



# Professional Master's Degree

# Nursing in Integrative Medicine

» Modality: online

» Duration: 12 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/nursing/professional-master-degree/master-nursing-integrative-medicine

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# tech 06 | Introduction

Undoubtedly, integrative medicine has experienced significant growth in recent years due to public acceptance of health alternatives away from invasive treatments or those that generate excessive side effects. An option that has been able to promote healthy habits and prevent diseases through diet, physical activity and different diagnostic techniques.

A therapeutic option supported by substantial research that has studied its impact on symptom control for certain pathologies, applied treatments, and the management of patient emotions. Given this scenario, nursing professionals in constant pursuit of updates will find in this Professional Master's Degree the most recent content on Integrative Medicine.

To that end, the program has been developed by an extensive team of specialized professionals, who pour into the syllabus the most current information on the approach to chronic diseases such as fibromyalgia, chronic fatigue, allergies or cancer. An exhaustive body of knowledge with a theoretical-practical approach, which will also bring students up to date on the relation between microbiota and depression, or the latest diagnostic techniques used. Furthermore, the clinical studies of cases provided by expert professors in the field will bring students closer to situations they can later use in their normal practice.

Nursing professionals are undoubtedly before an excellent opportunity to keep up with the latest advances in Integrative Medicine through a flexible university education that can be accessed whenever and wherever they wish. Students only need an electronic device with an internet connection to access the virtual platform where the multimedia resources are hosted. All this, in addition to a Relearning system, which will allow students to reduce the long study hours so common to other teaching methods.

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

- Practical cases by experts in Integrative Medicine and 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



TECH uses the Relearning system, which will reduce the long study hours so common with other teaching methods"



Study in more scientific detail with this Professional Master's Degree and delve into the benefits and use of contemporary acupuncture"

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

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

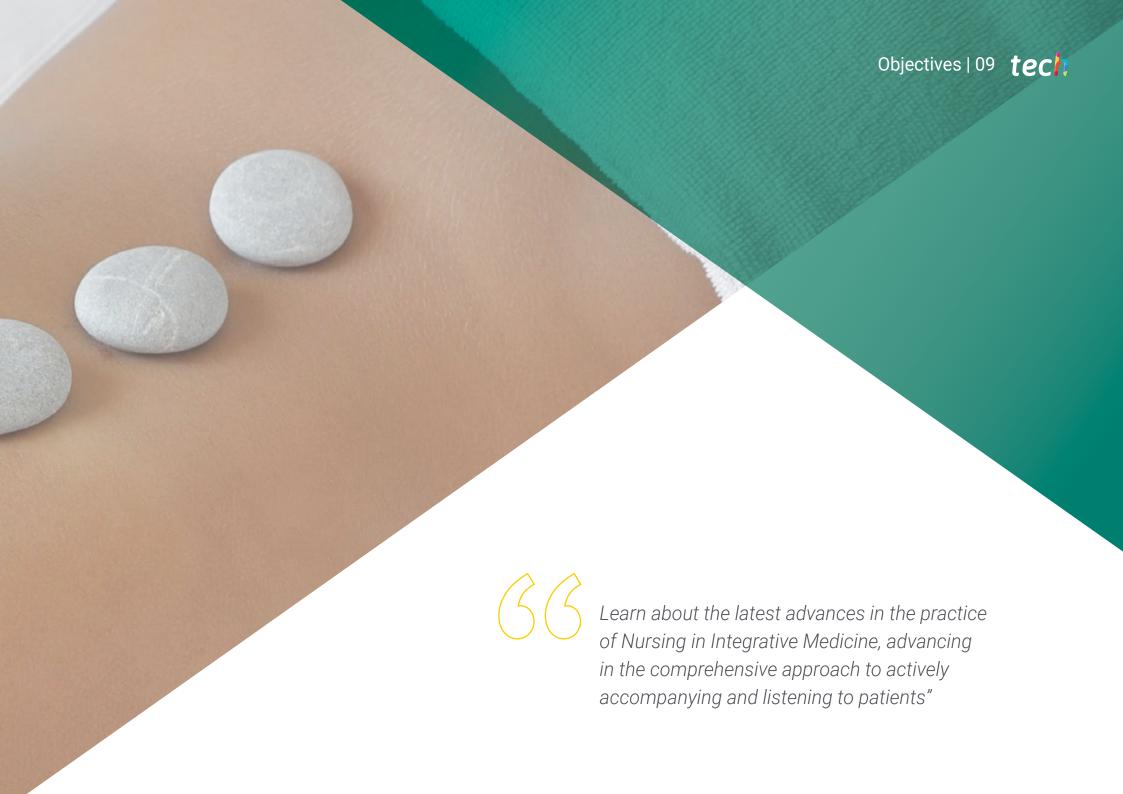
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced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

Thanks to this program, you will be immersed in the latest developments in Integrative Medicine and its use on cancer patients.

This is an ideal academic option for nursing professionals who wish to balance quality education with their work responsibilities.







