ 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
- ♦ Author of the book Posgenomic Personalized Medicine. Practical concepts for physicians

**Dr. Díaz, Gualberto**

- ♦ Contributing author of the book "Integrative Oncology, Basic and Clinical Manual" in 2019, Ed. Panamerican Doctor
- ♦ Extensive experience in research, medical writing and scientific consultancy that include 20 years in pharmaceutical industry management.
- ♦ Degree in Medicine and Surgery
- ♦ Specialist MIR in Family and Community Medicine
- ♦ Diploma in Pediatrics for family physicians
- ♦ Expert in Integrative Medicine with focus on homeopathy and oncology support

**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 by HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- ♦ University Diploma in Nursing

**Dr. Romero, Carolina**

- ♦ Director of the Mind and Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind and Body department in the integrative health program at San Roque hospital
- ♦ Joint author of a book on integrative oncology
- ♦ 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)
- ♦ Doctor of Clinical Psychology (Neuromodulation to reduce pain)
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation

**Dr. Aldana Martínez, Natalia Sofia**

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

**Dr. Matute, Ruth**

- ◆ Biochemistry
- ◆ Molecular Biology
- ◆ Researcher for several university projects

**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





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

- ◆ 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)
- ◆ Vice-President of the Cosmetic Doctor Association of Granada
- ◆ 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. ACAM protocol for Arterial Chelation
- ◆ Specialist in Cosmetic Medicine
- ◆ Specialist in Clinical Infectious Diseases

**Ms. Aldana Martínez, Sonia Cristina**

- ◆ Geologist PhD in Earth and Environmental Science and Technology from the University of Cagliari,
- ◆ Master of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca and
- ◆ Bachelor of Science in Geology at the University of Santander.

**Dr. De la Flor, Irina**

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



05

# Structure and Content

TECH uses the Relearning system in all its Professional Master's Degrees, which allows students to progress in a much more natural way, reducing the long hours of study. Thus, the professional who signs up to in this Professional Master's Degree will be able to deepen their knowledge in a more dynamic and agile way thanks to the most recent studies on neural therapy, immunomodulation, ketogenic diet or the effectiveness of the Mind and Body techniques in the therapeutic approach. All this, in 1500 teaching hours of current, specialized and scientifically rigorous information.



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*You are guaranteed an extensive library of teaching resources that you can access 24 hours a day to stay abreast of advances in Integrative Medicine and Health"*

## Module 1. Genomic Medicine

- 1.1. Introduction to Genomic Medicine
  - 1.1.1. Genomic Medicine
- 1.2. Polymorphisms. Epigenetics
- 1.3. Pharmacogenomics
- 1.4. Nutritional Genomics
  - 1.4.1 Nutrigenomics
  - 1.4.2 Nutrigenetics Gluten, Lactose and Fructose Intolerance
  - 1.4.3 Functional Foods
  - 1.4.4 Personalized Diet Therapy
- 1.5. Biomedicine. Biochemistry Overview

## Module 2. Advances in Integrative Medicine Techniques

- 2.1. Platelet Factors
- 2.2. Neural Therapy
- 2.3. Microimmunotherapy
- 2.4. Mycology and Immunomodulation
- 2.5. Ozone Therapy. Clinical Evidence
  - 2.5.1. Biochemical Principles and Ozone Mechanism of Action
- 2.6. Orthomolecular Supplementation, Phytotherapy and Interactions
  - 2.6.1. Phytotherapy
- 2.7. Advances in Integrative Nutrition
  - 2.7.1. Anti-Inflammatory Diet
  - 2.7.2. Ketogenic Diet
  - 2.7.3. Fasting
  - 2.7.4. Diet Therapy to Rebalance Microbiota

## Module 3. Integrative Medicine and Pediatrics

- 3.1. Introduction to Integrative Pediatrics
- 3.2. The First 1000 Days of Life
  - 3.2.1. The Importance of Nutrition During Pregnancy. Supplementation
  - 3.2.2. The Importance of Breastfeeding
  - 3.2.3. Most Important Childhood Nutritional Deficits
- 3.3. Nutrition
  - 3.3.1. From 2 Years Onwards: The Harvard Plate
- 3.4. Nutritional Disorders
- 3.5. Mucosal Inflammation Syndrome. Pathophysiology of the Most Prevalent Pediatric Diseases
- 3.6. Dysbiosis and Pediatric Uses of Probiotics
- 3.7. Child Integrative Oncology
- 3.8. School for Parents
- 3.9. Childhood Mental Disorders

