

# Postgraduate Certificate

## Nutritional Treatment in the ED Patient





## Postgraduate Certificate Nutritional Treatment in the ED Patient

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

Website: [www.techtute.com/in/psicology/postgraduate-certificate/nutritional-treatment-ed-patient](http://www.techtute.com/in/psicology/postgraduate-certificate/nutritional-treatment-ed-patient)

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# 01

# Introduction

The nutritional follow-up process during the treatment of Eating Disorders (ED) is especially critical due to its complex nature. These types of mental pathologies require constant monitoring by professionals, as it often involves re-education on balanced eating patterns. For example, in anorexia nervosa, tracking is essential to ensure that users reach and maintain a healthy body weight. Likewise, experts can detect deficiencies in order to correct them through supplementation or dietary adaptation. In view of this, TECH has implemented an innovative program dedicated to specialists to prevent possible relapses and provide the emotional support their patients need. All this in a comfortable 100% online mode.





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*You will identify nutritional imbalances thanks to the best digital university in the world according to Forbes"*

Constant exposure to idealized images of bodies in the media and social networks can influence adolescents' self-perception. This increases the risk of developing an ED, the most common of which are binge eating disorders. Should this happen, it is vital that young people seek professional help to undergo the most appropriate therapeutic treatments.

These mental health professionals will execute strategy-based nutritional therapies to address the dysfunctional relationship that users have with food. In this sense, experts will set achievable goals, taking into account the potential risk of relapse. In this way, minors will embark on their road to recovery, while understanding the need for a balanced diet.

In this context, TECH has developed a pioneering program, dedicated to the integration of nutrition as an essential part of the multidisciplinary approach to the treatment of ED. Under the guidance of a group of experts in the field, students will design nutritional therapies and develop strategies for ongoing follow-up.

In addition, the curriculum will address nutritional adaptation in cases of medical comorbidities, thus emphasizing the relevance of an interdisciplinary approach. The program will include specific approaches to various conditions, including bulimia nervosa. Finally, emphasis will be placed on nutritional intervention in young patients, recognizing the importance of prevention and dietary education during their transition to adulthood.

It should be noted that TECH's priority is to provide educational excellence. Therefore, this program is supported by the revolutionary *Relearning* teaching system. It is a learning process that combines the resolution of complex situations through simulation and the study of clinical cases, with the repetition of key contents of the syllabus. It has been scientifically proven that the knowledge acquired will last longer in the memory.

This **Postgraduate Certificate in Nutritional Treatment in the ED Patient** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Psychology, Nutrition, Dietetics, etc...
- ♦ 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 the self-assessment process can be carried out 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'll design meal plans  
tailored to each patient's needs.  
And in as little as in 6 weeks!"*

“

*You will achieve your objectives thanks to TECH's didactic tools, including explanatory videos and interactive summaries”*

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.

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.

*Are you looking to specialize in continuous nutritional monitoring? TECH provides you with the most useful weight evolution follow-ups.*

*You will delve into the refeeding syndrome, managing resistance to weight gain.*



# 02

# Objectives

This 150-hour program will enable students to take detailed medical histories to understand the relationship between eating habits and ED. In turn, graduates will use anthropometric assessment methods to accurately assess nutritional status in patients. They will also be highly qualified to promote the understanding of healthy habits, both individually and through group therapy.





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*Update your knowledge through the program in Nutritional Treatment in the ED Patient in a practical way and adapted to your needs"*



## General Objectives

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- ♦ 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

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*Join this program and you will be up to date on the nutritional approach to Anorexia Nervosa”*





## Specific Objectives

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- ◆ Identify nutritional treatment goals according to the findings of the nutritional assessment
- ◆ Identify nutritional imbalances and specific deficiencies in patients with EDs and what are the mandatory and complementary examinations
- ◆ Establish nutritional goals adapted to each type of ED, such as Anorexia, Bulimia or Binge Eating Disorder
- ◆ Design individualized dietary plans that are adjusted to the needs, preferences of the patient and sociocultural aspects of the family. Review the concept of food insecurity
- ◆ Apply principles of nutritional therapy to address dysfunctional eating patterns in patients with Binge Eating Disorder
- ◆ Recognize the importance of consistent nutritional follow-up throughout the treatment of EDs

03

# Course Management

The administrative and multidisciplinary teaching staff that integrates this university program has been rigorously selected by TECH, in order to maintain its commitment to quality in all its programs. The professionals that make up this program are specialized in disciplines such as nutrition and psychology. In addition to this, they have extensive professional experience, in which they have managed to improve the health of numerous patients. This makes them the most authorized experts to offer the educational excellence demanded by students.





