

# Postgraduate Certificate Phytotherapy for Nervous System Disorders





## Postgraduate Certificate Phytotherapy for Nervous System Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/phytotherapy-nervous-system-disorders](http://www.techtute.com/us/pharmacy/postgraduate-certificate/phytotherapy-nervous-system-disorders)

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# 01

# Introduction

The natural remedies that currently exist for the alternative treatment of the different pathologies that can affect the nervous system are varied, from toning and stimulating plants, to revitalizing and relaxing plants that contribute considerably to the improvement of the patient's condition. The demand for these therapeutic resources in the community pharmacy is very frequent, which is why the professional in this area must always handle the most exhaustive and updated information on the properties of each one and its recommended use. For this purpose, you can count on this complete program designed by expert pharmacists and oriented to update you on Phytotherapy applied to nervous system disorders in a 100% online way. A unique opportunity that only TECH, the world's largest online university, can offer.





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*The ideal program to bring you up to date on the invigorating, stimulating, revitalizing and restorative plants that have obtained the best results in the natural treatment of nervous system disorders”*

Nervous depression, anxiety, stress or headaches are conditions of the nervous system that can be treated through phytotherapy. The countless studies that have been carried out for decades have shown that plants such as savory, aloe, hawthorn or mint have active ingredients that can act as toning, stimulating, restorative and revitalizing, positively influencing the health and mood of the patient.

That is why TECH has considered it necessary to launch a program that allows specialists in the pharmaceutical sector to update their knowledge of the properties of the most commonly used plants in these cases. This is how the Postgraduate Certificate in Phytotherapy for Nervous System Disorders came about, a complete, multidisciplinary and exhaustive qualification with which they will also be able to hone their professional skills in the handling of the main natural remedies for the treatment of cognitive or sleep disorders, depression or asthenia, among other conditions.

All this, through a 100% online program designed by experts in the sector, who have included 150 hours of the best theoretical, practical and additional content presented in different formats: dynamic summaries, research articles, self-knowledge exercises, complementary readings and detailed videos. In this way, the graduates will be able to contextualize the information in the syllabus, as well as delve in a personalized way into the sections they consider most relevant. In addition, all the content will be available in the Virtual Campus from the beginning of the program, which can be accessed from any device with an Internet connection.

This **Postgraduate Certificate in Phytotherapy for Nervous System Disorders** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The development of practical cases presented by experts in Phytotherapy and Pharmacy
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will be able to implement in your pharmaceutical practice the latest knowledge related to the management of anxiety and sleep disorders through the best phytotherapeutic treatments”*

“

*Would you like to delve into the latest scientific evidence of Phytotherapy in the treatment of stress and asthenia? Choose this Postgraduate Certificate to know in detail all its latest developments”*

*Headaches can also be treated through Phytotherapy. Learn how with this Postgraduate Certificate.*

*You can access the Virtual Campus from any device with an Internet connection, either Tablet, PC or mobile.*

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

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

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that arise during the academic year. For this, you will be assisted by an innovative interactive video system created by renowned experts.