## Module 4. Women's Health in Integrative Medicine

- 4.1. Puberty
- 4.2. Fertility and Pregnancy
  - 4.2.1. Motherhood and its Challenges. Feeding
  - 4.2.2. Complementary Techniques to Support IVF
    - 4.2.2.1. Acupuncture
    - 4.2.2.2. Wellness Therapy (Supplementation, Body and Mind, Balneotherapy...)
- 4.3. Recurring Diseases in Gynecology
  - 4.3.1. Candidiasis
  - 4.3.2. Recurrent Cystitis
  - 4.3.3. Myomas
  - 4.3.4. Polycystic Ovary Syndrome
  - 4.3.5. Endometriosis
  - 4.3.6. HPV Infection
  - 4.3.7. Dysmenorrhea, Premenstrual Syndrome and Premenstrual Dysphoric Disorder
  - 4.3.8. Fibrocystic Mastopathy
- 4.4. Menopause
  - 4.4.1. Most Frequent Problems
  - 4.4.2. Integrative Medicine Approach



## Module 5. Gerontology and Pathologies related to Oxidative Stress

- 5.1. Advances in Chronological Age Research
- 5.2. Measures for Active and Healthy Aging
- 5.3. Neurology
  - 5.3.1. Alzheimer's Disease and Cognitive Deterioration
    - 5.3.1.1. Parkinson's Disease
    - 5.3.1.2. Sensory Dysfunction
  - 5.3.2. Biomechanics
    - 5.3.2.1. Muscles as a Metabolic Organ

## Module 6. Mental Health and the Helping Relationship

- 6.1. Life History
  - 6.1.1. Pathochrony
- 6.2. Epidemiology and Prevalence of Mental Illness in the Population
- 6.3. Advances in Neuropsychiatry
- 6.4. Illness as a Pathway
  - 6.4.1. Coping with Illness
  - 6.4.2. Psychological Impact of Illness
- 6.5. Introduction to Coaching
  - 6.5.1. Powerful Questions
  - 6.5.2. Coaching Tools
- 6.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
  - 6.6.1. Yoga and Mindfulness
  - 6.6.2. Breathing Techniques
  - 6.6.3. Sound Therapy. Music Therapy
  - 6.6.4. Cardiac Coherence
  - 6.6.5. Bioenergetic Techniques
  - 6.6.6. Art Therapy and Creative Processes
  - 6.6.7. Psychoanalysis

