

# Hybrid Professional Master's Degree

Diagnosis and Psychiatric  
Treatment of Anxiety-Related  
Disorders



## Hybrid Professional Master's Degree Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtitute.com/in/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-diagnosis-psychiatric-treatment-anxiety-related-disorders](http://www.techtitute.com/in/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-diagnosis-psychiatric-treatment-anxiety-related-disorders)

# Index

01

Introduction

---

*p. 4*

02

Why Study this Hybrid  
Professional Master's Degree?

---

*p. 8*

03

Objectives

---

*p. 12*

04

Skills

---

*p. 20*

05

Course Management

---

*p. 24*

06

Educational Plan

---

*p. 30*

07

Clinical Internship

---

*p. 36*

08

Where Can I Do the  
Clinical Internship?

---

*p. 42*

09

Methodology

---

*p. 48*

10

Certificate

---

*p. 56*

# 01

# Introduction

Due to multiple factors, there has recently been an increase in the number of patients with anxiety-related disorders. Therefore, these pathologies require a very precise follow-up and diagnosis, since they are connected with external elements of a social, economic or even biological nature. For this reason, the specialist needs access to the most advanced knowledge in this area. This is why this program has been designed to provide psychiatrists with the latest diagnostic tools and treatments. All of this is based on a learning process that combines online teaching with an on-site and practical internship in a clinical center of renowned international prestige.





“

*Get up-to-date thanks to this program, which will provide you with the latest developments in the diagnosis and psychiatric treatment of all types of anxiety-related disorders”*

The current global situation in various fields is causing enormous uncertainty among the population as a whole. The pandemic situation, which has forced millions of people into isolation, has worsened their mental health. In addition, economic conditions are fluctuating, so stress is on the rise. All these factors have led to the development of numerous psychiatric disorders that require the most advanced treatments.

In addition, many of them are associated with anxiety, so precise monitoring is needed in these cases. For this reason, the professional must be aware of the latest developments in this field, so that they can provide the most effective responses to the mental pathologies presented by each patient. This program, therefore, has been designed with the purpose of offering the specialist an update in this area.

For this purpose, a program has been designed consisting of an online learning phase and an on-site internship. During the online phase, the professional will have at their disposal a flexible teaching method that is completely adapted to their personal circumstances. In addition, the innovative contents of the program will be presented in multimedia format, while receiving the support of the best teaching staff in this discipline.

During the internship period, the specialist will have the opportunity to carry out an intensive 3-week stay in a prestigious clinical center, where they will be up-to-date, in a totally dynamic way, on the latest innovations in this type of disorders. In addition, during this stay, they will not only be guided by physicians specialized in this field, but will also come into contact with real patients, guaranteeing a complete and immediate update.

This **Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of more than 100 clinical cases presented by Psychiatric professionals specialized in anxiety-related disorders
- ♦ 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
- ♦ Assessment, diagnosis and follow-up of patients with anxiety disorders
- ♦ Comprehensive systematized action plans for the main pathologies in the psychiatric unit
- ♦ Presentation of practical workshops on diagnostic and therapeutic techniques for psychiatric patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Practical clinical guides on approaching different pathologies
- ♦ Special emphasis on test-based medicine and research methodologies in Psychiatry
- ♦ All of this will be complemented by 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
- ♦ Additionally, students will be able to carry out a clinical internship in one of the best hospitals in Spain

“

*You will be able to access the most recent advances in the relationship between anxiety and disorders such as agoraphobia or acute stress”*

This Master's program, which has a professionalizing nature and a blended learning modality, is aimed at updating medical professionals who perform their functions in psychiatric units, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge into medical practice.

Thanks to the multimedia content, developed with the latest educational technology, medical professionals will benefit from situated and contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*You will be in contact with great specialists in Psychiatry, who will bring you closer to the best diagnostic methods in this type of disorders.*

*Anxiety-related disorders have been on the rise in recent years, so it is necessary to keep up-to-date in order to have the most cutting-edge tools and treatments for the management of these pathologies.*



02

# Why Study this Hybrid Professional Master's Degree?

The drastic increase in anxiety diagnoses in recent years only highlights the relevance of this pathology in psychiatry units. According to data from the Global Health Data Exchange, it is one of the most common mental pathologies, which drives professionals in the area to a complete updating process. This Hybrid Professional Master's Degree offers, precisely, a review of the most relevant novelty in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders, complemented with a distinctive practical internship of 3 weeks in a prestigious clinical center. This allows the specialist to obtain both a theoretical and practical view of the most relevant developments in this field.



“

*Access a syllabus developed by experts in Anxiety-Related Disorders and put it into practice in an exhaustive 3-week on-site internship”*

### 1. Updating from the latest technology available

Daily stress caused by work or social factors affects millions of people around the world. Technology has advanced in the therapeutic field, so this Hybrid Professional Master's Degree is an opportunity for the professional to go into both the theory of modern psychotherapeutic treatments and their application in the clinical environment.

