

# Postgraduate Certificate

## Prevention of EDs in the Family and School Environment





## Postgraduate Certificate Prevention of EDs in the Family and School Environment

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

Website: [www.techtitute.com/in/psychology/postgraduate-certificate/prevention-eds-family-school-environment](http://www.techtitute.com/in/psychology/postgraduate-certificate/prevention-eds-family-school-environment)

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# 01

# Introduction

In a society that promotes obsession with physical fitness through advertising, any person is exposed to suffer from Eating Behavior Disorders (EDs). In fact, the latest scientific studies show that half a million people in Spain suffer from conditions such as obesity, ebiorexia or bulimia. In response to this, mental health experts have developed initiatives to reduce stigma. In this context, the *Health at Every Size* (HAES) program has emerged as a new approach to combat the "diet culture". Precisely, TECH has developed this program for experts to acquire this perspective, which conceives health independently of the weight of individuals. And all with a 100% online comfortable methodology.





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*You will develop successful social awareness campaigns, thus creating an environment that promotes self-acceptance"*

Educational centers increasingly have more and more cases of students suffering from EDs, either due to social pressure or other factors related to family background. As a result, it is common to see them eating unhealthy meals during their breaks, which have a negative impact on their health. In this sense, food education is vital for them to become aware and prevent the onset of disorders such as bulimia or being overweight. In this context, psychologists and nutritionists are the most authoritative voices to develop effective strategies to promote a balanced and adequate diet for the growth of children.

For this reason, TECH promotes a program that will provide experts with the most advanced tools to anticipate pathologies related to EDs. In this way, the syllabus will emphasize the importance of physical activity as part of a healthy lifestyle.

In addition, students will develop projects that promote self-acceptance, always within the recommended medical parameters. Likewise, the program will provide procedures to measure the impact of the programs implemented and identify areas for improvement. Finally, the relevance of feedback in society will be addressed in order to obtain an accurate evaluation.

This program is supported by the Relearning methodology. This system learning experience, pioneered by TECH, consists of the repetition of key content to ensure a progressive and natural teaching. In this way, students will forget resorting to ambiguous techniques such as memorization.

In fact, students will be able to access the Virtual Campus at any time of the day to reinforce their knowledge, using dynamic resources such as infographics, interactive summaries, real case studies and complementary readings. In this way, graduates will also acquire skills aimed at improving their work practice and take advantage of the opportunities offered by this booming healthcare sector.

This **Postgraduate Certificate in Prevention of EDs in the Family and School Environment** 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, 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 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 adjust the most effective treatment plans, making patients understand that relapse is not a failure"*

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*Want to specialize in evaluating prevention programs? This program will provide you with the most effective metrics to measure their impact"*

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.

*You will implement strategies for the media to promote ED prevention, using collaboration with influencers.*

*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



# 02

# Objectives

This program will provide students with the skills and resources necessary to rigorously manage psychotherapeutic processes in the treatment of eating disorders. Likewise, students will design campaigns that promote healthy lifestyle habits, emphasizing the synergies between balanced diets and physical exercise. In addition, they will be able to promote a community support network in the prevention of EDs.





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*Study from the comfort of your home and update your knowledge online with TECH Technological University, the biggest online university in the world”*



## 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





## Specific Objectives

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- ◆ Address social pressure and beauty standards
- ◆ Create an environment that promotes self-acceptance
- ◆ Understand the principles of the Health at Every Size (HAES) approach
- ◆ Take steps to create a school environment that promotes mental health and positive body image
- ◆ Emphasize the role of parents and caregivers in promoting a healthy relationship with food

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*You will analyze the "I Love Myself as I Am" project to give talks to the community, adapted to their needs and personal circumstances"*



03

# Course Management

In order to give students a boost in their careers, TECH brings together a teaching staff that stands out for its professional background. These professionals have accumulated years of experience in the research of Eating Disorders, recognizing the importance of updating their knowledge in order to offer quality services. Accordingly, the curriculum will have the most complete and advanced didactic materials available in the academic market. Upon completion of the program, graduates will be highly qualified to implement therapeutic measures based on a resilience and perseverance approach.





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*We have a highly regarded international teaching faculty" Take advantage of this opportunity and learn with the best!"*

## 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. Matovelle, Isabella

- ♦ Specialist in Clinical Psychology
- ♦ Child Psychologist at the Hospital de los Valle
- ♦ Personnel selection specialist at Deloitte
- ♦ Integral Coaching at Red Global de Desarrollo Humano (Global Network of Human Development)
- ♦ Master in Clinical and Health Psychology at the Instituto Superior de Estudios Psicológicos
- ♦ Superior Institute of Psychological Studies
- ♦ Degree in Psychology from Universidad San Francisco of Quito

### Ms. Ortiz, Maria Emilia

- ♦ Therapist of Personality Disorders and Eating Disorders at Institución Dialéctica Terapia
- ♦ Nutritionist and Dietitian
- ♦ Specialist in Eds and Conscious Eating
- ♦ Graduate of the University of Navarra
- ♦ Diploma in Renal Diseases



04

# Structure and Content

With an innovative approach, this program will enable students to develop professional competencies to effectively manage the prevention of EDs. In this sense, the program will delve into strategies to address aspects such as social pressure and beauty standards. As such, professionals will design initiatives that promote environments that foster mental health and a positive image. To achieve this, the curriculum emphasizes interdisciplinary collaboration between psychologists, educators and the community at large. In addition, the program fosters relationships with public figures to implement impactful awareness campaigns on social media.