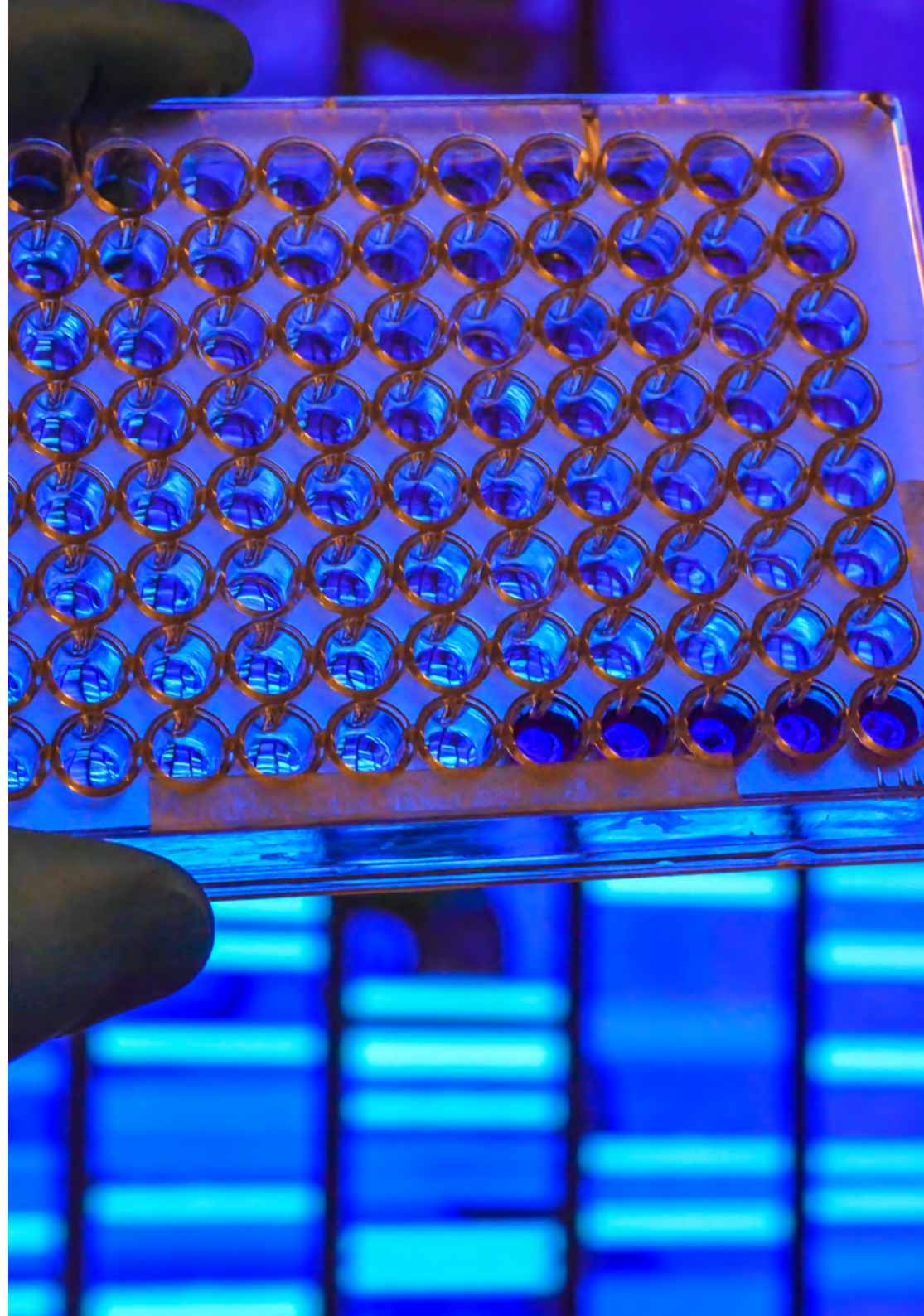


### Module 7. Research

- 7.1. Evidence-Based Medicine in Integrative Medicine
- 7.2. Fundamentals of Applied Research in TCAM
- 7.3. Collaborative Work, Networks, and Resources in TQM Research

### Module 8. Information and Communication Technologies applied to Integrative Medicine

- 8.2. Use of Biometric Tools
- 8.3. Application of Digital Clinical Self-Questionnaires
- 8.4. Use of Digital Medical History
- 8.5. Platforms and Databases for Health Professionals
- 8.6. Create and Manage Your Own Digital Structure
- 8.7. Search Engines and Marketing Strategies
- 8.8. Video Consultation
- 8.9. Software Models of Interactions Based on Genomic Medicine



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*A 100% online Professional Master's Degree that will bring you closer to the latest developments in the therapeutic approach using Body-Mind techniques".*



06

# 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.





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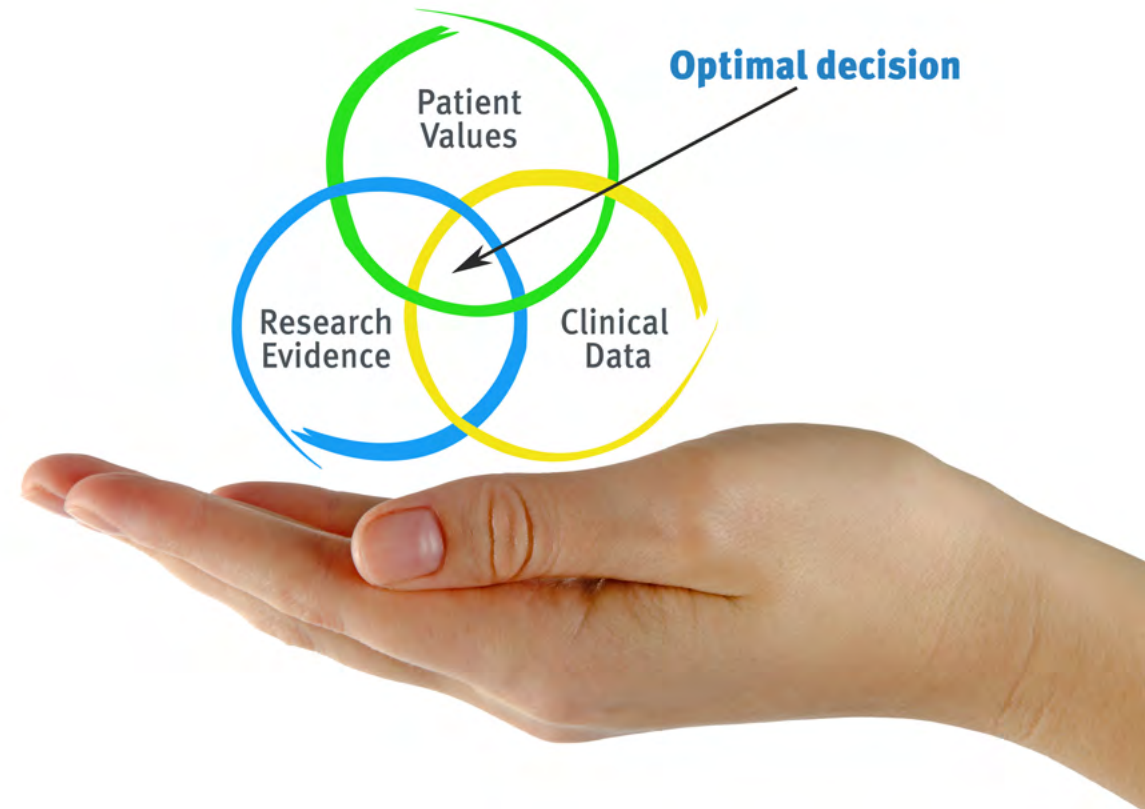
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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. 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.