# tech 10 | Objectives



# **General objectives**

- 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 stimulation through continued specialization and research



You will be up to date on the latest diagnostic tools used to detect pathophysiological processes present in chronic diseases"





### Module 1. Introduction to Integrative Medicine

- Identify cultural, socioeconomic, and historical factors that shape population health disparities
- Examine ways in which integrative practitioners can participate in communitybased health programs, identify barriers to access, and develop health resources for underserved populations

### Module 2. Integrative Medicine and Health Prevention

- Study how the political, economic, and social macrosystem shapes the health system, determines access to resources, and influences the role of health professionals and the patient
- Demonstrate social and cultural competence in the context of a comprehensive care plan

### Module 3. Approaches and Strategies

- Define the clinical practice model, contextualized to the individual's health situation and appropriate goal setting
- Know the different philosophical systems of Integrative Medicine from an anthropological perspective

### Module 4. Pathophysiology

- Recognize the pathophysiological processes that are common to all chronic diseases
- Know the diagnostic tools useful in these processes
- Explain basic aspects related to the module
- Safe disposal of toxic waste and preventing re-accumulation

### Module 5. Diagnosis, Clinical and Complementary Analyses

- Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks
- Interpret literature related to the module

#### Module 6. Environmental Medicine

- 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 7. Approach to Frequent Chronic Diseases in Integrative Medicine I

- Review access to complementary medicine therapies in hospital settings
- Address the need to bring Integrative Medicine into the Public Health System
- Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM

### Module 8. Approach to Frequent Chronic Diseases in Integrative Medicine II

- Identify community resources and referral network for patients requiring specialized care
- Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system

### Module 9. Legal Aspects

- Understand common ethical issues that arise in current clinical practice
- Understand what can be disclosed, to whom, for what reason and what is needed to disclose it
- 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





# tech 14 | Skills



### **General skills**

- Possess and understand knowledge that provides a basis or opportunity to be original 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
- Integrate knowledge and face the complexity of making judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments
- Know how to communicate conclusions, knowledge, and supporting arguments to specialized and non-specialized audiences in a clear and unambiguous manner
- Acquire the learning skills that will enable further studying in a largely self-directed or autonomous manner





# Specific skills

- 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 approach
- Indicate efficient strategies for health prevention, promotion, and research
- Organize a network 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
- Analyze, from the biological model, the different mechanisms underlying the individual's pathology and determine the pathophysiological process
- Detoxification strategies for different pathways
- Determine kinetic chain affectation and the different psycho-behavioral implications
- Define the constitutional model and patient diathesis
- Define the metabolic pathways involved in the patient's pathology in order to know when, how and which supplementation can reverse the dysfunctions

- Describe the role of different neurotransmitters and the impact on the gut-brain axis, as well as their involvement in the symptoms
- Point out the differences in autoimmune dysfunctions
- Point out the implications of glandular alterations on global health
- Describe the symptomatology associated with microbiota dysfunction and establish an initial diagnostic approach
- Explain the different diagnostic techniques in Integrative Medicine
- Determine the type of analysis and complementary tests to correctly diagnose each case



With this 100% online program, you will be up to date with the latest diagnostic models and techniques used in Integrative Medicine to treat patients with chronic diseases"





### **International Guest Director**

Dr. Chiti Parikh is a leading medical figure with an impressive career in Integrative Medicine. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of executive director of the Integrative Health and Wellness program. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a strong commitment to teaching and mentoring, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's international contribution in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



# Dra. Chiti, Parikh

- Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- Executive Director at Weill Cornell Medicine
- M.D. from Rutgers Robert Wood Johnson Medical School



# tech 20 | Course Management

# 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

- Nurse
- Director of Medintegra
- Partner of Biomédica Sc.
- Educational partner of the G-SE international team
- Head of sanitary area C.A.I. Alicante City Council
- Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- Board member of the Spanish Association of Integrative Health and Medicine
- Member of the Spanish Association of Community Nursing
- Member of the International Association of Yoga Therapist
- Member of the Expert Team of the European Foundation of MTC
- Master's Degree in Mental Health, Catholic University Valencia
- Master's Degree in Nutrition, University of the Balearic Islands
- Expert in Immunonutrition, Catholic University of Valencia
- 🔹 Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia
- Diploma in Acupuncture by ADEATA and FEDINE

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### **Professors**

### Dr. Vargas Sánchez, María José

- Medical specialist in Anesthesiology, Resuscitation, and Pain Therapeutics
- ACTP Coach by ICF at EEC (European School of Coaching) and collaborating member
- Mentor/coach in Cardiac Coherence, HeartMath Institute
- Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- University Diploma in Nursing

### Dr. Trujillo, Helena

- Psychoanalist for Grupo Cero, couples therapist and psychologist with collegiate number M-31056
- Part of the Department of Clinical Assistance at Grupo Cero and the Department of Art and Culture of Grupo Cero
- Director of Grupo Cero Televisión
- Expert in Criminology. Specialist in mental health and female development

### Dr. Alonso Almela, Marta

- Nutritionist in an Integrative Medicine Clinic
- Graduate in Traditional Chinese Medicine
- Diploma in Nutrition and Bachelor's Degree in Food Science
- Master's Degree in Orthomolecular Nutrition

### Dr. García, Daniel

- Nurse
- Physiotherapist
- Master's Degree in neuro-motor control
- Doctor in Health Sciences
- Mind-body techniques such as meditation, Chi Kung and Tai chi

### Dr. Faulin, Ayla

- Head of the Department of Nursing in Integrative Medicine Clinic CMI
- Diploma in Nursing at the University of La Rioja
- Bachelor's Degree in Natural Therapies, specializing in Naturopathy at Royal University Center "Escorial - María Cristina"
- Expert in Manual Therapies and Body-Mind Relaxation Techniques

### Dr. Pol Yanguas, José

- Diploma of Homeopathy CEDH School of Doctors of Alicante, Boiron
- Superior Technician in Orthoprosthetics in the private center of primary and secondary education CEBAT of Muchamiel