### 2. Gaining In-Depth Knowledge from the Experience of Top Specialists

Renowned experts in the field of Anxiety-Related Disorders have developed all the theoretical material available in this Hybrid Professional Master's Degree, based on their own experience in the field. This guarantees that, both during the practical internship and in the theoretical study, the specialist is accessing the most complete experience possible.

### 3. Entering First-Class Clinical Environments

The clinical centers chosen by TECH for this degree meet the highest quality standards, ensuring the student an effective and comprehensive practical immersion. In this way, the student will be able to experience the day-to-day life of an advanced psychiatry unit, with the best possible equipment and work methodology.



#### 4. Combining the Best Theory with State-of-the-Art Practice

As sometimes theoretical training is not enough, this degree combines both the most relevant and current theory in the treatment of Anxiety-Related Disorders and the practical part where all this knowledge is put to the test. This gives a distinctive impulse to the professional's updating work, since they will know the practical application of all the theoretical methodology treated immediately.

#### 5. Expanding the Boundaries of Knowledge

Thanks precisely to the combination of theory and practical experience of this degree, the specialist will have the best possible update on all treatments, interventions, diagnostic criteria and phenomenology related to anxiety. Therefore, they will take their competences towards the most advanced and avant-garde scientific rigor possible.

“

*You will have full practical immersion  
at the center of your choice”*

# 03

## Objectives

The main objective of this Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders is to bring the professional closer to the novelties experienced in this field in recent years. In this way, it will be able to give an even more effective response to the daily challenges of the discipline, which requires continuous updating, especially with the great prevalence of this type of clinical pathologies.





“

*This program will allow you to achieve your goal of updating your knowledge in this type of disorders in a practical, dynamic and simple way”*



## General Objective

---

- The general objectives of this program focus on the precise identification of the different psychiatric disorders prevailing today and their interaction with anxiety. Therefore, the specialist will have a complete and comprehensive knowledge, being able to relate different pathologies and how they affect each other

“

*The online methodology of the program will adapt to your circumstances, allowing you to study whenever you want, and preparing you for the internship included in the degree”*





## Specific Objectives

---

### Module 1. Introduction to Anxiety Disorders: Diagnosis and Treatment

- ◆ Differentiate between pathological and adaptive anxiety
- ◆ Identify the clinical pictures of anxiety
- ◆ Locate anxiety-related disorders in the DSM-V and ICD-10 classification
- ◆ Know the most relevant epidemiological aspects of anxiety-related disorders
- ◆ Enable the student to master the biological etiopathogenic factors that influence anxiety, including its evolutionary perspective
- ◆ Enable the student to master the psychological etiopathogenic factors of anxiety, both from a dynamic and cognitive-behavioral perspective
- ◆ Master the psychiatric functions in the treatment of anxiety from a pharmacological perspective and to know the most relevant pharmacological treatments
- ◆ Master the psychiatric functions in the treatment of anxiety from a psychotherapeutic perspective and to know the most relevant psychotherapeutic treatments
- ◆ Master the psychiatric functions in the treatment of anxiety from a social perspective

### **Module 2. Distress Disorder**

- ♦ Perform a correct medical history of anxiety disorders
- ♦ Perform a correct psychopathological examination in anxiety disorders
- ♦ Know the relevant and pertinent medical tests for a correct differential diagnosis of anxiety disorders
- ♦ Identify the most common organic pathologies for a correct differential diagnosis of anxiety disorders
- ♦ Identify the most common and the less prevalent diagnostic courses
- ♦ Know the risk factors for a better or worse prognosis of distress disorders
- ♦ Master the pharmacological treatments indicated in the treatment of anxiety disorders, as well as the different therapeutic steps and their indication, contraindication and use
- ♦ Master the different psychotherapeutic interventions in anxiety disorders and their indication, contraindication and use
- ♦ Master the different social interventions in distress disorders and their indication, contraindication and use

### **Module 3. Agoraphobia**

- ♦ Ascertain a correct medical history of agoraphobic symptoms
- ♦ Perform a correct psychopathological examination in agoraphobia
- ♦ Know the relevant and pertinent medical tests for a correct differential diagnosis of agoraphobia
- ♦ Identify the most common organic pathologies for a correct differential diagnosis of agoraphobia
- ♦ Identify the most common and the less prevalent diagnostic courses
- ♦ Know the risk factors for a better or worse prognosis in agoraphobia

- ♦ Master the pharmacological treatments indicated in the treatment of agoraphobia, as well as the different therapeutic steps and the indication, contraindication and of their use
- ♦ Master the different psychotherapeutic interventions in Agoraphobia and their indication, contraindication and use
- ♦ Master the different social interventions in agoraphobia and their indication, contraindication and use