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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

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 nurses 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

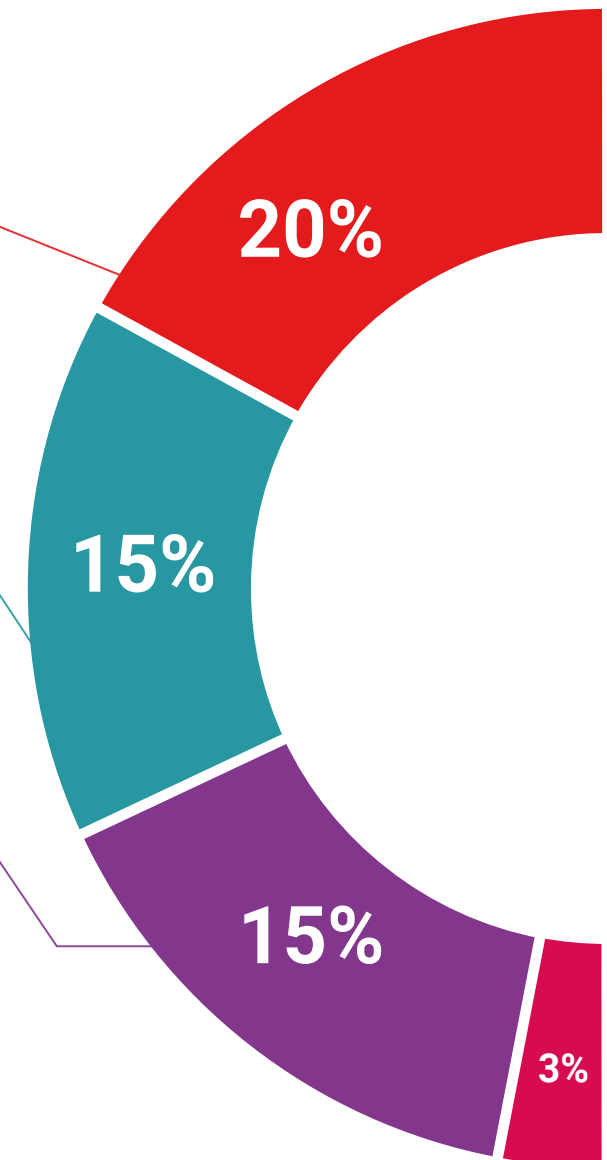
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