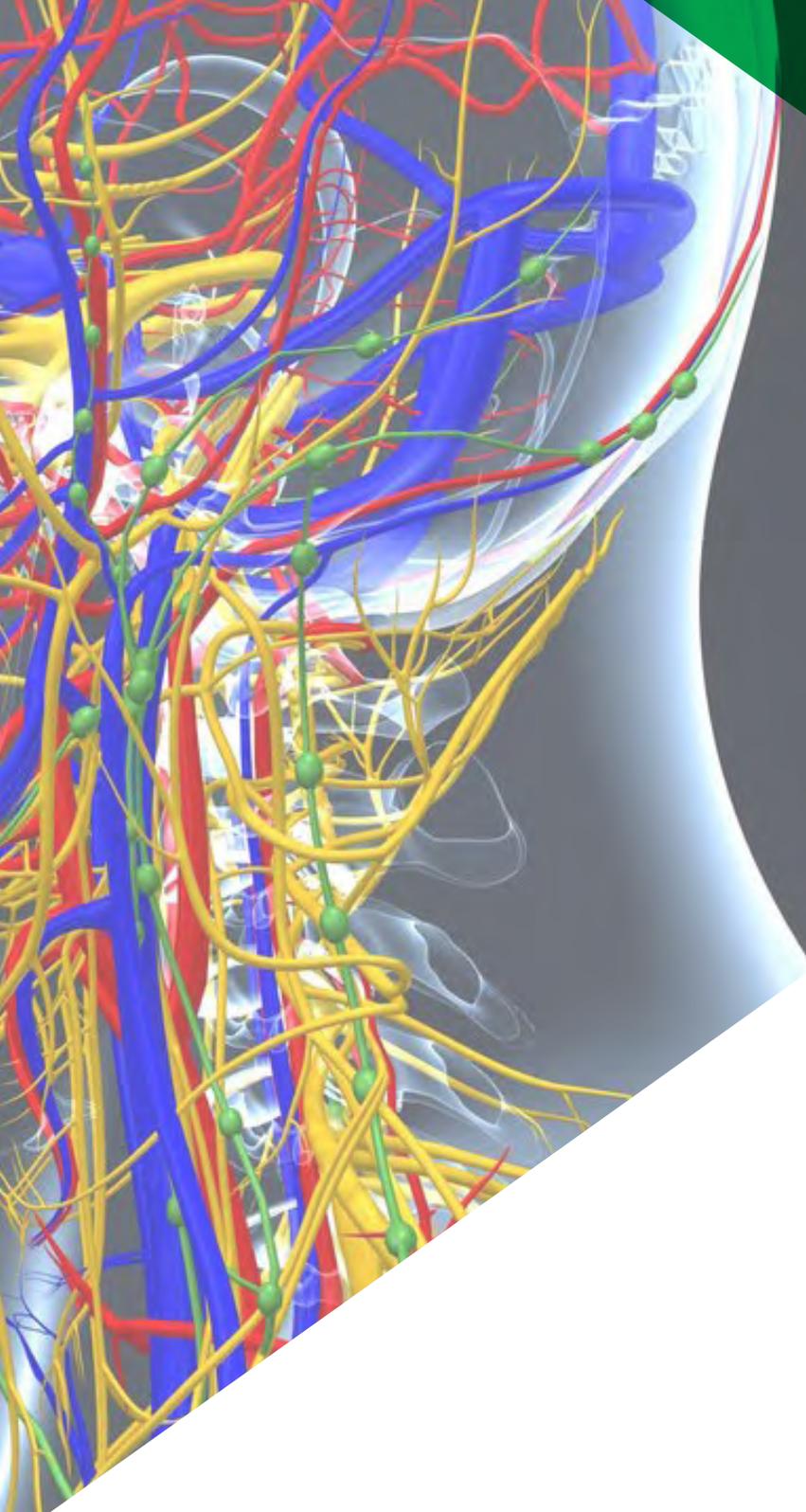


# 02

# Objectives

The increasingly favorable results that Phytotherapy has shown in the treatment of the different conditions that the nervous system may suffer, as well as the advances that have been developed in this field are the reasons why TECH has considered necessary the development of a Postgraduate Certificate that gathers all this information. For this reason, the objective of this course is to serve as a guide for professionals in this sector in their update, providing them with the best content through an academic experience with which they will undoubtedly improve their professional skills in less than 6 weeks.





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*You will work with the best theoretical and practical content to update your knowledge and improve your professional skills”*



## General Objectives

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- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks.
- ♦ Apply theoretical knowledge in daily practice





## Specific Objectives

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- ◆ Explain Phytotherapy in the treatment of anxiety and sleep disorders
- ◆ Specify Phytotherapy in the treatment of stress and asthenia
- ◆ Explain Phytotherapy in the treatment of depression
- ◆ Describe Phytotherapy in the treatment of headaches
- ◆ Demonstrate Phytotherapy in patients with cognitive disorders

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*A unique academic opportunity to implement the most innovative and novel concepts of modern Phytotherapy in your pharmaceutical practice”*

03

# Course Management

Not all universities include teaching support in their programs, formed by specialized teams in the field developed in the program. However, TECH does. In addition, this university submits the candidates to an exhaustive and demanding analysis, resulting in the conformation of the best faculty, made up of experts with a wide and extensive professional career in the sector, as is the case of this Postgraduate Certificate.