### **Module 4. Social Anxiety Disorder**

- ♦ Enable the student to assess the patient's behavior in the face of the diagnosis
- ♦ Enable the student to assess the intensity of the phobia and to take it into account as an evolutionary prediction
- ♦ Emphasize the exploration of the previous personality (traits and/or disorders), before starting the treatments
- ♦ Clarify the "myth" about the non-existence of specific psychotropic drugs
- ♦ Ability to decide on a psychotherapeutic treatment according to the degree of impact on life quality
- ♦ If sick leave is indicated, predict its duration in order to avoid "gain" phenomena
- ♦ Promote coordination with the social worker in view of the impact on quality of life

### **Module 5. Generalized Anxiety Disorder**

- ♦ Know in depth the multiple etiologies of generalized anxiety disorder
- ♦ Help the patient to know what is and what is not anxiety
- ♦ Enable the student to enhance extrospective observation in the interview
- ♦ Enable the student to perform complementary psychological examinations and to request (if necessary) interconsultations





- ◆ Convince the patient that in most cases drugs should be complemented with psychotherapy
- ◆ Enable the student to detect fulminant pseudo-improvements that incite the patient to therapeutic "abandonment"
- ◆ Discriminate among the treatments to be performed by those (e.g., relaxation techniques), those that can also be performed by other mental health professionals

### **Module 6. Specific Phobias**

- ◆ Enable the student to reach a nosological diagnosis through symptoms, signs and explorations
- ◆ Delimit specific phobias from agoraphobia and other psychiatric disorders
- ◆ Enable the student to "visualize" the most probable evolution and prognosis
- ◆ Know and manage pharmacological treatment (if indicated)
- ◆ Know and manage psychotherapeutic treatments in order of evidence/efficacy/effectiveness
- ◆ Coordinate the bio-psychosocial treatments
- ◆ Know the specific names of the most frequent specific phobias

### **Module 7. Obsessive Compulsive Disorder**

- ◆ Perform the necessary complementary tests
- ◆ Request interconsultations if organic etiology is suspected
- ◆ Implement the student's skills in differential diagnosis
- ◆ Enable the student to "visualize" the possible evolution and prognosis
- ◆ Know the biological and non-pharmacological treatments in resistant cases
- ◆ Delimit which psychotherapies give better results
- ◆ Enable the student to play the role of "responsible physician", since the treatment is multidisciplinary

### Module 8. Acute Stress Disorder

- ♦ Ascertain a correct medical history in acute stress disorder symptoms
- ♦ Perform a correct psychopathological examination of the symptoms of acute stress disorder
- ♦ Know the relevant and pertinent medical tests for a correct differential diagnosis of acute stress disorder and an adequate organic screening
- ♦ Identify the most common organic pathologies for a proper differential diagnosis of acute stress disorder
- ♦ Identify the most common and less prevalent diagnostic courses, as well as the factors that influence the evolution and prognosis of acute stress disorder
- ♦ Master the pharmacological treatments indicated in the treatment of acute stress disorder, as well as the different therapeutic steps and their indication, contraindication and use
- ♦ Master the different psychotherapeutic interventions in acute stress disorder and their indication, contraindication and use
- ♦ Master the different social interventions in acute stress disorder and their indication, contraindication and use

### Module 9. Post-Traumatic Stress Disorder

- ♦ Perform a correct medical history of the symptoms of traumatic stress disorder
- ♦ Perform a correct psychopathological examination of the symptoms of PTSD
- ♦ Know the relevant and pertinent medical tests for a correct differential diagnosis of PTSD and an adequate organic screening
- ♦ Identify the most common organic pathologies for a proper differential diagnosis of PTSD
- ♦ Identify the most common and less prevalent diagnostic courses, as well as the factors that influence the evolution and prognosis of post-traumatic stress disorder



- ♦ Master the pharmacological treatments indicated in the treatment of post-traumatic stress disorder, as well as the different therapeutic steps and their indication, contraindication and use
- ♦ Master the different psychotherapeutic interventions in post-traumatic stress disorder and their indication, contraindication and use
- ♦ Master the different social interventions in traumatic stress disorder and their indication, contraindication and use

### **Module 10. Diagnosis and Treatment of Anxiety Disorders in Special Populations**

- ♦ Enable the student to detect the presence of anxiety in childhood and adolescence
- ♦ Prepare the student to detect the presence of anxiety in the elderly
- ♦ Implement the learner's skills in interviewing patients and family members
- ♦ Prepare the student to diagnose and treat disorders that appear exclusively in childhood and adolescence
- ♦ Prepare the student in the screening of organic etiology in the elderly
- ♦ Qualify the student for the specific management of psychotherapy in the elderly
- ♦ Provide the student with the skills to coordinate with medical personnel the treatment of organic diseases

# 04 Skills

Throughout this Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders, the professional will be able to obtain a series of competencies related to this type of pathologies, updating their skills in their management and monitoring. In this way, they will become an up-to-date specialist in all the latest developments in the discipline, prepared to respond to all the current challenges in this field.





