



Internship Program

Psychological Intervention in Eating Disorders



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Psychological Intervention
in Eating Disorders

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01 Introduction to the Program

In the treatment of Eating Disorders, collaboration between mental health professionals and nutrition specialists is essential. By acquiring skills in Psychological Intervention, these specialists can detect dysfunctional patterns and work on rebuilding a healthy relationship with food. For this reason, it is essential that experts stay up to date with advances in psychological intervention techniques, evidence-based approaches, and emotional support strategies tailored to different patient profiles. With this in mind, TECH has created this qualification, in which, over 3 weeks, specialists will join a team experienced in psychological intervention in Eating Disorders.

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With this Internship Program, you will design interventions that combine nutritional counseling techniques and psychological strategies tailored to patients with Eating Disorders”





According to data from the World Health Organization, Eating Disorders affect approximately 19% of the world's population, with a growing impact on adolescents and young adults. Faced with this reality, Psychological Intervention combined with an appropriate nutritional approach is becoming an essential strategy. Hence the importance of experts developing advanced skills for the early detection of these conditions, therapeutic support, and relapse prevention.

In this context, TECH presents an innovative program consisting of a 120-hour placement at a leading clinical center in the field of Psychological Intervention in Eating Disorders. Over the course of 3 weeks, graduates will become part of a team of top-level specialists, with whom they will actively work on assessing the nutritional status of patients with Eating Disorders and planning interventions tailored to their emotional and physiological needs. This experience will enable nutritionists to apply psychological tools in dietary support and strengthen their role within the interdisciplinary therapeutic team.

In addition, during their placement, graduates will be supported by an supervising tutor, who will ensure that all the requirements for which this Internship Program was designed are met. On this basis, specialists will work with complete confidence and assurance in the use of psychological assessment tools, emotional intervention strategies, and nutritional support techniques tailored to individuals.

02 Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it relies on an enormous faculty of more than 6,000 professors of the highest international renown.

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TECH combines Relearning and the Case Method in all its university programs to guarantee excellent theoretical and practical learning by studying when you want and from wherever you want”



“*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



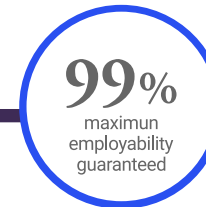
Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