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MANAG



# PROGRESS ASSESSMENT

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*TECH offers you the possibility of requesting individualized tutorials with the teaching team in which you will be able to solve any doubts that may arise during the course of the program”*

## Professors

### Dr. García Giménez, María Dolores

- ◆ Pharmacist Expert in Medicinal Plants and Drugs of Natural Origin
- ◆ Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Seville
- ◆ Professor of Pharmacy Degree and Double Degree in Pharmacy and Optics and Optometry of different subjects of the Area of Pharmacology in the Faculty of Pharmacy of Seville
- ◆ Researcher and Director of several lines of study within the field of Pharmacology and Pharmacognosy
- ◆ Doctor of Pharmacy
- ◆ Title of Specialist Pharmacist in Medicines and Drugs Control

### Dr. Beltrán Montalbán, Estanislao

- ◆ Specialist in obstetrics and gynecology
- ◆ Expert of the Gyneco-obstetric Pathology Research Group
- ◆ Associate Professor of Gynecology, Faculty of Medicine. University of Granada
- ◆ Assistant of Obstetrics and Gynecology, Clinical Hospital
- ◆ INFITO Advisor
- ◆ Co-author of articles and texts in the area
- ◆ Specialist of the section of Obstetrics and Gynecology. San Cecilio University Hospital
- ◆ Specialist of the section of Obstetrics and Gynecology. University of Granada
- ◆ Speaker at the XIII Congress of Phytotherapy City of Oviedo
- ◆ Member of: Spanish Society of Phytotherapeutic Gynecology, Spanish Association for the Study of Menopause (AEEM), Phytotherapy Working Group of the AEEM, Consensus Group SEGIF in Granada





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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”*

# 04

# Structure and Content

This Postgraduate Certificate has been developed based on the criteria of the Relearning methodology, in whose use this center is a pioneer. It is a pedagogical strategy based on the reiteration of the most important concepts throughout the syllabus, favoring the updating of the graduate's knowledge in a natural and progressive way. In addition, it also places special emphasis on the resolution of practical cases on simulations of real and complex situations, thanks to which specialists can work on perfecting their professional skills.



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*A 100% online program that will surpass,  
with total guarantee, all the academic  
experiences you have had up to now”*

## Module 1. Phytotherapy for Nervous System Disorders

- 1.1. Phytotherapy in the Treatment of Anxiety and Sleep Disorders I
- 1.2. Phytotherapy in the Treatment of Anxiety and Sleep Disorders II
- 1.3. Phytotherapy in the Treatment of Stress and Asthenia
- 1.4. Phytotherapy for the Treatment of Depression
- 1.5. Phytotherapy in the Treatment of Headaches
- 1.6. Phytotherapy in Patients with Cognitive Disorders





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*Implement to your knowledge the latest information on the use of plant-based products and offer your customers natural alternatives that will help them to considerably improve their health and well-being”*