### Dr. Hortal, Luis

- Family Physician
- Professor of Health Information Systems and Ultrasound in SERMAS
- Advanced Diploma in Homeopathy
- Internship teacher for 5th and 6th year students at the University of Alcalá
- Family and Community Medicine Resident Tutor DAEste SERMAS

### Dr. Salgado, Carmen

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

### Dr. Álvaro Naranjo, Tomas

- Immunopathologist
- Medical specialist, Anatomic Pathology Service, HTVC Care Center
- Doctor in Pathological Anatomy
- Specialist in the study of the immune system and its tumors
- Specialized in Syntergetic Medicine and scholar in the field of Bioenergetic and Vibrational Medicine
- Expert in Psychoneuroimmunology and Energy Psychology techniques
- Degree in Clinical Psychology
- Degree in Medicine and Surgery

### Dr. De la Puerta, Lola

- Member of the expert medical team on the "International Scientific Forum for the usefulness of food-IgG, in chronic inflammatory diseases"
- Degree in Medicine
- Official accreditation from the Official College of Physicians of Madrid for the practice of Esthetic Medicine and Biological and AntiAging Medicine
- Member of the Spanish Society of Anti-Aging and Longevity Medicine, the Spanish Society of Integrative Medicine, the Spanish Society of Biological and Anti-Aging Medicine, the Spanish Society of Cosmetic Medicine and Surgery and the Association of Microbiological Therapy

### Dr. Díaz, Gualberto

- Expert in Integrative Medicine with focus on homeopathy and oncology support
- Specialist MIR in Family and Community Medicine
- Diploma in Pediatrics for family physicians
- Degree in Medicine and Surgery

### Dr. Bogeat, Julio

- Coordinator, Trainer and Consultant
- Gestalt Therapist, Ericksonian Hypnosis, and EMI (Eye Movement Integration), Enneagram
- Collaborator on the Foundation for the Development of Consciousness
- Lecturer for the Chair of Consciousness and Development, University of Granada
- Degree in Clinical Psychology

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

- Specialist in Cosmetic Medicine
- Specialist in Clinical Infectious Diseases
- 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

### Dr. García Sabaté, Carolina

- Molecular Biology Service Specialist, Teletest
- Biochemistry R&D

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### Dr. Rigau, Josepa

- President and Trainer at the Spanish Association of Microimmunotherapy
- Doctor of Medicine and Surgery, Rovira i Virgili University of Tarragona
- Specialist and Master's Degree in Biological and Antiaging Medicine from the Unviersity of Alcalá
- Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- Master's Degree in Environmental Medicine

### Dr. Daza, Beatriz

- Collaborating Professor, Complutense University of Madrid; Professor of TCM
- Organizational Secretary of the Spanish Society of Integrative Health and Medicine (SESMI) and member of the Association of Health Acupuncturists (AAS)
- Graduate in Nursing
- Master's Degree in Palliative Care
- Diploma in Traditional Chinese Medicine

### Dr. Pablo Moltó, Juan

- Founder of Psiconeuroacupuntura®
- Graduate in Acupuncture and Moxibustion
- Course in Neuropsychology, Institute of Advanced University Studies of Barcelona
- Degree in Humanistic Psychotherapy
- Degree in Sensorimotor Psychotherapy
- Degree in Homeopathy, María Cristina Royal University Center in Madrid

### Dr. García, Isabel

Endocrinology medical specialist

#### Dr. Esmel, Neus

- Member of SESMI
- PhD, Nurse and Anthropologist
- Master's Degree in Nursing Sciences
- Expert in Reflexotherapy, Flower Therapy and Bioenergetic Therapies

### Dr. Gelfo, Judith

• Dentist, specialist in Posturology in a Kinesiological Key

#### Dr. Díaz Díez, Camino

- Specialist in Family and Community Medicine
- Medical coordinator for Blue Healthcare
- Member of the Spanish Society of General Medicine (SEMERGEN)
- Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- Master's Degree in evidence-based Supplements and Nutrition
- Master's Degree in Environmental Medicine
- Degree in Medicine and Surgery from the Complutense University of Madrid

### Dr. Lajo, Teresa

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

#### Dr. Serrano Gandía, Juan

- Specialist in Biochemistry and Molecular Biology
- Teacher at the Master's Degree in Integrative Supplements at the ESI
- Gradute in Biological Sciences
- OSMI Executive Committee Member

### Dr. Mestre, Josep María

- Quality manager, Teletest
- Specialist in Clinical Analysis
- Degree in Pharmacy

### Dr. Verdaguer, Xevi

- Psychoneuroimmunologist
- Posturologist Acupuncture Specialist in Cranio-Mandibular and Cranio-Cervical Osteopathy
- Specialist in Micro-Immunology Clinical Hypnosis
- Director of the Postgraduate course accredited by the University of Barcelona: PNIE or Psychoneuroimmunoendocrinology
- Graduate in Physiotherapy from UCAM, MURCIA

### Dr. Giralt, Isabel

- Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- Vice-President of the Spanish Society of Integrative Health and Medicine
- Member of the board of the European Society of Integrative Medicine
- Founder of ENERGIMED S.L. Acupuncture and Natural Medicine Clinic
- Master's Degree in Acupuncture from the University of Barcelona
- Degree in Medicine

### Dr. Barrena, María José

- Founder of Intermedical Solutions
- Biochemistry with professional practice in the health sector and in the development of Membrane Lipidomics in Mature Erythrocytes as a complementary analytical tool for the knowledge of the functional state of people and their specific nutrition