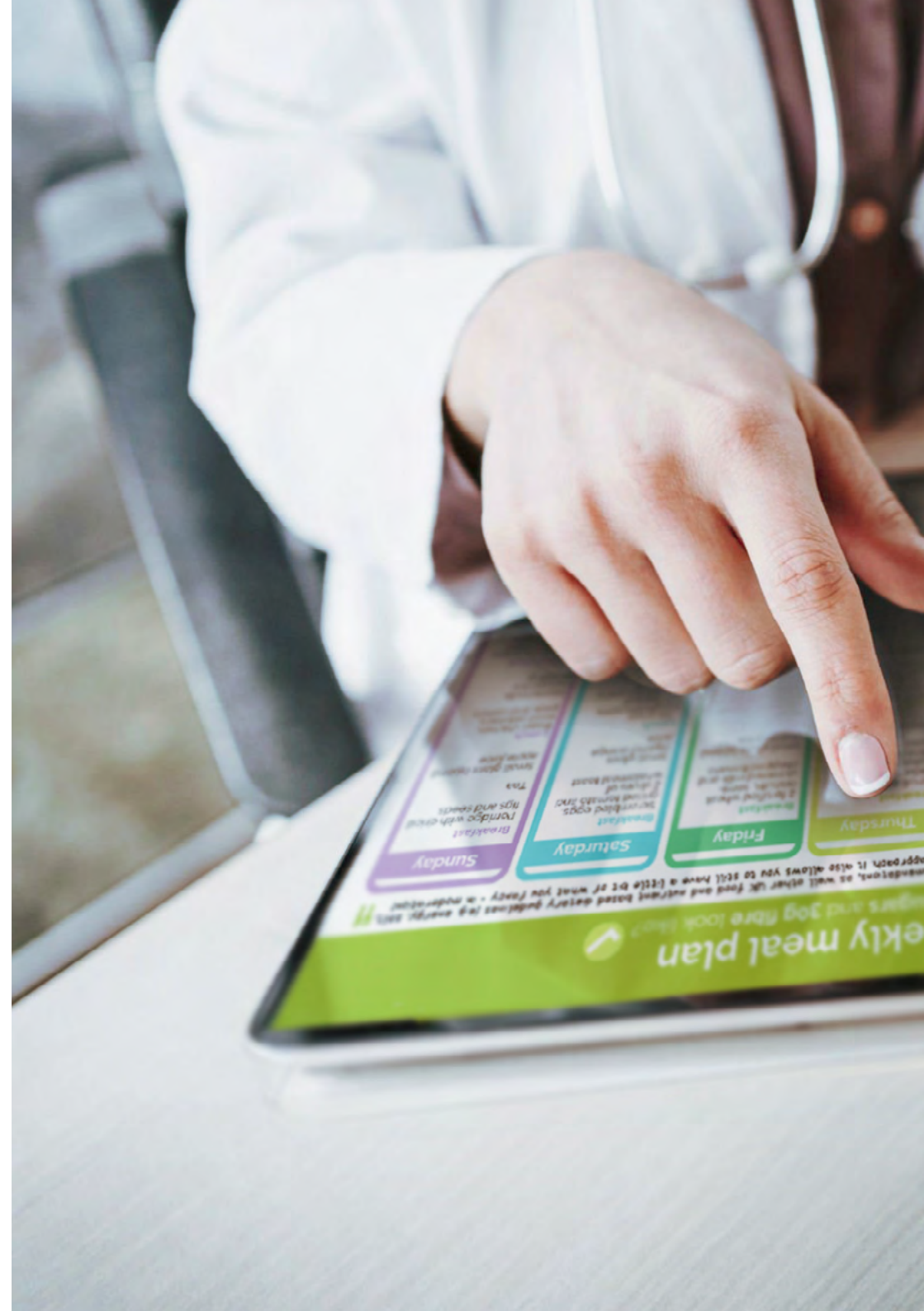
03 Teaching Objectives

Through this Internship Program, nutritionists will gain advanced skills to comprehensively address Eating Disorders. In this sense, they will be able to detect emotional disturbances associated with eating and design nutritional plans tailored to the patient's psychological profile. In addition, professionals will implement prevention strategies, conscious nutrition education, and motivational support. In this way, they will optimize the long-term quality of life of users.



General Objectives

- Acquire advanced knowledge of the different types and clinical manifestations of Eating Disorders, taking into account their multifactorial etiology
- Analyze the role of psychological, neurobiological, and sociocultural factors in the onset, maintenance, and evolution of these conditions
- Accurately assess diagnostic and prognostic indicators using up-to-date psychometric instruments and clinical interview strategies
- Design individualized intervention plans that combine cognitive-behavioral, systemic, and psychoeducational approaches tailored to each clinical profile





Specific Objectives

- ♦ Analyze the evolutionary, physical, cognitive, and emotional characteristics of adolescence, as well as their impact on identity construction
- ♦ Understand the historical and clinical origins of eating disorders, as well as their conceptual evolution over time
- ♦ Identify the brain areas and neurobiological mechanisms involved in the regulation of hunger, satiety, and emotions linked to Behavioral Disorders
- ♦ Address the DSM-5 diagnostic criteria for different Eating Disorders, including their pathophysiological foundations and specific clinical manifestations
- ♦ Explore the bidirectional relationship and common mechanisms between depression and anxiety, applying clinical strategies for their joint treatment
- ♦ Apply transdiagnostic psychological strategies, including individual, family, and group therapy, to improve the effectiveness of interventions
- ♦ Design strategies to address body image distortion, with specific therapeutic tools for behavior modification
- ♦ Establish a continuous nutritional monitoring system that ensures treatment adherence, progress tracking, and addressing common challenges
- ♦ Analyze educational strategies aimed at promoting a positive body image and a healthy relationship with food in family and school settings

04 Internship

The Internship Program in Psychological Intervention in Eating Disorders consists of a 3-week placement at a prestigious entity from Monday to Friday with 8-hour consecutive shifts of hands-on training alongside a supervising specialist. This Internship Program will enable graduates to participate in the design of nutritional plans tailored to the emotional needs of patients. They will also participate in interdisciplinary work sessions and reinforce relapse prevention strategies.

