Postgraduate Certificate
Development of Eating Disorders

tech technological university

Postgraduate Certificate
Development of Eating Disorders

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

Website: **www.techtitute.com/us/psychology/postgraduate-certificate/development-eating-disorders**

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01
Introduction

According to the World Health Organization, Eating Disorders pose serious problems in society with a progressive increase in cases of Anorexia, Bulimia and Obesity. In this sense, elite athletes are one of the risk groups most prone to suffer from this type of pathology, suffering serious repercussions in their performance and having the need to turn to professionals to improve their well-being. Faced with this demand, many psychologists need to update their skills in order to offer the best results to their patients. For this reason, TECH has designed this program where specialists can analyze different intervention strategies for the management of these cases. For this purpose, they have the most avant-garde 100% online methodology and an experienced teaching staff.

You will help demystify the false belief that ED is incurable and improve the quality of life of your patients through the innovative content of this program"

An in-depth understanding of EDs is essential to provide quality care, emotional support and collaborate effectively in their treatments. In fact, these pathologies have always been the subject of ongoing scientific research in their goal of driving social advances. In this context, psychologists play a key role in educating people about the warning signs. That is why, sound knowledge enables these experts to provide practical advice aimed at promoting a healthy relationship based on dietary balance. In this way, they help the community to thrive by improving its therapeutic options.

In this context, TECH will provide an innovative program for psychologists who wish to acquire a solid foundation for understanding ED from different perspectives. Under a faculty specialized in this health field, the syllabus will offer the latest scientific advances that have led to a better understanding of eating disorders. The curriculum will also address gender differences in the manifestation of these conditions and consider special groups that may be more vulnerable. In this way, graduates will overcome barriers to the diagnosis and treatment of ED. In addition, they will design group therapy plans for both patients and their families.

On the other hand, the program is based on the revolutionary Relearning method. This learning system consists of the repetition of the most relevant contents, so that they remain engraved in the students' memory in a progressive and natural way. The program will also offer various clinical case studies, which will allow students to get closer to the reality of medical care. Along the same lines, students will have access at all times to a digital library full of audiovisual materials (explanatory videos, interactive summaries or infographics) and additional didactic materials such as complementary readings. In this way, students will consolidate their knowledge in a more dynamic way.

This **Postgraduate Certificate in Development of Eating Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- The development of practical cases presented by experts in Psychology, Nutrition, Dietetics, among others
- 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

Delve in into the relationship between EDs and the LGBTI community. You will help the most vulnerable groups with the most effective techniques!"

You will analyze in detail how EDs affect pregnancy and motherhood through an intensive 6-week curriculum.

In this curriculum you will analyze clinical cases to bring the development of the program as close as possible to the reality of psychological care.

" *In an image-cult society, eating disorders are the order of the day. Upgrade your therapeutic praxis with this TECH program!"*

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

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

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

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Objectives

This academic itinerary will allow graduates to explore adolescence, addressing the physical, cognitive and emotional changes that occur. Under the support of an experienced teaching staff, students will delve into the most frequent pathologies of EDs in certain special groups. Among them, athletes or diabetics stand out. In this way, students will approach recovery as an individual process and carry out awareness campaigns in the community to break social stigmas.

"You will delve into the latest therapeutic trends for the management of EDs and will take a holistic approach from various perspectives"

General Objectives

- Assess and diagnose Eating Disorders in an accurate and early manner
- Rate the causal factors of EDs
- Identify and manage medical and psychological comorbidities
- Design and implement personalized therapeutic plans for patients with EDs
- Employ evidence-based therapeutic approaches
- Manage critically ill patients with ED effectively
- Establish the group therapy and social support for patients and their families
- Promote a healthy body image and prevent EDs in educational settings