05

# Study Methodology

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

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



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

## The student: the priority of all TECH programs

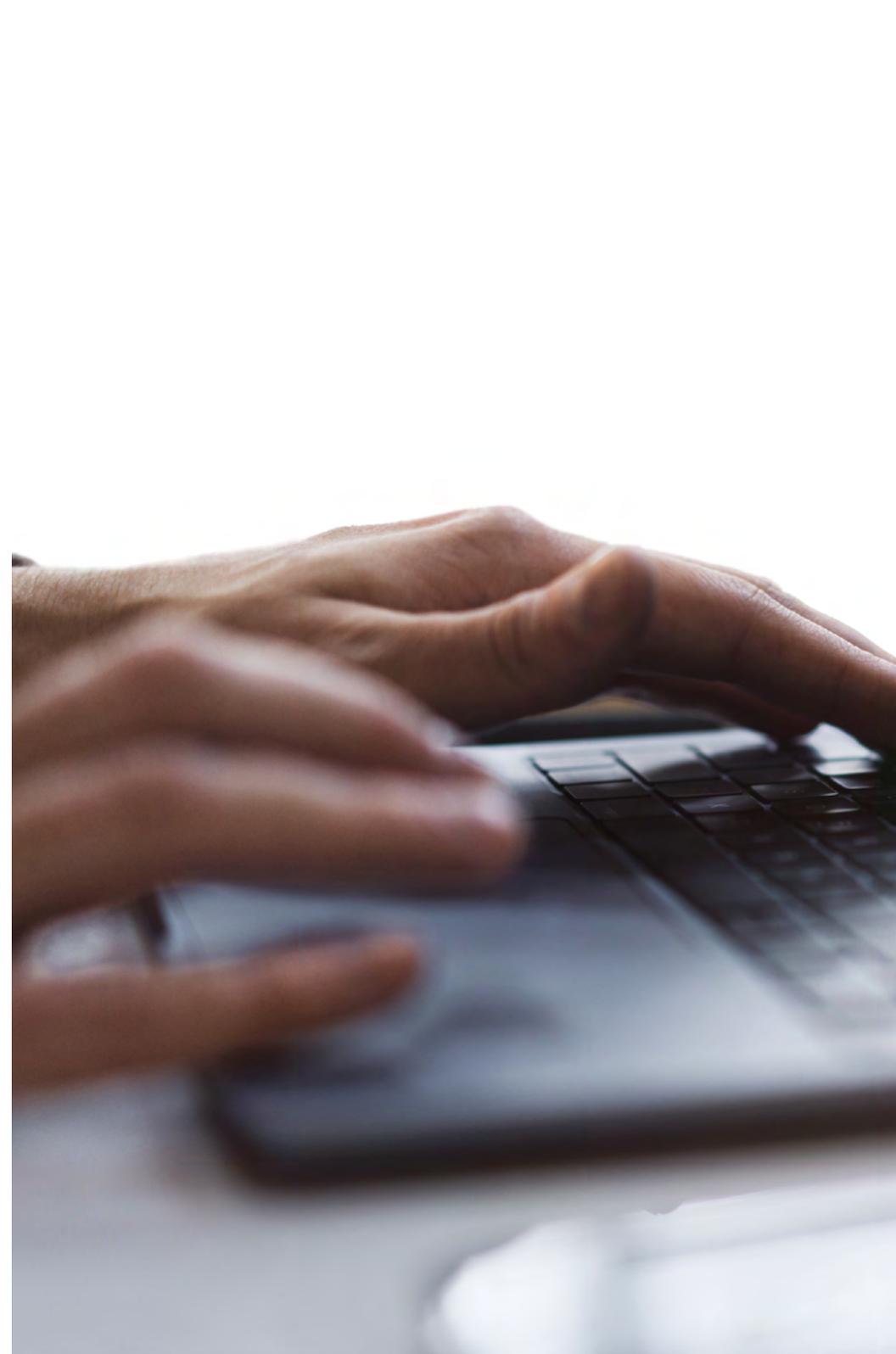
In TECH's study methodology, the student is the main protagonist.