“

*Expand your competencies with this program, which will help you to incorporate into your daily practice the best diagnostic methods in anxiety-related disorders”*



## General Skills

---

- Establish a nosological (or at least syndromic) diagnosis
- Establish and delimit the appropriate biological, psychological and social treatments
- Program the treatments to be carried out by the psychiatrist themselves
- Coordinate with the rest of the mental health professionals involved in the treatment, delimiting the fields of intervention

“

*Boost your professional career with a holistic education that allows you to advance both theoretically and practically”*





## Specific Skills

---

- ♦ Diagnose anxiety disorders
- ♦ Know how to make a complete classification of anxiety disorders
- ♦ Know the epidemiology of the condition
- ♦ Analyze the biological and psychological etiopathogenic factors
- ♦ Determine the role of the psychiatrist in pharmacotherapy, psychotherapy and social treatments
- ♦ Know in depth the pathogenesis of distress
- ♦ Recognize anxiety disorder
- ♦ Know how to perform a complete psychopathological examination
- ♦ Know how to organize an adequate pharmacological and psychotherapeutic treatment
- ♦ Know how to carry out a social intervention
- ♦ Know in depth the pathogenesis of agoraphobia
- ♦ Know how to perform a complete psychopathological examination
- ♦ Know the evolution and treatment of the condition
- ♦ Organize and carry out a pharmacological and psychological treatment
- ♦ Have a thorough understanding of the pathogenesis of obsessive-compulsive disorder
- ♦ Know the appropriate evolution and treatment
- ♦ Have a thorough understanding of the pathogenesis of generalized anxiety disorder
- ♦ Know how to recognize clinical symptomatology and perform all the necessary examinations for this purpose
- ♦ Organize and carry out a pharmacological and psychological treatment
- ♦ Know how to carry out a social intervention
- ♦ In-depth knowledge of the pathogenesis of other specific phobias
- ♦ Have a thorough understanding of the pathogenesis of acute stress disorder
- ♦ Have a thorough understanding of the pathogenesis of post-traumatic stress disorder
- ♦ Organize and carry out a pharmacological and psychological treatment
- ♦ Know how to carry out a social intervention
- ♦ Analyze adjustment disorder with anxiety
- ♦ Know in depth the pathogenesis of anxiety disorder in childhood and adolescence
- ♦ Know the pathogenesis of separation anxiety, social phobia, compulsive disorder in childhood and adolescence, reactive attachment, uninhibited social relationship, post-traumatic stress disorder
- ♦ Know the pathogenesis of anxiety in the elderly

05

# Course Management

This program has the best teaching staff in this specialty, carefully selected by TECH to provide the psychiatrist with the best learning. Therefore, the professional will have this teaching staff at their disposal throughout the teaching, accompanying them online to ensure that they are updated quickly and appropriately. That is why this is one of the great strengths of this program, due to the enormous prestige of these teachers in the field of anxiety-related disorders.







“

*The best teachers will accompany you throughout your online learning to make sure you are immediately up to date”*

## Management



### Dr. Guerra Gómez, Enrique

- Specialist in Psychology expert in TCA, OCD or Anxiety Disorders
- Coordinator of the Eating Disorders Unit at the University Hospital Santa Cristina
- Psychiatrist Physician of the Community of Madrid
- Medical Specialist in Psychiatry of the Institutional Administration of the National Health System
- Teacher in university studies
- Speaker at numerous national and international psychiatry congresses
- Master's Degree in Clinical Management in Mental Health, Pablo de Olavide University
- Medical Specialist in Forensic Psychiatry, UNED
- Gold Medal for Health Merit from the Community of Madrid



### **Dr. Benito Ruiz, Adolfo**

- Medical specialist in Psychiatry in the Toledo Hospital Complex
- FEA of Psychiatry, Toledo Hospital Complex
- FEA of Psychiatry at the Francisco Díaz Mental Health Center
- Chief researcher in several studies related to Psychiatry
- Author and co-author of dozens of scientific articles related to his specialty
- Author and coauthor of numerous book chapters
- Professor in Mental Health courses and in undergraduate studies
- Doctorate in Medicine, University of Alcalá
- Master's Degree in Psychotherapy, Integrated Perspective from the University of Alcalá Henares
- Awards of the Foundation for Biomedical Research of the Príncipe Asturias University Hospital

## Professors

### Dr. Donaire Adánez, Luis

- ◆ Specialist in Psychiatry
- ◆ Psychiatrist at the Outpatient Psychiatry Department of the Toledo Hospital Complex
- ◆ Psychiatrist at the Acute Unit of the Misericordia Provincial Hospital of Toledo
- ◆ Psychiatrist at the Acute Unit of the Hospital de Nuestra Señora del Perpetuo Socorro in Albacete
- ◆ Author of several publications on Psychiatry
- ◆ Speaker at Psychiatry Courses and Conferences
- ◆ Master's Degree in Legal Psychiatry from the Complutense University of Madrid
- ◆ University Specialist in Clinical and Psychoanalytic Psychotherapy by the UPCO
- ◆ Expert in Psychopathology and Psychiatry by the Miguel Servet Health Sciences University Foundation