### Dr. Domínguez Iglesias, Jesús

- Physiotherapist
- Specialist in implementing the mineralogram test in hair
- Specialist in Cranio Osteopathy, Traditional Chinese Medicine, Naturopathy, Geobiology, Kinesiology, Functional Medicine and Integrative Physiology

### Dr. Sabater Tobella, Juan

- President of Eugenomic
- Director of the first center in Spain that focuses on researching and diagnosing metabollic diseases: Institute of Clinical Biochemistry-Barcelona
- Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- Permanent Member of the Royal Academy of Medicine of Catalonia
- Corresponding Member of the Royal National Academy of Medicine, of the Institute of Spain
- President of honor of the Royal Academy of Pharmacies of Catalonia
- European Specialist in Laboratory Medicine (EC4)
- Member of the Pharmacogenomics Research Network

### Dr. Ibáñez, Esther

- Family physician and Pediatrics
- Degree in Medicine and Surgery General and Digestive Surgery in London
- Master's Degree in Chinese Medicine and Acupuncture

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#### Dr. García Alonso, Marisa

- Specialist in Clinical Analysis
- Trainer at the Spanish Association of Microimmunotherapy (AEMI)
- Nutribiotica trainer, giving seminars on microbiota and intestinal markers
- Master's Degree in drug addiction from the Complutense University of Madrid
- Master's Degree in Business Management and Administration from Institute of Business Administration (Instituto de Empresa)
- Master's Degree and member of the teaching team on the Master's Degree in Evidence-based Integrative Supplementation at ESI
- Degree in Pharmacy

### Dr. Maudos, Carlos

- Graduate in Kinesiology
- Graduate in Homeopathy and other analogous therapies
- Diploma in MORA Bioresonance
- Diploma in Syntergetic Medicine
- Graduate in M.T.Ch

### Dr. Mejías, Sergio

- Cardiology Specialist
- Doctor in Medicine and Surgery, Faculty of Medicine, University of Navarra
- Degree in Medicine

### Dr. Díaz, Arístides

• Specialist in Transpersonal approach and family constellations

### Dr. González, Belén

• Family physician and nutritionist

#### Dr. Navarro, Carmen

- Medical Director, GAIA clinic
- Consultation specialized in Environmental Medicine: SQM, SFC, Fibromyalgia and chronic bacterial and viral infectious diseases
- Expert in Micronutrition and Diet Therapy from the University of Almeria
- Master's Degree in Integrative and Humanist Medicine
- Degree in Medicine and Surgery from the University of Granada

### Dr. Muñoz Calero, Pilar

- Expert in Environmental Medicine
- President of the Alborada Foundation
- Co-Director of the Extraordinary Chair of Pathology and Environment at the Complutense University of Madrid
- Teaching Collaborator, Faculty of Medicine, Complutense University of Madrid
- Degree in Medicine from the Complutense University of Madrid, specialized in Pediatrics, Neonatology, Stomatology, and Addictions
- Expert in Environmental Medicine

### Dr. Fernández, Tomás

- Nurse
- Director of the Department of Naturopathic Nursing, Official College of Nursing of Zaragoza
- President of ASENZAR- Association of Naturopathic Nursing of Zaragoza
- Postgraduate degree in Naturopathic Medicine and Surgery from the University of Zaragoza

### Dr. Matute, Ruth

- Biochemistry
- Molecular Biology

#### Dr. Mendes Moreira, Ana Cristina

- General Practitioner
- President of the Spanish Society of Integrative Medicine
- Training in Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Homotoxicology, Orthomolecular Medicine, Biological Medicine Antiaging Medicine and Syntergetics

### Dr. Sánchez Suárez, Sergio Luis

- Specialist Physician in Integrative Medicine and Health
- Doctor of Medicine
- Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- Master's Degree in Neurosciences and Behavioral Biology from the Pablo Olavide University, Seville
- Diploma in Homeopathic Medicine, Tomás Pablo Paschero, Argentinian School of Homeopathic Medicine
- Diploma in Global Postural Re-Education (GPR), University of Manual Therapies of Saint Mont. France
- Trained in Microimmunotherapy, 3IDI-Spain Institute
- Diploma in Manual Lymphatic Drainage Vodder from the Association for the Promotion of LDMV-Spain

### Dr. González, Mónica

- Founder of the Atenea Association of Natural and Energetic Therapies
- Nurse
- Holistic Therapist
- Acupuncturist from the College of Nursing of Alicante
- Bioneuroemotion Assistant

#### Dr. Santos, Martín

- Family and Community Medicine Specialization
- Degree in Medicine and Surgery, University of Valencia
- Doctoral studies and specialization in Medical Oncology in Germany and Switzerland
- Master's Degree in Environmental Medicine, Homeopathy and Natural Medicine

#### Dr. Cruz, Héctor

- Neurologist and Homeopathic doctor
- Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- Postgraduate degree in Naturopathic Medicine from the University of Zaragoza
- Master's Degree by the Medical and Homeopathic Academy of Barcelona
- Postgraduate in Naturopathic Medicine
- Degree in Medicine from the University of Zaragoza

### Mr. Almodovar, Francisco

- Lawyer at Almodovar & Jara and RAM Law Firm
- Biomedical Law Degree

### Dr. Mas Llorens, Laia

- Co-founder and Deputy Director at ISIC-Institute for Integrative and Conscious Health
- Polarity Therapy
- Nurse
- Master's Degree in Integrative Medicine
- Postgraduate in Family and Community Nursing