In this entirely practical Internship Program, activities are aimed at developing and refining the skills necessary for specialized nutritional care for patients with Eating Disorders in contexts that require a high level of qualification. This Internship is geared toward the specific application of nutritional interventions tailored to the patient's psychological profile, ensuring their safety and promoting high professional performance in the comprehensive management of these conditions.

It is undoubtedly an opportunity to update your knowledge by working in an innovative environment where comprehensive care for patients with Eating Disorders is the focus of professional practice. This is a new way of understanding and integrating nutrition and psychological support into the recovery process, making the collaborating entity the ideal setting for nutritionists to hone their interdisciplinary skills in addressing these conditions.

The practical teaching will be done with the accompaniment and guidance of professors and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medical praxis (learning to be and learning to relate).

The procedures described below will be the basis of the specialization, and their realization will be subject to the center's own availability, its usual activity and workload, the proposed activities being the following:



You will stand out for your solid understanding of the psychological and emotional foundations associated with Eating Disorders"



Module	Practical Activity
Manifestation of Eating Disorders	Identify nutritional risk factors associated with the onset and progression of Eating Disorders, such as restrictive diets or irregular eating patterns
	Detect early signs of eating disorders, such as avoidance of food groups, binge eating, or purging behaviors
	Design primary prevention strategies, promoting healthy eating habits
	Conduct motivational interviews focused on changing eating behavior, with a psychological approach tailored to the stage of development of the disorder
Link Eating Disorders to other conditions	Identify signs of emotional and psychological disturbances associated with eating behavior, such as anxiety or depression
	Adapt meal plans considering the particularities of each comorbidity, such as lack of appetite in severe depression
	Participate in comprehensive interventions that consider both nutritional recovery and the management of concurrent psychological symptoms
	Develop nutritional support strategies that reduce food distress in patients with anxiety or mood disorders
Comprehensive approach techniques	Create flexible meal plans that respond to the emotional, physical, and psychological needs of the patient, regardless of the specific diagnosis
	Apply cognitive-nutritional restructuring strategies, helping the patient to modify dysfunctional beliefs about weight, food, and body
	Implement techniques for gradual exposure to foods and normalization of eating patterns in collaboration with the mental health team
	Monitor medical risks associated with nutritional status, such as dehydration, electrolyte imbalances, or energy deficits, and coordinate timely interventions
Evidence-based psychological and pharmacological treatment	Adjust nutritional strategies taking into account the side effects of psychopharmacological medication (such as appetite disturbances, weight changes, or metabolic effects)
	Support psychological intervention by reinforcing healthy eating habits that promote therapeutic adherence and emotional stability
	Promote tailored nutritional education, explaining to patients and their families the impact of a balanced diet on the effectiveness of psychological and pharmacological therapies
	Contribute to relapse prevention through nutritional maintenance plans that reinforce dietary autonomy and a healthy relationship with food

05 Internship Centers

In line with its core mission of providing quality education to as many people as possible, TECH has decided to broaden its academic horizons so that this Internship Program can be offered at various centers, globally. This is a unique opportunity that allows graduates to continue growing their careers alongside the best specialists in Psychological Intervention in Eating Disorders.

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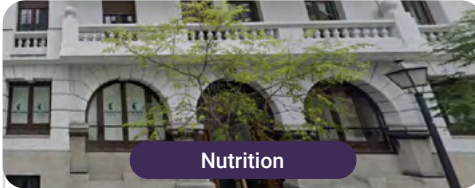
You will complete an Internship Program at a renowned institution focused on Psychological Intervention in Eating Disorders”





Psychological Intervention | 15 **tech** in Eating Disorders

The student will be able to do this program at the following centers:



Nutrition

Centro Tiban General Arrando

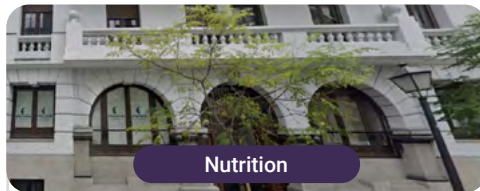
Country	City
Spain	Madrid

Address: General Arrando, 42, 4º A. 28010, Madrid

Center whose purpose is to support each person throughout the recovery process

Related internship programs:

- Psychological Intervention in Eating Disorders



Nutrition

Centro Tiban Cristóbal Bordiú

Country
Spain

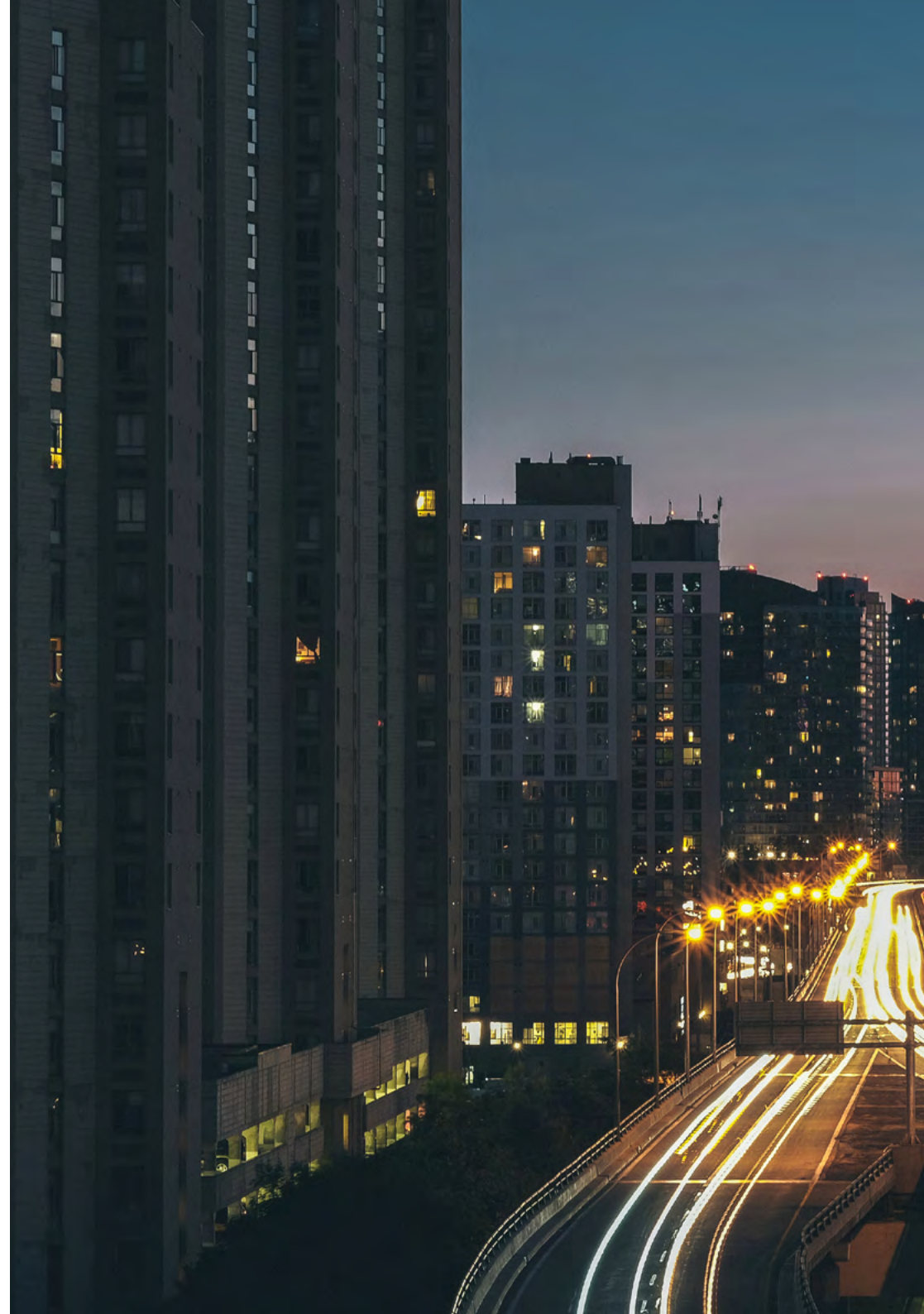
City
Madrid

Address: Cristóbal Bordiú, 33, bajo derecha
A. 28003. Madrid

Psychology center that aims to support each person
throughout a process of change

Related internship programs:

- Psychological Intervention in Eating Disorders





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*Make the most of this opportunity
to surround yourself with expert
professionals and learn from their
work methodology”*