### Dr. Soto Laguna, Marta

- ◆ Psychiatrist Expert in Anxiety Disorders
- ◆ Psychiatrist at Enova Medical Center
- ◆ Author and co-author of book chapters related to Psychiatry
- ◆ Co-author of articles for scientific journals
- ◆ Speaker at congresses and conferences in her specialty
- ◆ Master's Degree in Legal Psychiatry from the Complutense University of Madrid



**Dr. Saiz García, Héctor**

- ◆ Psychiatrist Expert in Legal and Forensic Psychiatry
- ◆ Medical Director of the CHS Clinic
- ◆ Medical Specialist in Psychiatry in Osakidetza
- ◆ Legal and Forensic Psychiatrist at the Legal Psychiatry Unit of the Aita Menni Hospital
- ◆ Co-author of several scientific publications
- ◆ Co-author of several book chapters
- ◆ Speaker at Psychiatry Congresses and Debates
- ◆ President of the Spanish Society of Psychiatry Residents
- ◆ Master's Degree in Legal and Forensic Psychiatry from the Complutense University of Madrid
- ◆ Master's Degree in Clinical Medicine

**Dr. Blanco Prieto, Margarita**

- ◆ Specialist in Psychiatry
- ◆ Psychiatrist at the Psychiatry Department of the Príncipe de Asturias University Hospital
- ◆ Psychiatrist in the private clinic Psychosomatic Unit
- ◆ Author of several scientific articles on Psychiatry

# 06

## Educational Plan

This Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders has been structured, in its online phase, in 10 specialized modules. Therefore, the professional will be able to delve into issues such as biological etiopathogenic factors in this type of pathologies, the phenomenology of anxiety, clinical symptomatology and psychopathological exploration of agoraphobia or psychotherapeutic treatments in specific phobias.





“

*Delve into the most relevant theory in this field, subsequently applying it in a real work environment”*

### Module 1. Introduction to Anxiety Disorders: Diagnosis and Treatment

- 1.1. History of Anxiety Disorders
- 1.2. Concept of Anxiety and Distress
  - 1.2.1. Normal versus Pathological
- 1.3. Classification of Anxiety Disorders
- 1.4. Neuronal Circuits of Anxiety and Fear
- 1.5. Epidemiology
- 1.6. Biological Etiopathogenic Factors
  - 1.6.1. Evolutionary Approach to Anxiety
- 1.7. Psychological Etiopathogenic Factors
  - 1.7.1. Cognitive-Behavioral Approach to Anxiety
  - 1.7.2. Psychodynamic Approach to Anxiety
- 1.8. Sociocultural Etiopathogenic Factors
- 1.9. Psychiatrist's Roles in Pharmacotherapy and Other Biological Treatments
- 1.10. Psychiatrist's Roles in Psychotherapeutic Treatments
- 1.11. Psychiatrist's Functions in Social Treatments

### Module 2. Distress Disorder

- 2.1. Phenomenology of Anxiety
- 2.2. Pathogenesis of Anxiety
- 2.3. Clinical Symptomatology. Psychopathological Examination
- 2.4. Explorations and Complementary Tests
- 2.5. Current Diagnostic Criteria and Differential Diagnosis
- 2.6. Evolution and Prognosis
- 2.7. Medical treatment
- 2.8. Psychotherapeutic treatment
- 2.9. Social interventions





**Module 3. Agoraphobia**

- 3.1. Phenomenology of Agoraphobia
- 3.2. Pathogenesis of Agoraphobia
- 3.3. Clinical Symptomatology and Psychopathological Examination
- 3.4. Explorations and Complementary Tests
- 3.5. Current Diagnostic Criteria and Differential Diagnosis
- 3.6. Evolution and Prognosis
- 3.7. Medical treatment
- 3.8. Psychotherapeutic treatment
- 3.9. Social interventions

**Module 4. Social Anxiety Disorder**

- 4.1. Phenomenology of Social Phobia
- 4.2. Pathogenesis of Social Phobia
- 4.3. Clinical Symptomatology and Psychopathological Examination
- 4.4. Explorations and Complementary Tests
- 4.5. Current Diagnostic Criteria and Differential Diagnosis
- 4.6. Evolution and Prognosis
- 4.7. Medical treatment
- 4.8. Psychotherapeutic treatment
- 4.9. Social interventions

**Module 5. Generalized Anxiety Disorder**

- 5.1. Phenomenology of Generalized Anxiety Disorder
- 5.2. Pathogenesis of Generalized Anxiety Disorder
- 5.3. Clinical Symptomatology and Psychopathological Examination in Generalized Anxiety Disorder
- 5.4. Explorations and Complementary Tests
- 5.5. Current Diagnostic Criteria and Differential Diagnosis
- 5.6. Evolution and Prognosis
- 5.7. Medical treatment
- 5.8. Psychotherapeutic treatment
- 5.9. Social interventions

