

Postgraduate Certificate

Personality and Eating Disorders



Postgraduate Certificate Personality and Eating Disorders

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

Website: www.techtute.com/us/psychology/postgraduate-certificate/personality-eating-disorders

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

Eating Disorders are a major concern in contemporary societies. They affect large sectors of the population, so providing affected individuals with adequate psychological care is essential for the improvement of their mental health. In addition, there may be a number of personality disorders that affect the development of these behaviors. For that reason, this program offers the psychologist all the necessary tools to give an adequate therapy to this type of patients, taking into account how personality and its alterations affect eating disorders.





“

Learn from the best teachers how personality disorders affect people with Eating Disorders”

The growing awareness of society with respect to Eating Disorders has led to take into account more and more factors involved in these conditions. Therefore, one of the most important are personality disorders, since they have a very strong influence on eating behavior disorders.

For this reason, this Postgraduate Certificate in Personality and Eating Disorders is perfect for the professional who wants to delve into the comorbidity of these psychological disorders. Hence, this program delves into issues such as the clinical implications of personality disorders in pathological eating behavior, and various disorders such as borderline personality, narcissistic, histrionic or paranoid, etc.

All this, following a 100% online learning methodology that adapts to the professional circumstances of the psychologist, without interrupting their work. And with a teaching staff of great prestige, which will guide the student throughout the learning process supported by numerous multimedia teaching materials.

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

- ♦ The development of more than 50 case studies presented by experts in Personality and Eating Disorders
- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ Exercises where the self-assessment process can be carried out to improve learning
- ♦ An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- ♦ 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



Refresh your knowledge through the Postgraduate Certificate in Personality and Eating Disorders, in a practical way and adapted to your needs”

“

Completely online, without interruptions in your work, whenever and wherever you want. This is the program you were looking for”

This Postgraduate Certificate includes real clinical cases and practical exercises to facilitate the learning and up to date work of the psychologist.

Take the opportunity to learn about the latest advances in Personality and Eating Disorders.

Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this 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 professional will be assisted by an innovative interactive video system developed by recognized experts in Personality and Eating Disorders for nutritionists and with great experience.



02

Objectives

The main objective of this program is to bring the psychologist up-to-date through a highly effective 100% online learning system. Therefore, at the end of the program, the professional will have up-to-date knowledge with which to deal with clinical cases where there is comorbidity between personality disorders and eating disorders. In a simple, fast way, and with the guidance of a teaching staff of great international prestige.



“

Reach all your professional goals thanks to this Postgraduate Certificate, which is unique in the market by combining two types of highly complex disorders: personality disorders and eating disorders”



General Objectives

- ♦ Describe the fundamentals of psychodiagnosis of Eating Disorders
- ♦ Conduct reports as a health professional or within the Eating Disorders setting
- ♦ Describe the different sub-specialties in the field of eating disorders
- ♦ Identify the family profiles of eating disorders
- ♦ Describe the workings of the mind within the context of eating disorders
- ♦ Develop intervention procedures in eating disorders
- ♦ Use multidisciplinary protocols to guide the psychosocial intervention of eating disorders
- ♦ Research into studies on eating disorders
- ♦ Apply instruments to discriminate between simulation and lying, as well as to know how to contain the emotional state of the patient performing
- ♦ Explain from the code of ethics the procedures used to help with Eating Disorders





Specific Objectives

- Analyze the implications for each of the patients
- Verify the implication within the professional framework of psychologists
- Address new perspectives of psychological assessment of these disorders

“

A path to achieve education and professional growth that will propel you towards a greater level of competitiveness in the employment market”

03

Course Management

This program includes in its teaching staff, highly regarded health professionals in the field of Psychology, who bring the experience of their work to this program. The psychologist will have within their reach, therefore, the possibility of being up-to-date through the teaching of professors of great reputation in this field of health, so that everything they learn will be of great value and can be put into practice immediately in their own office.