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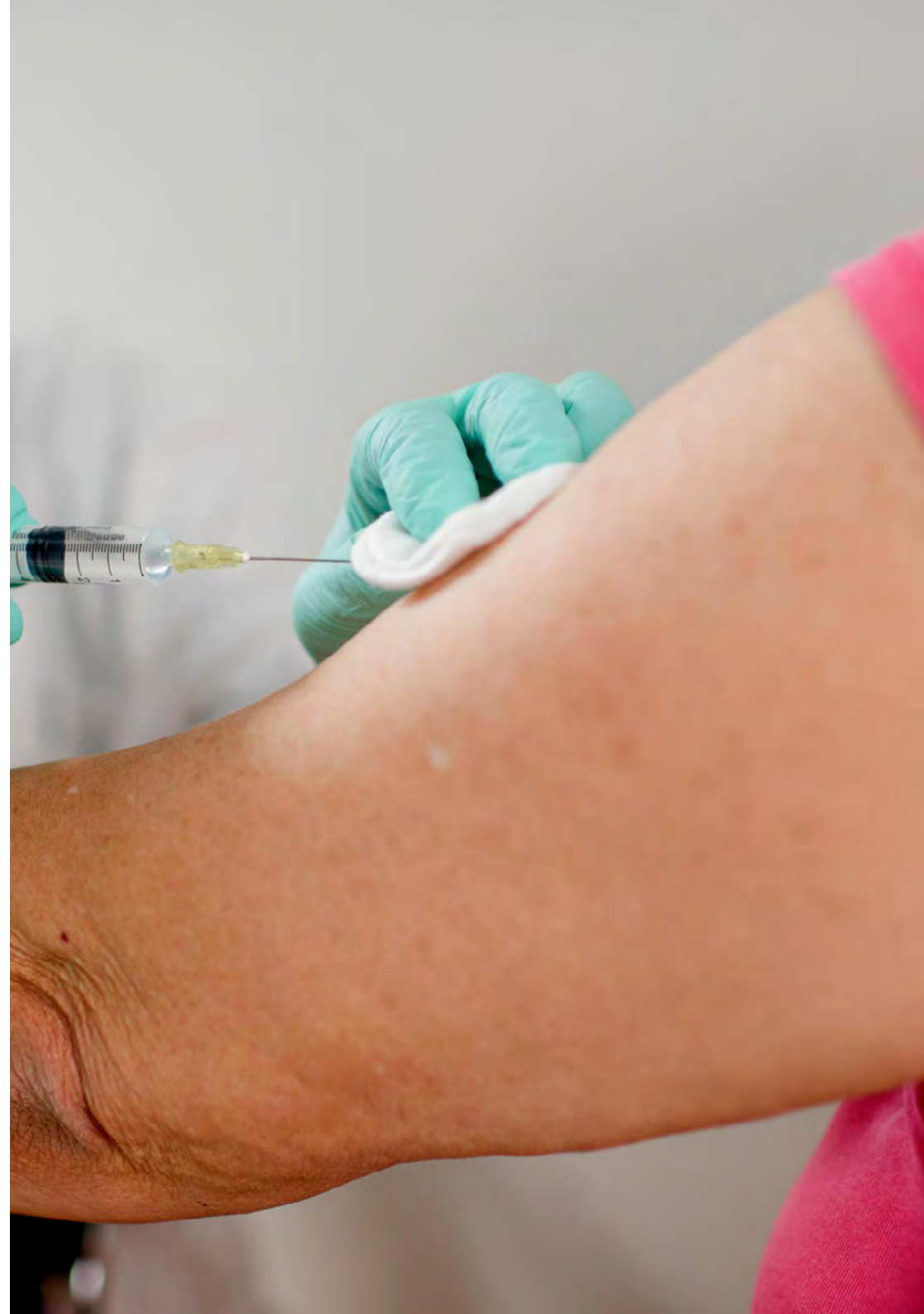
General Conditions

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, the university commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the student does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a diploma for the **Internship Program in Psychological Intervention in Eating Disorders** endorsed by TECH Global University, the world's largest online university.

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

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

Title: **Internship Program in Psychological Intervention in Eating Disorders**

Modality: **online**

Duration: **3 weeks**

Accreditation: **4 ECTS**



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

tech global
university

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