### Module 6. Specific Phobias

- 6.1. Symptoms
- 6.2. Examinations
- 6.3. Complementary Tests
- 6.4. Current Diagnostic Criteria
- 6.5. Differential Diagnosis
- 6.6. Evolution and Prognosis
- 6.7. Medical treatment
- 6.8. Psychotherapeutic treatment
- 6.9. Social interventions

### Module 7. Obsessive Compulsive Disorder

- 7.1. Phenomenology of Obsessive-Compulsive Disorder
- 7.2. Pathogenesis of Obsessive-Compulsive Disorder
- 7.3. Clinical Symptomatology and Psychopathological Examination
- 7.4. Examinations and Complementary Tests
- 7.5. Current Diagnostic Criteria and Differential Diagnosis
- 7.6. Evolution and Prognosis
- 7.7. Pharmacological Treatment
- 7.8. Psychotherapeutic Treatment
- 7.9. Social Interventions

### Module 8. Acute Stress Disorder

- 8.1. Phenomenology of Acute Stress Disorder
- 8.2. Pathogenesis of Acute Stress Disorder
- 8.3. Clinical Symptomatology and Psychopathological Examination
- 8.4. Examinations and Complementary Tests
- 8.5. Current Diagnostic Criteria and Differential Diagnosis
- 8.6. Evolution and Prognosis
- 8.7. Pharmacological Treatment
- 8.8. Psychotherapeutic Treatment
- 8.9. Social Interventions





### Module 9. Post-Traumatic Stress Disorder

- 9.1. Phenomenology of Post-Traumatic Stress Disorder
- 9.2. Pathogenesis of Post-Traumatic Stress Disorder
- 9.3. Clinical Symptomatology and Psychopathological Examination
- 9.4. Explorations and Complementary Tests
- 9.5. Current Diagnostic Criteria and Differential Diagnosis
- 9.6. Evolution and Prognosis
- 9.7. Medical treatment
- 9.8. Psychotherapeutic treatment
- 9.9. Social interventions
- 9.10. Appendix: Adjustment Disorder with Anxiety

### Module 10. Diagnosis and Treatment of Anxiety Disorders in Special Populations

- 10.1. Anxiety in Childhood and Adolescence
- 10.2. Separation Anxiety Disorder. Generalized Anxiety Disorder
- 10.3. Social Phobia
- 10.4. Obsessive-Compulsive Disorder in Childhood and Adolescence
- 10.5. Reactive Attachment Disorder Disinhibited Social Relationship Disorder
- 10.6. Post-Traumatic Stress Disorder
- 10.7. Clinical Anxiety Disorders in the Elderly
- 10.8. Diagnosis of Anxiety Disorders in the Elderly
- 10.9. Pharmacological Treatment
- 10.10. Psychotherapeutic Treatments and Social Interventions

07

# Clinical Internship

After completing the online phase of this program, the professional will be able to carry out a clinical internship in a center of recognized international prestige. This internship is carried out intensively over a period of 3 weeks, and will allow the specialist to come into contact with physicians of great reputation in the field of Psychiatry, while having access to different patients, so that they can update themselves in a dynamic way, in a controlled but real environment.