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*An exclusive syllabus prepared by specialists and top-level teaching materials are the keys to a successful professional career"*

## Management



### Ms. Espinosa Sánchez, Verónica

- ♦ Coordinator of the Psychology Service of the Hospital de Los Valles
- ♦ 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. Ruales, Camila

- ♦ Specialist in Nutrition
- ♦ Degree in Psychology and Human Nutrition from Universidad San Francisco of Quito
- ♦ Postgraduate Certificate in Functional Nutrition
- ♦ MSC in Eating Disorders and Obesity at the European University of Madrid

### Ms. Beltrán, Yaneth

- ♦ Founder of Feed your Purpose, LLC
- ♦ Co-founder of Home for Balance physiotherapy group, LLC
- ♦ Instructor of the online course Food and Mood
- ♦ Specialist in the Treatment of EDs
- ♦ Nutrition and Dietetics from the Catholic University of Bogota
- ♦ Postgraduate Certificate in Functional Nutrition
- ♦ MSC in Eating Disorders and Obesity at the European University of Madrid



# 04

## Structure and Content

This program will lay the foundations for the recovery of patients facing EDs through an appropriate nutritional assessment and approach. Accordingly, the syllabus will delve into the treatment of common pathologies in society, such as binge eating disorder. In addition, special emphasis in the syllabus will be placed on nutritional intervention in young patients, recognizing the importance of nutritional education in The Population adolescents.







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*In addition, the curriculum will place special emphasis on nutritional intervention in young patients, recognizing the importance of prevention and dietary education in the adolescent population”*

## Module 1. Nutritional Treatment in the ED Patient

- 1.1. Nutritional Assessment
  - 1.1.1. Medical History
  - 1.1.2. Anthropometric Assessment - Methods of Assessment of Nutritional Status in Patients with EDs
  - 1.1.3. Identification of Nutritional Imbalances and Deficiencies
  - 1.1.4. Importance of Individualized Assessment in the Treatment
- 1.2. Nutritional Treatment Food Planning in EDs
  - 1.2.1. Nutritional Goals in AN, BN, TA and EDNOS
    - 1.2.1.1. Design of a Food Plan Appropriate to the Patient's Needs
  - 1.2.2. Considerations for Weight Restoration and Normalization of Nutrition
  - 1.2.3. Adaptation of Feeding to the Specific Symptoms of each ED
- 1.3. Nutritional Therapy and Food Education
  - 1.3.1. Principles of the Transdiagnostic Approach in the Treatment of EDs
  - 1.3.2. Food Education to Promote the Understanding of Healthy Habits (group therapy)
  - 1.3.3. Strategies to Address the Dysfunctional Relationship with Food
  - 1.3.4. Mealtime Management Strategies for Parents
- 1.4. Ongoing Nutritional Monitoring and Support
  - 1.4.1. Importance of Nutritional Monitoring throughout Treatment
  - 1.4.2. Monitoring of Weight Evolution and Eating Habits
  - 1.4.3. Strategies to Maintain Motivation and Adherence to the Eating Plan
  - 1.4.4. Addressing Common Challenges in Nutritional Recovery
- 1.5. Weight Regain and Nutritional Restoration
  - 1.5.1. Targets and Approaches to Weight Regain in Patients with EDs
  - 1.5.2. Management of Resistance to Weight Gain
  - 1.5.3. Prevention and Management of Refeeding Syndrome
- 1.6. Nutritional Adaptation to Medical Comorbidities
  - 1.6.1. Nutritional Approach in Patients with Medical Comorbidities
  - 1.6.2. Specific Considerations for Patients with Diabetes, Cardiac Problems, etc
  - 1.6.3. Interdisciplinary Collaboration in the Management of Comorbidities