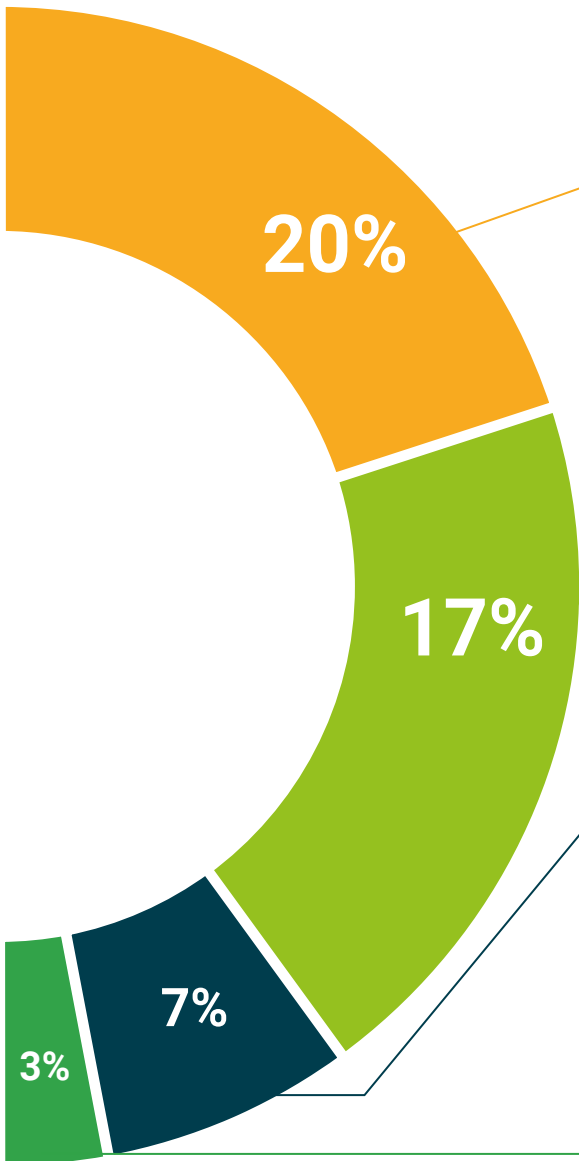
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



07

# Certificate

The Professional Master's Degree in Advanced Integrative Medicine and Health for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Technological University.





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



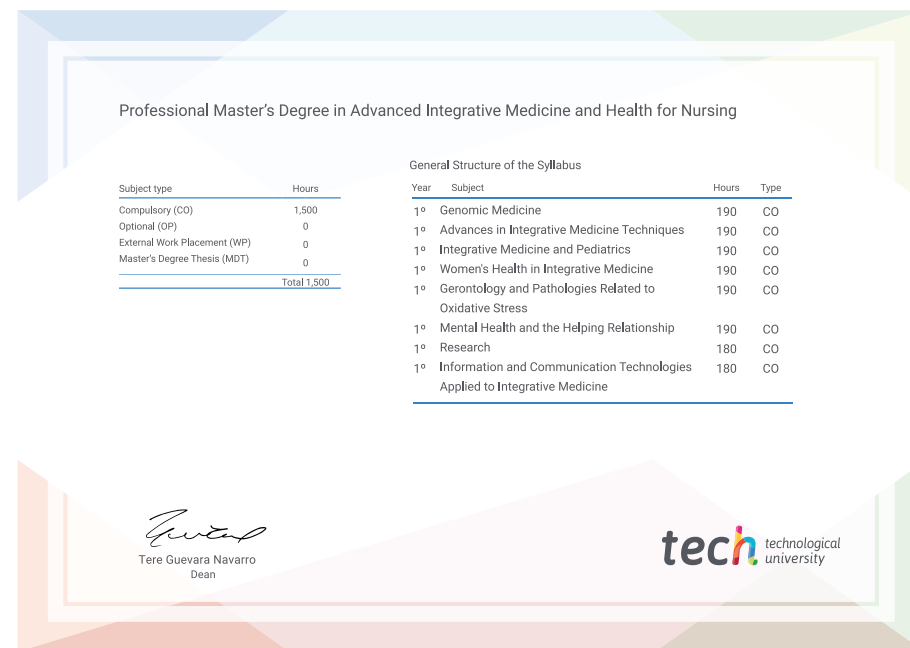
This **Professional Master's Degree in Advanced Integrative Medicine and Health for Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Professional Master's in Advanced Integrative Medicine and Health for Nursing**  
 Official N° of hours: **1,500 h.**

Endorsed by: Spanish Society of Integrative Health and Medicine



\*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  
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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom

**tech** universidad  
tecnológica

**Professional Master's  
Degree**

Advanced Integrative  
Medicine and Health  
for Nursing

Course Modality: Online

Duration: 12 months

Certificate: TECH Technological University

Official N° of hours: 1,500 h.

# Professional Master's Degree Advanced Integrative Medicine and Health for Nursing

Endorsed by:



Sociedad Española  
de Salud y  
Medicina Integrativa.



**tech** technological  
university