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#### Dr. Guirado, Fernando

- Nurse
- Biometrist and Hematographic Researcher

### Dr. Romero, Carolina

- Director of the Mind-Body Therapy Center of the Canary Islands
- In charge of the Mind-Body department in the integrative health program at San Roque hospital
- Art therapist, teacher of Samatha Vipassana and therapeutic Yoga
- Trained in Tibetan Yoga, Dream Yoga and Bardo
- Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- Postgraduate degree in Neuropsychology and Education
- Postgraduate degree in Family Intervention and Mediation

### Dr. Portales, Sergio

- Integrative physician (Homeopathy, Acupuncture, Kinesiology, Bioresonance etc) in Private Practice
- Specialist in Intensive Care Medicine
- Former president of the Matritense Hahnemannian Society
- Former Professor of Medical Physiology
- Diploma in Acupuncture
- Diploma in Gestalt Psycotherapy
- Degree in Medicine and Surgery from the National University of Mexico and the university of Alcalá de Henares

### Dr. Alonso, Mar

- Naturopathic expert in Naturopathic Biological Methods
- Bioresonance, Bioenergetics, and Gut Microbiota Trainer
- Expert in Quantum Biophysics

### Dr. Benito, Susana

- Physician specializing in Rehabilitation and Physical Medicine
- Medical Specialist, Infanta Leonor Hospital of Madrid, Locomotor System Consultation
- ESI Academy collaborating teacher in the Master's Degree in Integrative Supplementation
- Degree in Medicine and Surgery from the University of Alcalá in Madrid
- Specialist in Neurosensorial Posturology at the Ecole Supérieure de Posturology Phillipe Villeneuve

### Dr. Morales, Carlos

- Physician graduated from the Metropolitan University of Colombia
- Master's Degree in Genomic Medicine by the CEU fundación San Pablo
- Diploma in Homeopathy and Homotoxicology, University of Zaragoza, and Homeopathic Medicine, Vitalis Homeopathic Medical Foundation
- Expert in active cell nutrition by the INCA (Barcelona)

### Dr. Aldana Martínez, Natalia Sofia

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

### Dr. Hernández Niño, Leonardo

- Medical Surgeon, National University of Colombia
- Specialist in University Teaching and Research Sergio Arboleda University
- University Professor and Researcher at MATC
- Master's Degree in Alternative Medicine, Homeopathy Area, National University of Colombia
- Postgraduate training in Neural Therapy, Traditional Chinese Medicine, Ozone Therapy, Syntergetics and Homotoxicology

### Dr. Blázquez, Elisa

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

### Dr. Fernandez, Valle

- Specialist in Family and Community Medicine, Southeast Healthcare Unit, Gregorio Marañón University Hospital
- Master's Degree in Integrative and Humanist Medicine
- Degree in Medicine

### Dr. García Gutiérrez, Rosario

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

### Dr. Pellicer, Cristina

- Medical trainer in thoracic surgery
- Master's Degree in Clinical Oncology from the University of the Basque Country
- Master's Degree in Clinic Psychoneuroimmunology from the University of Salamanca and Psychoneuroimmunology in Europe