- 1.7. Nutrition in Cases of Binge Eating Disorder (BED)
  - 1.7.1. Nutritional Strategies for the Control of Binge Eating Episodes
  - 1.7.2. Management of Satiety and Self-Regulation of Eating in BED
  - 1.7.3. Prevention of Weight Gain in BED Recovery
- 1.8. Nutritional Approach in Anorexia Nervosa
  - 1.8.1. Weight Restoration and Normalization of Eating in Anorexia Nervosa
  - 1.8.2. Supplements and Refeeding in Severe Cases
  - 1.8.3. Specific Nutritional Therapy for Symptoms of Anorexia Nervosa
- 1.9. Nutritional Strategies in Bulimia Nervosa
  - 1.9.1. Controlling Binge Eating and Purging
  - 1.9.2. Addressing Excessive Food Intake and Compensatory Behaviors
  - 1.9.3. Nutrition in Recovery from Bulimia Nervosa
- 1.10. Nutritional Intervention in Feeding Disorders in Childhood and Adolescence
  - 1.10.1. Nutritional Approach in Young ED Patients
  - 1.10.2. Management Strategies in the Transition to Adulthood
  - 1.10.3. Prevention and Food Education in Adolescents



*As it is an online Postgraduate Certificate, you will be able to combine your studies with the rest of your Responsibilities”*

05

# Methodology

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

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



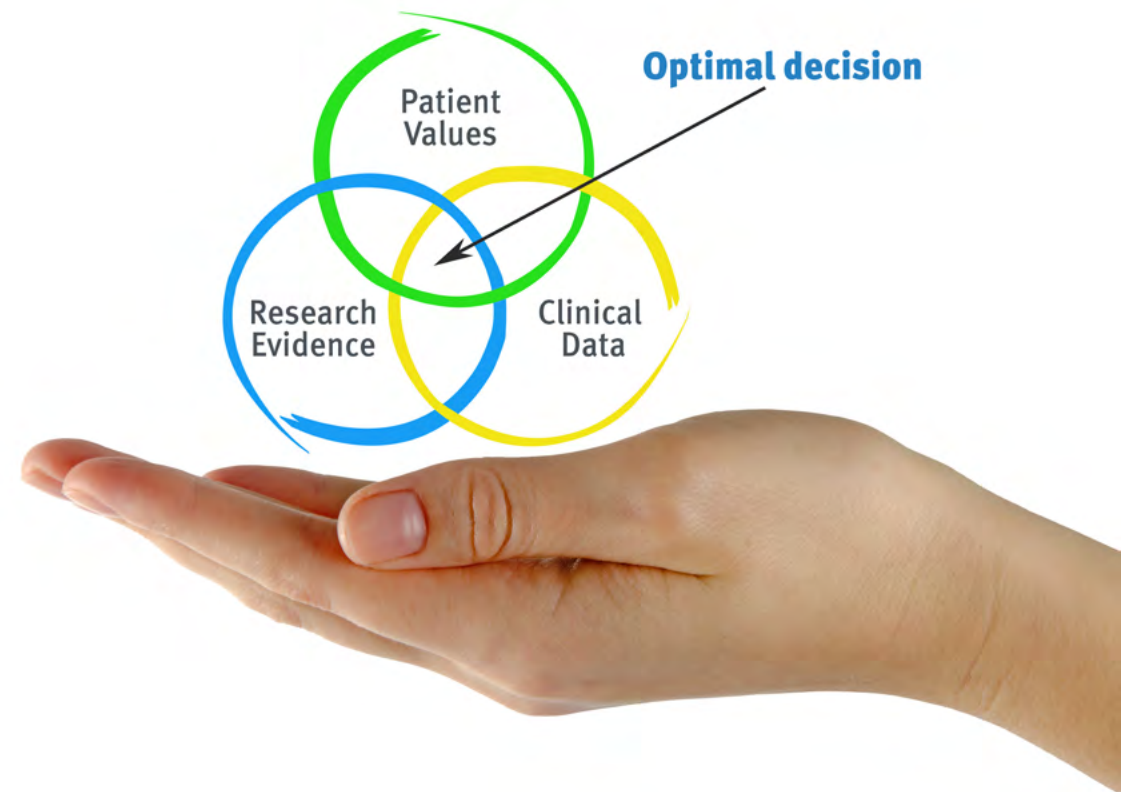
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH, 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.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.*

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

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to assess 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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.*





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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 adapted in 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.





**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 assess and re-assess 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 Nutritional Treatment in the ED Patient guarantees students, in addition to the most rigorous and up-to-date education, access to a certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Nutritional Treatment in the ED Patient** contains the most complete and up-to-date educational 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 certificate 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 Nutritional Treatment in the ED Patient**

Official N° of Hours: **150 h.**



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

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



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