“

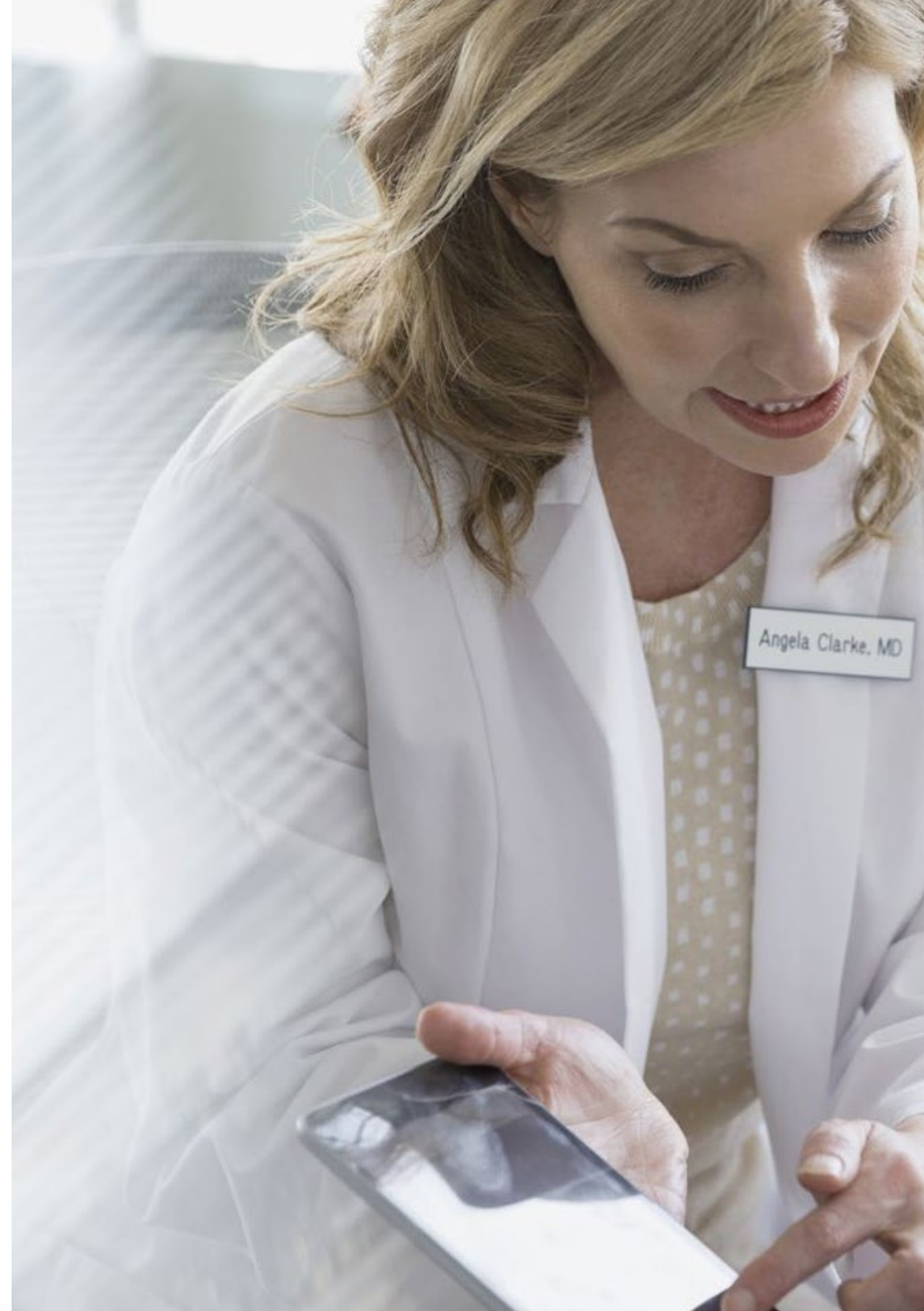
*With these clinical internships you will be able to develop your new skills in a real environment, with the accompaniment of professionals of great prestige”*

The internship of this Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders takes place in a prestigious clinical center, where they will carry out a 3-week stay, from Monday to Friday, with 8 consecutive hours of practical learning with the accompaniment of an assistant specialist. This stay will allow the psychiatrist to treat real patients alongside a team of renowned professionals in the field of anxiety-related disorders.

The student will actively participate by performing activities and procedures related to each area of competence (learning to learn and learning to do), with the support and guidance of the teachers and other classmates to facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of Psychiatry (learning to be and learning to relate to others).

“

*You will complete a series of practical activities that will ensure you gain new competencies in this psychiatric area”*



The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Diagnosis of Anxiety-Related Disorders</b>	Interview patients with clinical picture of Anxiety, in order to define an accurate diagnosis
	Delimit the criteria to be followed during the interview based on intrusive symptoms, negative mood, dissociative symptoms, etc.
	Analyze possible previous pathologies or risk factors that may influence the diagnostic evaluation
	Determine the tests and complementary explorations to be performed during the interview
<b>Treatment of Anxiety-Related Disorders</b>	Determine the appropriate pharmacological and psychotherapeutic treatments according to stress and anxiety
	Follow-up, prognosis and assessment of the patient's evolution
	Carry out a cognitive-behavioral or psychodynamic approach to anxiety according to the patient's history
<b>Psychotherapy for Specific Disorders</b>	Apply the pathology and phenomenology of agoraphobia, social anxiety or obsessive-compulsive disorder in a diagnostic assessment
	Follow the latest diagnostic criteria to differentiate the types of stress
	Assess the social interventions to be performed in Acute Stress, Generalized Anxiety and Distress Disorder
<b>Diagnosis and Treatment in Special Populations</b>	Adapt the approach and diagnostic methodology to children, adolescents or the elderly
	Establish diagnostic and therapeutic protocols for elderly patients
	Approach pathologies specific to special populations such as reactive attachment disorder or disinhibited social relationships

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both practical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

# Where Can I Do the Clinical Internship?

The professional will be able to perform their clinical internship in a prestigious clinical center where they will come into contact with real patients, while receiving supervision from specialists focused on anxiety-related disorders. In addition, they will have access to the best diagnostic methods and the latest healthcare resources in this psychiatric area.





“

*Complete your theoretical education with the best practical internship on the market. This is the only way to achieve success in your daily practice”*



The student will be able to complete the internship of this Hybrid Professional Master's Degree at the following centers:



Medicine.

### Hospital HM Modelo

Country	City
Spain	La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine.

### Hospital Maternidad HM Belén

Country	City
Spain	La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Medicine.

