

Internship Program

Diagnosis and Psychiatric Treatment of Anxiety- Related Disorders





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university

Internship Program
Diagnosis and Psychiatric
Treatment of Anxiety-
Related Disorders

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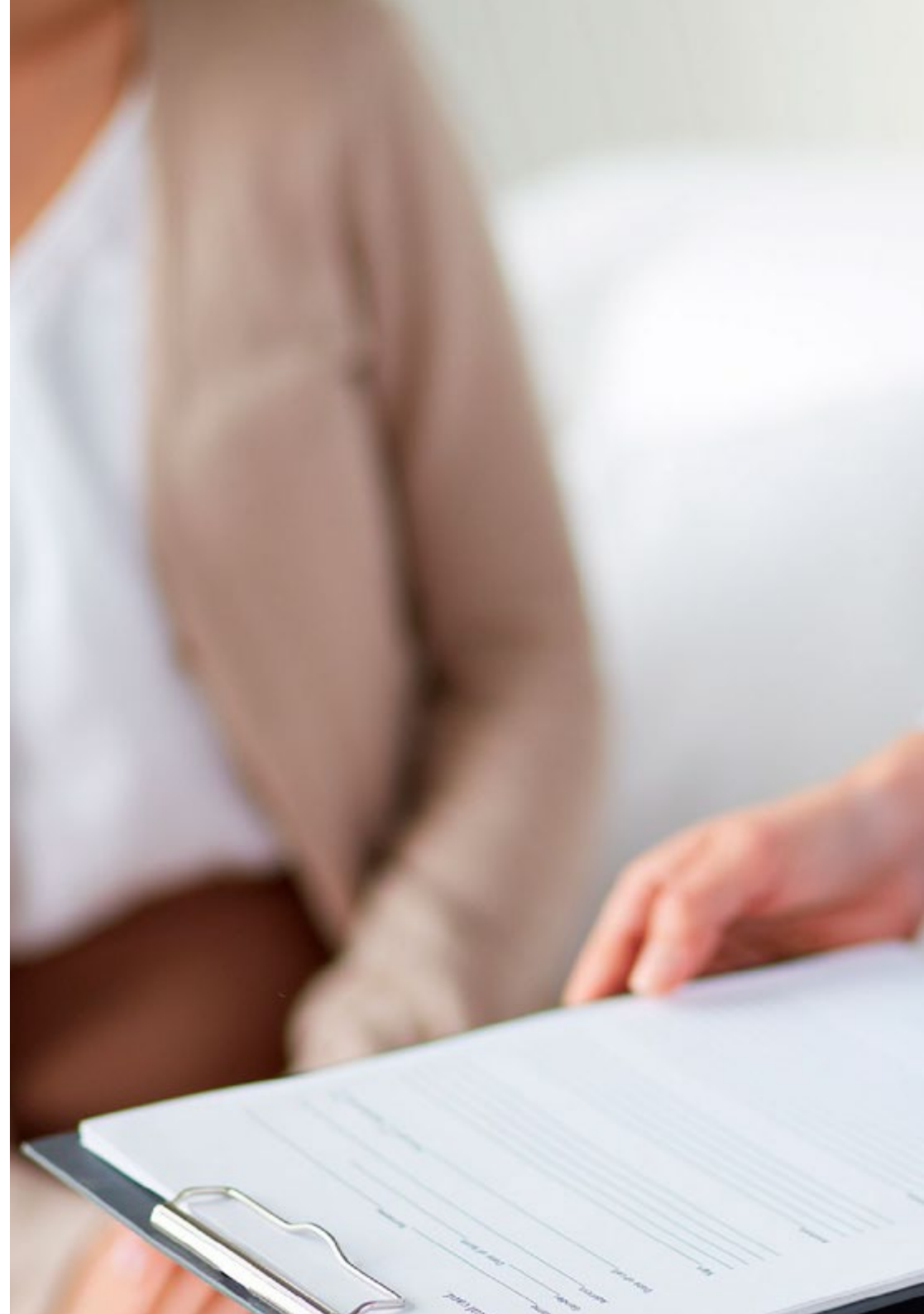
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01 Introduction

Anxiety-related psychiatric disorders are on the rise, accelerated by the current pace of life and existing social concerns related to the economy and the health situation. Therefore, the professional must have the most up-to-date tools to face these challenges, which is why this program is perfect for them. Therefore, this program offers the possibility of an on-site internship in a prestigious clinical center, where they will have access to real patients, and where they will be accompanied by psychiatrists specialized in this type of pathologies. All this in order to get involved in a demanding work team and learn, in situ, the latest clinical developments on Anxiety Related Disorders.