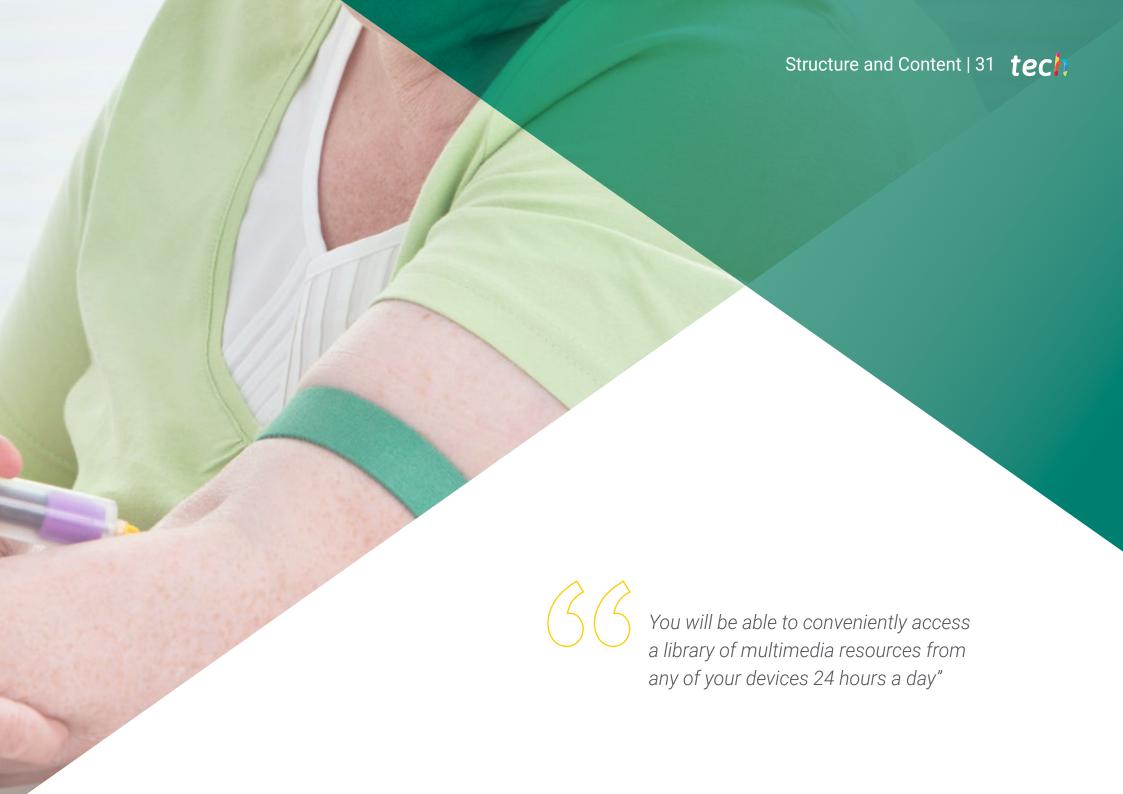
### Dr. Vinyes, David

- Neurologist
- Director of the hybrid Master's Degree in Medical Neural Therapy and Dentistry
- Medical director of the Institute of Neural Therapy and Regulatory Medicine
- Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (University of Barcelona UB - Sant Joan de Déu Campus
- Master's Degree in Neurosciences at the UAB
- Master's Degree in Anthropology of Medicine at the University of Tarragona
- Degree in Medicine and Surgery from the Autonomous University of Barcelona

### Dr. Crespo de la Rosa, Juan Carlos

- Doctor of Medicine and Surgery from the University of Sevilla
- Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Sevilla
- Master's Degree in Acupuncture, University of Seville
- Master's Degree in Medical Biology, University of Seville
- Master's Degree in Homeopathy, University of Seville
- Master's Degree in Medical Anti-Aging, University of Seville and University of Alcalá de Henares
- Graduate in Medicine and Surgery from the Sevilla University





# tech 32 | Structure and Content

### Module 1. Introduction to Integrative Medicine

- 1.1. History of Integrative Medicine
  - 1.1.1. History of Integrative Medicine
- 1.2. Foundations and Indications
  - 1.2.1. Foundations of Integrative Medicine
  - 1.2.2. Indications
- 1.3. How to Develop a Health Plan for the Patient?
  - 1.3.1. The Health Plan: How to Develop It?
- 1.4. The Sociology of Health
  - 1.4.1. Aspects of the Social Macrosystem that Affect Human Health
  - 1.4.2. Social Aspects that Impact Access to the System
  - 1.4.3. Limitations to Practicing Integrative Medicine
- 1.5. Medical History and Comprehensive Evaluation of the Person
  - 1.5.1. Medical History from the IM's Perspective
  - 1.5.2. Comprehensive Assessment: Objectives and Results
- 1.6. Integrative Approach from a Social Work Perspective
  - 1.6.1. Social Work and the IM
  - 1.6.2. Integrative Approach from a Foundation of Social Work
- 1.7. Biological and Psychological stages in Humans. Age-Related Developmental Aspects
  - 1.7.1. Biological and Psychological stages in Humans
  - 1.7.2. Age-Related Developmental Aspects

### Module 2. Integrative Medicine and Health Prevention

- 2.1. Prevention, Health Education and Lifestyles
  - 2.1.1. Preventive Nutrition
- 2.2. Physical Activity and Sport
- 2.3. The Patient as a Proactive Individual
  - 2.3.1. The Role of Nursing in Health and Integrative Medicine
- 2.4. Community Networks as a Pillar of Prevention and Health Promotion
  - 2.4.1. Community Pharmacies
  - 2.4.2. Health Centers
  - 2.4.3. The Family Network
  - 244 GAM

### Module 3. Approaches and Strategies

- 3.1. Biological Model
  - 3.1.1. The Interrelation of Physiological Systems
  - 3.1.2. Mitochondrial Physiology and Dysfunction
  - 3.1.3. Chronic Inflammation and Mucosal Permeability Syndromes
  - 3.1.4. Implication of Immune System Disorders in Chronic Pathologies 3.1.4.1. Autoimmunity
  - 3.1.5. The Role of Oxidative Stress
  - 3.1.6. Microbiota
  - 3.1.7. The Physiology of Detoxification
- 3.2. Systemic Approach
  - 3.2.1. Gestalt
  - 3.2.2. Transgenerational
- 3.3. Psychoanalytical Approach
- 3.4. Cosmogony of Oriental Medicine
  - 3.4.1. Anthropological and Philosophical Aspects3.4.1.1 Kinanthropometry and Relationship with Kinetic Chains
  - 3.4.2. Acupoints from Human Embryology
  - 3.4.3. Scientific Foundations of Contemporary Acupuncture
  - 3.4.4. Microsystems
    - 3.4.4.1. Foot Reflexology
    - 3.4.4.2. Auricular Reflex Zone Technique
    - 3.4.4.3. Other Disciplines (Yamamoto Cranial Acupuncture YNSA)
- 3.5. Constitutional Imago, Archetype and Diathesis

### Module 4. Pathophysiology

- 4.1. Metabolic Networks
  - 4.1.1. Main Metabolic Pathways and their Clinical Implication
    - 4.1.1.1. Carbohydrate Metabolism
    - 4.1.1.2. Fat Metabolism
    - 4113 Protein Metabolism
- 4.2. Inflammation
  - 4.2.1. Main Inflammatory Mediators and their Pathways
  - 4.2.2. Microbiota and Inflammation
  - 4.2.3. Inflammation in Chronic Pathologies
- 4.3. Immunity
- 4.4. Neuropsychiatry and Biological Decoding
  - 4.4.1. Main Neurotransmitters and their Functions
  - 4.4.2. Gut-Brain Axis
  - 4.4.3. Brain/Immune System Interactions
  - 4.4.4. Microbiota and Depression