You will achieve all of your career goals in the field of Psychology and ACT intervention through this innovative program"
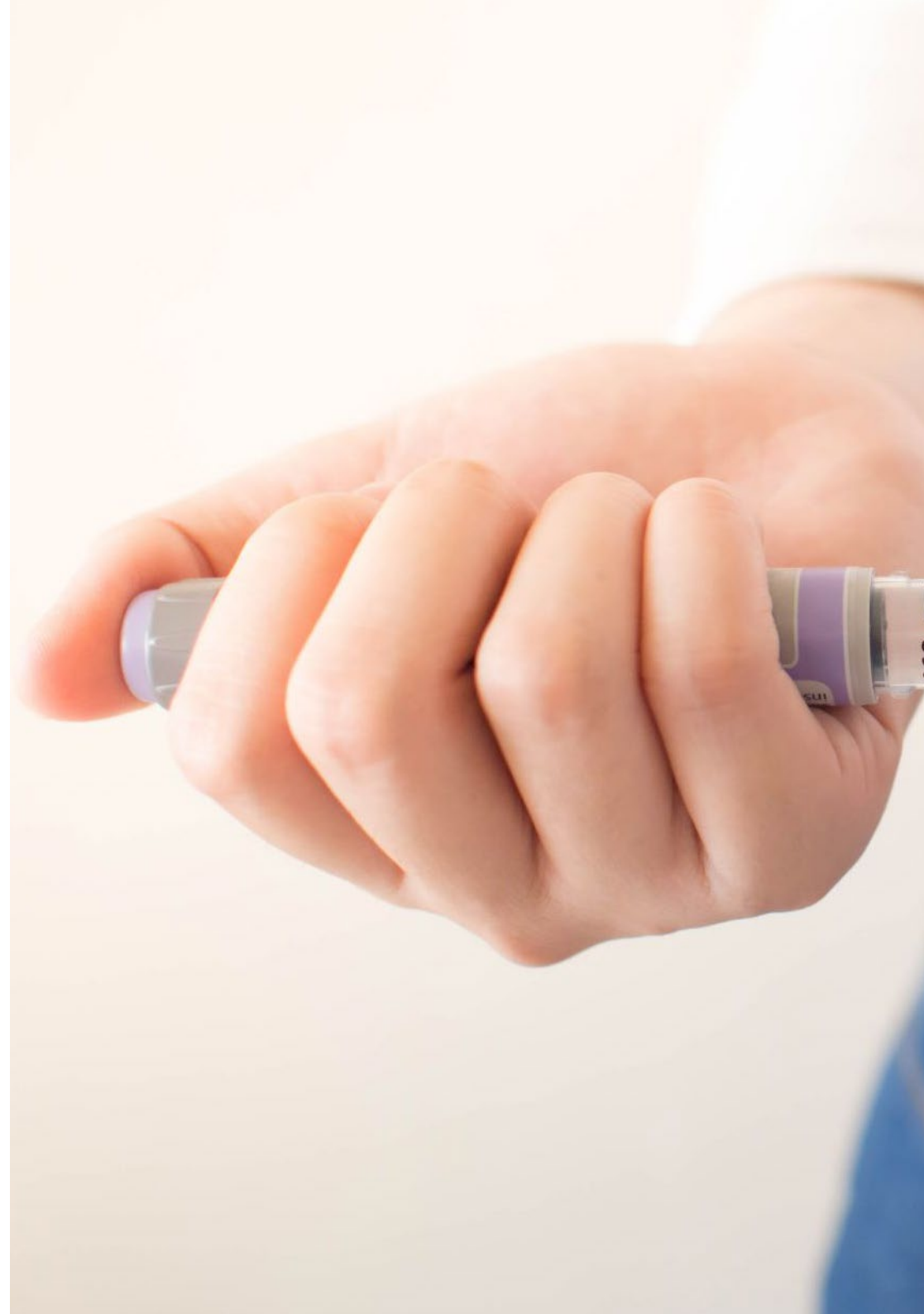
Specific Objectives

- Analyze the emergence of the term "Eating Disorders" and explore the historical evolution that has influenced its understanding

- Describe changes in the societal perception of EDs and recognize key scientific advances related to these disorders

- Define global statistics on the incidence of EDs, identifying population groups most affected and assessing factors influencing their prevalence

- Identify factors contributing to childhood onset of EDs and explore changes in prevalence during adolescence and the transition to adulthood

- Assess differences in prevalence between males and females, considering gender aspects in the presentation and diagnosis of EDs, as well as their influence in special groups

- Recognize long-term medical and psychological complications of ED, assessing their impact on quality of life, daily functioning and untreated mortality risks

03
Course Management

This Postgraduate Certificate is designed following the guidelines of a group of experts. The teachers who are part of this program have extensive professional experience, having worked in prestigious institutions in the health sector. These professionals will provide students with various teaching materials, with which graduates will delve into the development of eating disorders and acquire skills to exercise their professional practice optimally.

An exceptional teaching team will be in charge of providing you with all the knowledge you need to grow in your profession. Don't let this opportunity pass you by!"