“

*Get up to date with leading professionals
and discover the latest advances in
Personality and Eating Disorders”*

Management



Dr. Gascón Martín, Laura

- ◆ Director of the Assessment and Psychotherapy Center of Talavera de la Reina
- ◆ Forensic and Legal Psychology Specialist
- ◆ Psychologist of Courts 1 and 2 of Toledo
- ◆ Coordinator in Toledo of Emergency Intervention and Psychological Assistance Plan
- ◆ Coordinator of the Gender Violence Plan at National Level of the Society for Time Limited Psychotherapies
- ◆ Master in Time-Limited Psychotherapy and Health Psychology
- ◆ Expert in Adult Psychotherapy



Dr. Aguado Romo, Roberto

- ◆ President of the European Institute for Time-Limited Psychotherapy Psychologist in private practice
- ◆ Researcher in Time Limited Psychotherapy
- ◆ Guidance team coordinator for many schools
- ◆ Author of several books on Psychology
- ◆ Communicator and expert in Psychology in the media
- ◆ University courses and postgraduate studies teacher
- ◆ President of the European Institute of Time-Limited Psychotherapies
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist

Professors

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of the Hospital Quirón in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Fernandez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Martínez Lorca, Manuela

- ♦ Doctorate in Psychology, University of Castilla-La Mancha
- ♦ Health Psychologist
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies. Specialist in Clinical Hypnosis and Relaxation

Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

Dr. Zabala Baños, María del Carmen

- ♦ PhD in Psychology, University of Castilla La Mancha
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

Structure and Content

These contents have been designed by a team of professionals and experts aware of the implications of training in the psychologist's daily practice. They are aware of the current relevance of eating disorders and personality disorders, so they have created this refresher program that delves into these issues, providing the psychologist with the most advanced knowledge in this complex area.





“

The most advanced scientific contents on these disorders are here. Enroll and discover it”

Module 1. Personality and Eating Disorders

- 1.1. Role of Personality in Eating Disorders
 - 1.1.1. Implication of Personality in the Onset of these Disorders
 - 1.1.2. Personality and Treatment Fit
 - 1.1.3. Prognosis and Personality
 - 1.1.4. Early Detection
 - 1.1.5. Appreciation and Appraisal
- 1.2. Comorbidity: Personality Disorders and Eating Disorders
 - 1.2.1. Analysis of Eating Behavior according to Personality Disorder
 - 1.2.2. Epidemiological Figures
 - 1.2.3. Prognosis According to Type of Personality Disorder
 - 1.2.4. Axis II in the DSM IV-TR and Eating Disorders
 - 1.2.5. DSM-5 and the Relationship between Personality and Eating Disorders
- 1.3. Clinical Implications of Personality Disorders in Pathological Eating Disorders
 - 1.3.1. Personality and Anorexia Nervosa
 - 1.3.2. Personality and Bulimia Nervosa
 - 1.3.3. Personality and Compulsive Overeating
- 1.4. Borderline Personality Disorder
- 1.5. Narcissistic Disorder
- 1.6. Histrionic Disorder
- 1.7. Dependency Disorder
- 1.8. Paranoid Disorder
- 1.9. Antisocial Disorder
- 1.10. Schizoid Disorder
- 1.11. Schizotypal Disorder
- 1.12. Avoidant Disorder





- 1.13. Alexithymia and Eating Disorders
 - 1.13.1. Personal Space
 - 1.13.2. Personal Time
 - 1.13.3. The Procedure
 - 1.13.4. Clothing
 - 1.13.5. Decoration of the Hearing Room
 - 1.13.6. The Language Used
 - 1.13.7. The Protagonists
 - 1.13.8. Experts and Witnesses
- 1.14. Family Diagnosis: The Family as a System
 - 1.14.1. Family Rules, Rituals, Homeostasis
 - 1.14.2. Crisis, Morphogenesis and Change
 - 1.14.3. Family Typology, Adaptation, Evolutionary Cycle
 - 1.14.4. Barriers, Centripetal and Centrifugal Functions
 - 1.14.5. Typology of Dysfunctional Families
- 1.15. Psychological Assessment in Eating Disorders
 - 1.15.1. Scientific Document
 - 1.15.2. Comprehensive Language
 - 1.15.3. Degree of Certainty
 - 1.15.4. Uses
 - 1.15.5. Ethical Standards
- 1.16. Relationship with Other Groups in the event of a Possible Admission not Accepted by the Patient

“ *The best syllabus, together with a high level teaching staff, and a highly effective online methodology. This program has it all*”

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.



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.





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 Personality and 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 Personality and 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 Personality and Eating Disorders**

Official N° of Hours: **200 h.**



*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.

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



Postgraduate Certificate Personality and Eating Disorders

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

Postgraduate Certificate

Personality and Eating Disorders