### Module 5. Diagnosis, Clinical and Complementary Analyses

- 5.1. Clinical Examination and Contact
  - 5.1.1. Medical History
  - 5.1.2. Semiological Aspects of the IM
    - 5.1.2.1. Pulsology
    - 5.1.2.2. Neurofocal Dentistry, Oral Health, and TMJ
    - 5.1.2.3. Posturology and Kinetic Chains
    - 5.1.2.4. Chronobiology
    - 5.1.2.5. Chronobiology from Biochemistry
- 5.2. Erythrocyte Fatty Acids
- 5.3. Bone Metabolism
- 5.4. Heavy Metal Test
- 5.5. Study of the Microbiota and Intestinal Permeability

- 5.6. Genetic Tests
- 5.7. Food Intolerance
- 5.8. GSE Allergies, Celiac Disease
- 5.9. Health Technology
  - 5.9.1. Bioresonance
  - 5.9.2. Thermography
- 5.10. Other Diagnostic Techniques
  - 5.10.1. Other Diagnostic Techniques Part I
  - 5.10.2. Other Diagnostic Techniques Part II

### Module 6. Environmental Medicine

- 6.1. Basic Concepts of Toxicology
- 5.2. Diseases Caused by Environmental Factors
  - 6.2.1. Respiratory Allergies
  - 6.2.2. Cardiovascular Disease and Heavy Metals
  - 6.2.3. Cancer and Autoimmune Diseases as an Environmental Disease
  - 6.2.4. Chronic Fatigue Syndrome
  - 6.2.5. Central Sensitivity Syndrome
  - 6.2.5. Fibromyalgia
- 6.3. Electromagnetism
- 6.4. Chemical and Nutritional Sensitivities
- 6.5. Endocrine Disruptors
- 6.6. Creating Optimal Environments for the Restoration of Health

# tech 34 | Structure and Content

## Module 7. Approach to Frequent Chronic Diseases in Integrative Medicine I

- 7.1. Environmental Illnesses
  - 7.1.1. Fibromyalgia
  - 7.1.2. Chronic Fatigue
  - 7.1.3. Electrosensitivity
  - 7.1.4. Multiple Chemical Sensitivity
- 7.2. Dermatology
- 7.3. Digestive System
  - 7.3.1. Gastritis
  - 7.3.2. Liver Diseases
  - 7.3.3. Celiac Disease in Adults
- 7.4. Respiratory System
  - 7.4.1. Asthma
  - 7.4.2. Allergy
  - 7.4.3. COPD
- 7.5. Neurology
  - 7.5.1. Migraines
  - 7.5.2. Epilepsy
  - 7.5.3. CVA
  - 7.5.4. Peripheral Neuropathies

## Module 8. Approach to Frequent Chronic Diseases in Integrative Medicine II

- 8.1. Oncology
  - 8.1.1. Molecular Mechanisms
- 8.2. Diet Therapy in Cancer
- 8.3. Approach Techniques in Oncology
  - 8.3.1. Oncothermia and Hyperthermia
  - 8.3.2. Metabolic Treatment
  - 8.3.3. Endovenous Techniques
  - 8.3.4. Spplementation and Interactions
  - 8.3.5. Aromatherapy
  - 8.3.6. Mind-Body Techniques



# Structure and Content | 35 tech

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#### 8.5. Endocrine

- 8.5.1. Obesity
- 8.5.2. Thyroid Disease
  - 8.5.2.1. Hypothyroidism
  - 8.5.2.2. Hyperthyroidism
  - 8.5.2.3. Thyroid Physiology and Multinodular Goiter. Solitary Thyroid Nodule
- 8.5.3. Adrenal Gland Disorders
- 8.5.4. Insulin Resistance and Diabetes

#### 8.6. Locomotor System

- 8.6.1. Osteoarticular Pathology
- 8.6.2. Rachis Pathology
  - 8.6.2.1. Movement Sciences Approach
  - 8.6.2.2. Visceral Osteopathy Approach
  - 8.6.2.3. Pain Relieving Techniques
- 8.6.3. Arthritis
  - 8.6.3.1. Other Injuries. Arthralgia and Myalgia

#### 8.7. Nephrology

- 8.7.1. Nephrolithiasis
- 8.7.2. Glomerulonephritis
- 8.7.3. Chronic Renal Insufficiency
- 8.8. Infectious Diseases
  - 8.8.1. Lyme Disease
  - 8.8.2. Slow Virus Disease
    - 8.8.2.1. EBV, CMV, HSV, VZV
- 8.9. Cardiovascular

### Module 9. Legal Aspects

- 9.1. Cooperation in the Practice of ICTM (Bioethics)
- 9.2. Ethics in Clinical Decision-Making