### Hospital HM Rosaleda

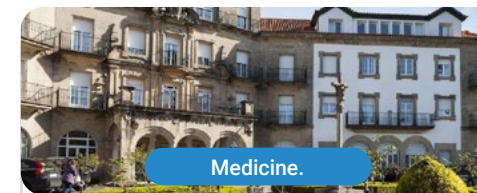
Country	City
Spain	La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine.

### Hospital HM La Esperanza

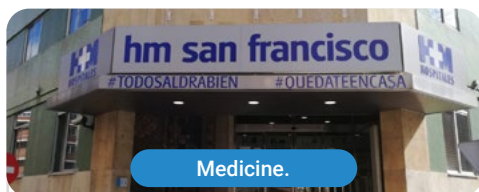
Country	City
Spain	La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Medicine.

### Hospital HM San Francisco

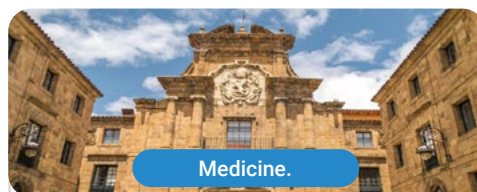
Country	City
Spain	León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Medicine.

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Medicine.

### Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine.

### Hospital HM Madrid

Country	City
Spain	Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Anaesthesiology and Resuscitation



Medicine.

### Hospital HM Montepríncipe

Country	City
Spain	Madrid

Address: Av. de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Medicine.

### Hospital HM Torrelodones

Country	City
Spain	Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine.

### Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine.

### Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Medicine.

### HM Puerta del Sur Hospital

Country	City
Spain	Madrid

Address: Av. Carlos V, 70, 28938, Móstoles, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Clinical Ophthalmology



Medicine.

### Policlínico HM La Paloma

Country	City
Spain	Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Medicine.

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Medicine.

### Policlínico HM Virgen del Val

Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Medicine.

### Clínica El Jardín

Country	City
Argentina	Santiago del Estero

Address: Madre de Ciudades 4553, Barrio  
Aeropuerto, 4200 Santiago del Estero

Clinic specialized in Mental Health

---

**Related internship programs:**

- Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders





“

*You will learn first-hand  
about the working reality  
of the area, in a demanding  
and rewarding environment”*

09

# 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 you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, 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 physician'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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This 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, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving 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).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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 specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to 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 TECH's 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. 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 on the usefulness of learning by observing experts. The system known as 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.



# 10 Certificate

The Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Technological University.





“

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

This **Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders** contains the most complete and up-to-date program on the professional and academic scene.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery\*.

In addition to the certificate, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

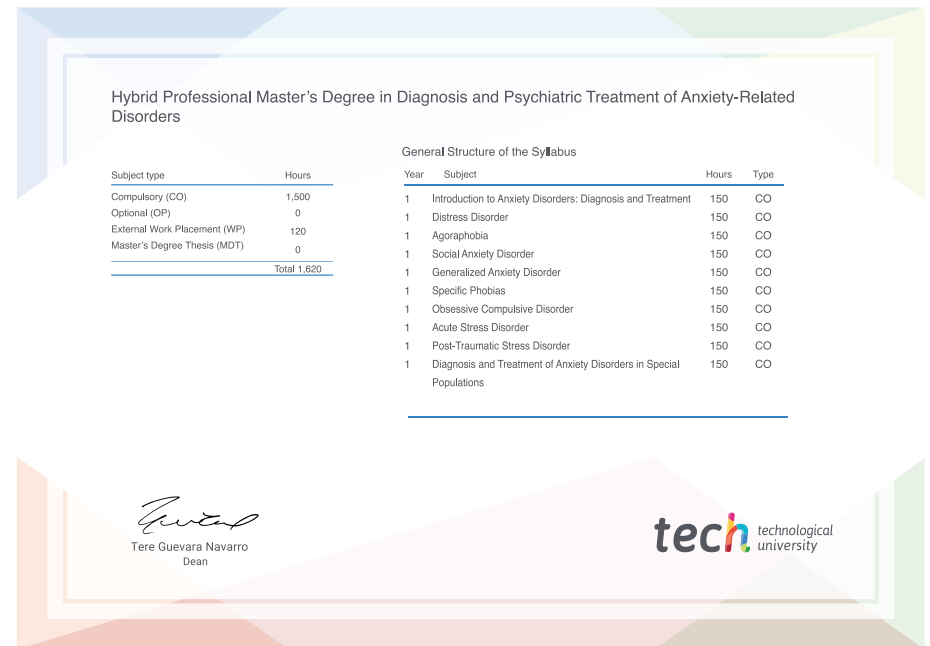
Title: **Hybrid Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders**

Course Modality: **Hybrid (Online + Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 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.



**Hybrid Professional  
Master's Degree**  
Diagnosis and Psychiatric  
Treatment of Anxiety-Related  
Disorders

Course Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

# Hybrid Professional Master's Degree

Diagnosis and Psychiatric  
Treatment of Anxiety-Related  
Disorders