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

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

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



### The most comprehensive study plans at the international level

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

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

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

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

## Case Studies and Case Method

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

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

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



## Relearning Methodology

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

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

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

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*



## A 100% online Virtual Campus with the best teaching resources

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

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

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

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



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

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

## The university methodology top-rated by its students

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

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

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

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



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



### Study Material

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

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



### Practicing Skills and Abilities

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



### Interactive Summaries

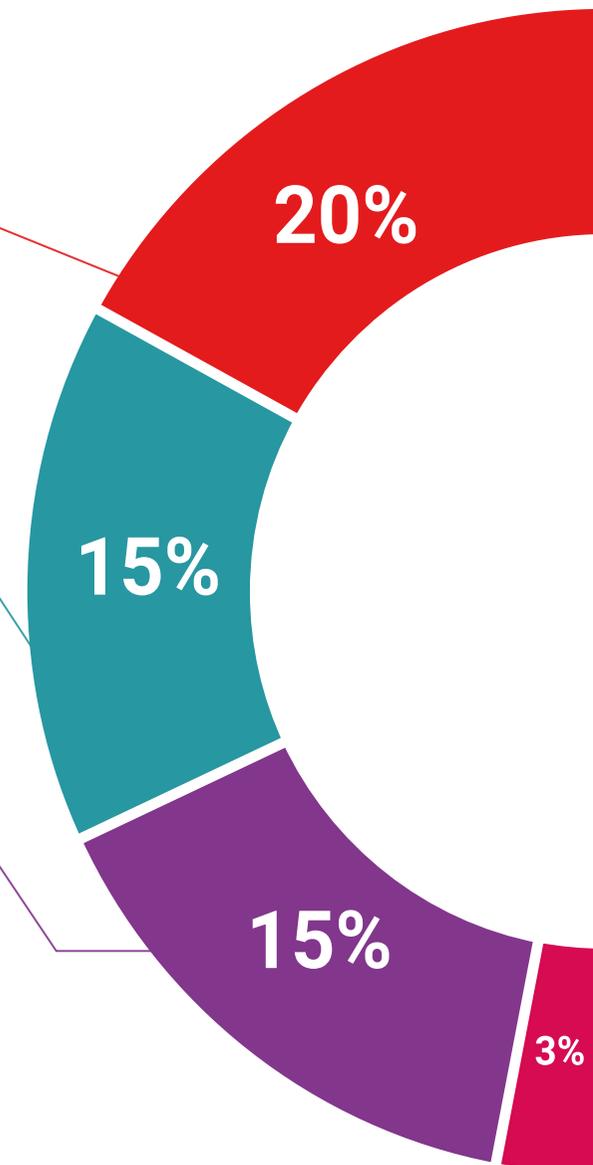
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

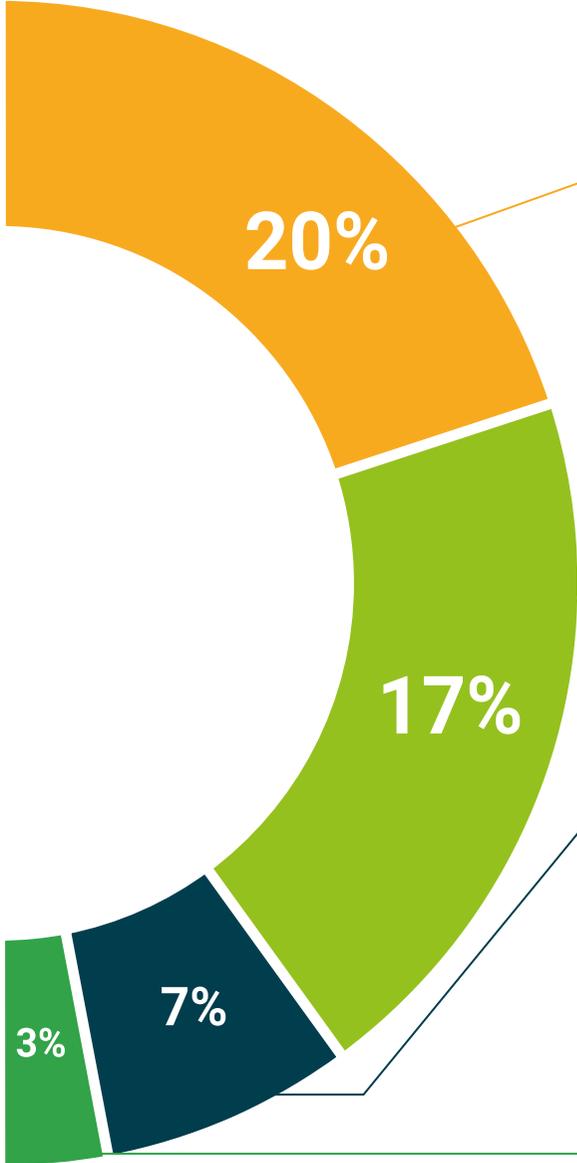
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

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





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06

# Certificate

This Postgraduate Certificate in Phytotherapy for Nervous System Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University.



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Phytotherapy for Nervous System 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: **Postgraduate Certificate in Phytotherapy for Nervous System Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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



**Postgraduate Certificate**  
Phytotherapy for Nervous  
System Disorders

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