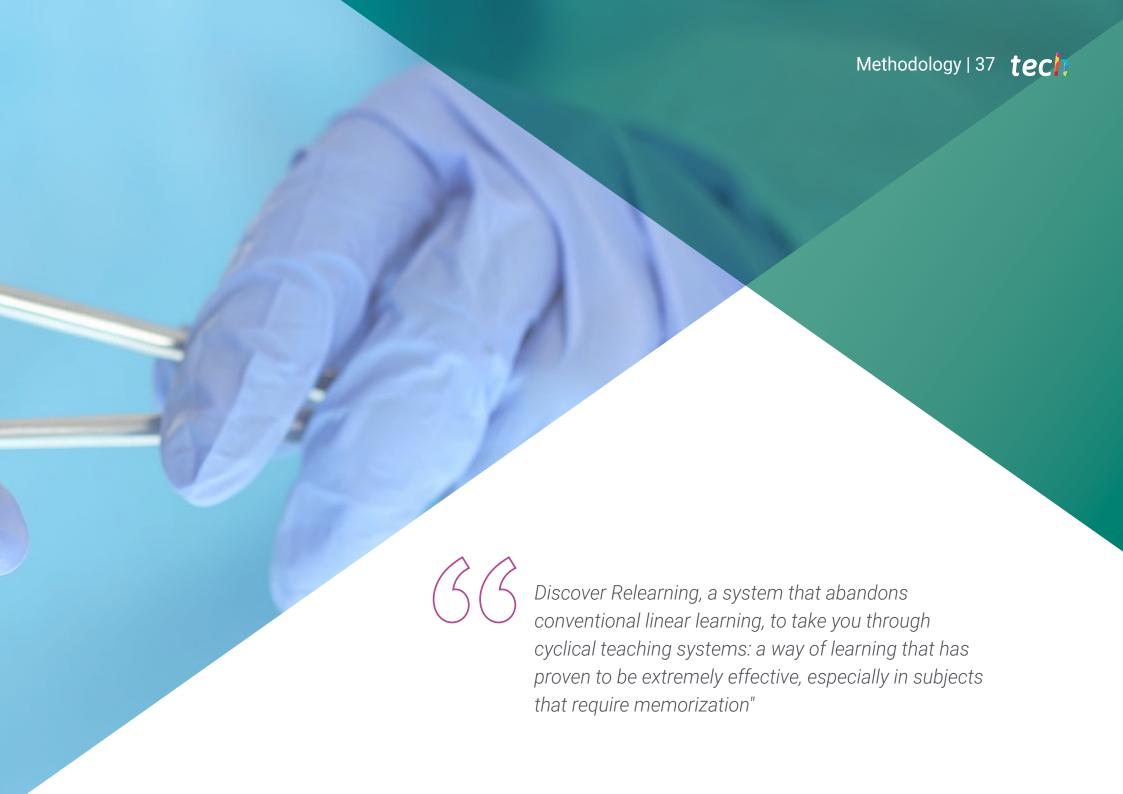


A program that will bring you up to date on the ethical and legal debates raised by Integrative Medicine"



This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.** 

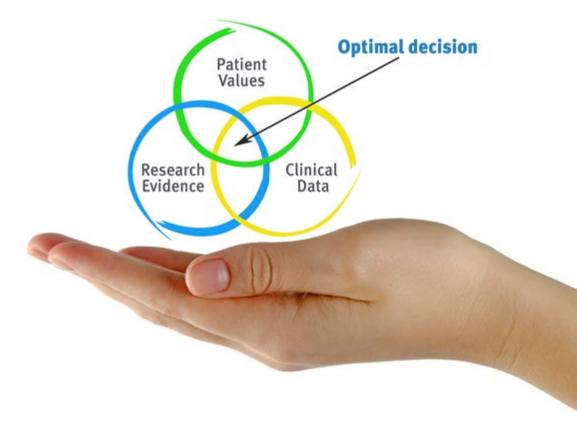
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



# 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.



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:

- 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.



# Methodology | 41 tech

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.

# tech 42 | Methodology

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**

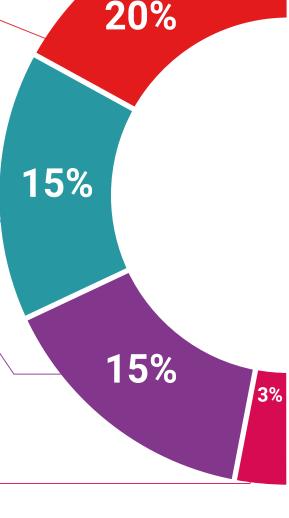
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you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

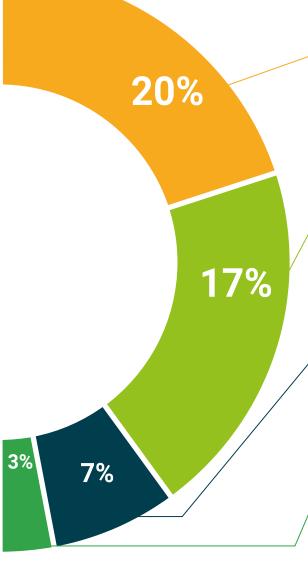
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







# tech 46 | Certificate

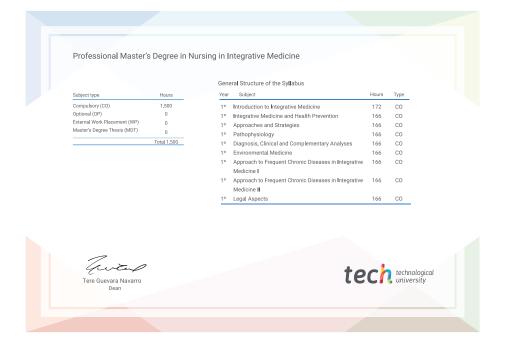
This **Professional Master's Degree in Nursing in Integrative Medicine** contains the most complete and updated scientific program on the market.

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

Title: Professional Master's Degree in Nursing in Integrative Medicine Official N° of hours: 1,500 h.





<sup>\*</sup>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.

technological university Degree Medicine » Modality: online » Duration: 12 months

**Professional Master's** 

Nursing in Integrative

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