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*You will develop strategies for the adoption of healthy habits, both in the family and school environment. Bet on TECH!”*

## Module 1. Prevention of EDs in the Family and School Environment

- 1.1. Education in the Promotion of a Healthy Body Image
  - 1.1.1. Promotion of a Positive Perception of the Body and Body Image
  - 1.1.2. Strategies to Address Social Pressure and Beauty Standards
  - 1.1.3. Creating an Environment that Promotes Self-Acceptance
- 1.2. Health at Every Size (HAES) program and Balanced Eating
  - 1.2.1. Principles of the Health at Every Size (HAES) Approach
  - 1.2.2. Promotion of a Healthy Relationship with Feeding and Exercise
  - 1.2.3. Teaching the Importance of Respect for Different Body Shapes and Measurements
- 1.3. Education in Schools and Educational Centers
  - 1.3.1. Educational and Awareness of EDs
  - 1.3.2. Integration of Education about ED in the School Curriculum
  - 1.3.3. Collaboration with Educators and Counselors to Promote Prevention
  - 1.3.4. Measures to Create a School Environment that Promotes Mental Health and Positive Body Image
- 1.4. Family Involvement in the Prevention
  - 1.4.1. Role of Parents and Caregivers in Promoting a Healthy Relationship with Food
  - 1.4.2. Effective Parent-Child Communication about Mental Health and Nutrition
  - 1.4.3. Resources and Support for Families in the Prevention of EDs
- 1.5. Media and Social Networking Strategies
  - 1.5.1. Responsible Use of Body Images in the Media
  - 1.5.2. Awareness Campaigns in Social Networks
  - 1.5.3. Collaboration with Influencers and Public Figures in the Promotion of Prevention
- 1.6. Evaluating the Effectiveness of Prevention Programs
  - 1.6.1. Methods and Metrics for Measuring the Impact of Programs
  - 1.6.2. Identification of Areas for Improvement and Adaptation of Strategies
  - 1.6.3. Importance of Community Feedback in Evaluation
- 1.7. Interdisciplinary Collaboration in Prevention
  - 1.7.1. Joint Work of Health Professionals, Educators and Community
  - 1.7.2. Examples of Successful Interdisciplinary Collaboration Initiatives
  - 1.7.3. Fostering a Community Support Network in the prevention of EDs



- 1.8. Promoting Healthy Eating and Exercise Habits
  - 1.8.1. Promoting a Balanced and Adequate Diet for Growth and Development
  - 1.8.2. Importance of Physical Activity as Part of a Healthy Lifestyle
  - 1.8.3. Strategies to Promote the Adoption of Healthy Habits in the Family and School Environment
- 1.9. Implementation of a Community Prevention Program - "I Love Myself as I Am" Campaign
  - 1.9.1. Steps to Develop an Effective ED Prevention Program
  - 1.9.2. Needs and Resource Assessment in the Community
  - 1.9.3. Strategies for Implementing and Monitoring the Prevention Program
  - 1.9.4. Implementation of a Talk to the Community as Part of the "I Love Myself as I Am" Campaign
- 1.10. Is Relapse Feasible?
  - 1.10.1. Identification of Warning Signs and Personal Triggers: Stress and Challenging Events
  - 1.10.2. Recognizing Changes in Behavior and Mood for Relapse Prevention
  - 1.10.3. Support Networks: Family, Caregivers
  - 1.10.4. Addressing Relapse: Re-establishing Therapeutic Communication for Adjustment of the Treatment Plan
    - 1.10.4.1. Coping Strategies and Skills
    - 1.10.4.2. Development of Healthy Coping Mechanisms
    - 1.10.4.3. Self-control and Self-regulation Skills
    - 1.10.4.4. Understanding that Relapse Is Not Failure
    - 1.10.4.5. Focus on Resilience and Perseverance

“*Prevention in the family and school environment of EDs has evolved a lot over the last few years. This program will give you access to the most recent developments”*

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.



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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 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 Prevention of EDs in the Family and School Environment guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate 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 Prevention of EDs in the Family and School Environment** 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 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 in Prevention of EDs in the Family and School Environment**

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.



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