Management

Ms. Espinosa Sánchez, Verónica

- Accredited Expert by the Judiciary Council of the Educator
- Psychological Advisor to Patients in Medical Surgical Procedures in APP Veronica Espinosa
- Specialist in Cognitive Psychotherapy by the Albert Ellis Institute of New York
- Professional Master's Degree in Management and Human Talent Management from the Rey Juan Carlos University
- Neuropsychologist, Catalunya Open University
- Clinical Psychologist from the Catholic Pontificia University of Ecuador

Professors

Ms. Moreno, Melissa

- Specialist in Nutrition
- Laboratory Technician from the Faculty of Life Sciences (ESPOL)
- Degree in at Nutrition and Dietetics, Escuela Superior Politécnica del Litoral
- Author of the book Healthy eating and carbohydrate counting for people with Type I Diabetes

Ms. Cucalón, Gabriela

- Nutritionist at the Gabriela Cucalon Nutrition Center
- Certificate of completion of professional skills learning in Intuitive Eating
- Certification in Eating Disorders from the University of Jalisco
- Master of Science in Human Nutrition from Drexel University
- Degree in Human Nutrition from Universidad San Francisco of Quito
- Author of the book Healthy eating and carbohydrate counting for people with Type I Diabetes

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Structure and Content

This program will provide a solid basis for students to understand EDs from different perspectives. Therefore, the syllabus will cover from the etymology of these conditions from their origin to their evolution in the current clinical setting. Likewise, the curriculum will analyze in detail the epidemiology in different age groups and the psychological impacts they entail. In addition, the program will encourage the demystification of misconceptions, promoting recovery as a possible and achievable process. In this way, graduates will overcome barriers to the diagnosis and treatment of these mental illnesses, thus promoting social progress.

Expand your competencies for the approach to patients with Vigorexia thanks to TECH and its complete study method: Relearning".

Module 1. Development of Eating Disorders

1.1. Etymology of Eating Behavior Disorders (EDs)

    1.1.1. Origin of the term "Eating Disorders"

    1.1.2. Eating Disorders in Today's Clinical Setting

    1.1.3. Evolution of the Understanding of EDs Over Time

1.2. Eating Disorders over Time

    1.2.1. Historical Milestones in the Identification and Understanding of EDs

    1.2.2. Changes in the Social Perception of EDs Over Time

    1.2.3. Scientific Advances that have Contributed to the Understanding of EDs

1.3. Epidemiology

    1.3.1. Global Statistics on the Incidence of EDs

    1.3.2. Most Affected Population Groups and their Geographical Distribution

    1.3.3. Factors Influencing the Variability in the Prevalence of EDs

1.4. Prevalence of EDs in Adolescents and Young Adults

    1.4.1. Specific Data on Prevalence in Age Groups

    1.4.2. Changes in Prevalence during Adolescence and the Transition to Adulthood

    1.4.3. Factors that may Contribute to Childhood Onset of EDs

1.5. Social and Psychological Impact of EDs

    1.5.1. Effects on Interpersonal and Family Relationships

    1.5.2. Consequences on Quality of Life and Emotional Well-Being

    1.5.3. Stigma and Discrimination Associated with EDs

1.6. Gender Differences in the Manifestation of EDs and Special Groups

    1.6.1. Exploration of Differences in Prevalence between Men and Women

    1.6.2. Gender Considerations in the Presentation and Diagnosis of EDs

    1.6.3. Influence of Gender Norms on the Manifestation of EDs

    1.6.4. EDs in Special Groups

        1.6.4.1. Eds in Athletes

        1.6.4.2. Normalization of Risky Behavior

        1.6.4.3. Bigorexia

        1.6.4.4. Orthorexia

05
Methodology

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

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

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

At TECH we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

With TECH the psychologist experiences a way of learning 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, trying to recreate the real conditions in the psychologist's professional 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:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.

2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.

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.

Our university is the first in the world to combine the study of clinical cases 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 psychologist 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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:

Study Material

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

Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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 the videos as many times as you like.

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.

20%

15%

15%

3%

20%

17%

3%

7%

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.

06

Certificate

The Postgraduate Certificate in Development of Eating Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.

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

This **Postgraduate Certificate in Development of Eating Disorders** contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Certificate in Development of Eating Disorders**

Official Nº of Hours: **150 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Development of Eating Disorders

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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.

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