Enjoy an intensive 3-week stay in a reputable center and get up to date on the latest clinical procedures to achieve professional growth"





Mental illnesses and diseases are becoming more and more prevalent in our society, due in part to a greater visibility and awareness of them. The most widespread pathologies, in fact, are those related to anxiety. The accumulation of stress, drug use or other mental disorders are important risk factors that can generate episodes of anxiety.

Given this reality, practice is the best way to update and learn about the treatments and diagnostic procedures in the psychiatric field. For this reason, TECH has created this Internship Program, where the specialist can join a team of multidisciplinary experts to see first-hand the most current and rigorous reality of this field.

The internship will take place over 3 weeks, in an intensive schedule from Monday to Friday, ensuring that the professional can get up-to-date in a practical and continuous way. In this way, they will be able to learn about the latest advances in the treatment, diagnosis and management of this type of disorders, which are so widespread nowadays, and later be able to apply them in their own practice or clinic.

“

This internship will allow you to learn about the most advanced diagnostic methods and treatments for anxiety-related disorders”

02

Why Study an Internship Program?

Theoretical instruction is often insufficient to address such complex issues as the human psyche or psychiatric disorders. The personal circumstances of each patient, their clinical history or their own personality can be decisive when it comes to making an effective diagnosis with which to address an anxiety-related disorder. Therefore, access to real patients, being able to see a continuous assessment of them and the treatments prescribed, is a decisive boost to the work of updating any specialist in the field of psychiatry.



Get to know the day-to-day work of a disciplined and demanding team, being able to incorporate the most recent advances in psychiatric treatments for anxiety into your own practice”

1. Updating from the latest technology available

Just as new technologies, such as social networks, can be a risk factor for generating anxiety disorders, they can also be a great ally in the support and treatment of these patients. Issues such as Artificial Intelligence, virtual reality glasses or wearables with measurement technology can be a great help or reinforcement in existing therapies.

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

Throughout the Internship Program the specialist will be supported and accompanied by a group of professionals widely versed in the subject. From their experience in treating patients with various clinical pictures related to anxiety, the student will be able to extract valuable practical knowledge that could not be obtained in a purely theoretical program.

3. Entering First-Class Clinical Environments

In addition, all the practical centers chosen by TECH are made under a criterion of quality and distinction in the field to be treated. This guarantees the specialist the integration in a first-class clinical area, being able to access the latest facilities and technical equipment in the area of Psychiatry.



4. Putting the acquired knowledge into daily practice from the very first moment

Thanks to TECH's learning methodology, all the practical knowledge acquired by the specialist during the Internship Program can be applied to their own work methodology as they go along. Therefore, all the diagnostic techniques and elaboration of treatments to tackle stress-related disorders will be incorporated into the specialist's own vademecum almost immediately.

5. Expanding the Boundaries of Knowledge

It is as important to have access to the latest diagnostic and practical techniques in the treatment of Anxiety-Related Disorders as it is to see in situ the management of a whole myriad of particular cases and patients. This practical knowledge is precisely what brings the specialist's methodology to a more up-to-date and rigorous level, along with the most relevant novelties in this field of psychiatry.



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

03 Objectives

The main objective of this Internship Program in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders is to bring the professional closer to the latest advances in the management of this type of pathologies. And, for this purpose, it offers a practical and intensive 3-week stay in a clinical center of renowned prestige, where you will have access to real cases and will receive the guidance of specialists of great reputation.



General Objectives

- Become involved in the day-to-day operations of a high-level psychiatric clinical facility
- Observe the practical application of modern treatments and diagnostics to address Anxiety-Related Disorders
- Apply in daily practice the different technologies that can support the therapeutic process



You will achieve your most ambitious updating goals thanks to a refined and careful practical methodology”





Specific Objectives

- ◆ Locate Anxiety-Related Disorders in the DSM-V and ICD-10 Classification
- ◆ 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
- ◆ Perform a correct anamnesis of Distress Disorders
- ◆ Visualize the most probable evolution and prognosis
- ◆ Delimit which psychotherapies give better results
- ◆ Identify the most common organic pathologies for an adequate 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
- ◆ 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
- ◆ In-depth knowledge of the management of psychotropic drugs, especially incompatibilities and interactions

04 Educational Plan

This program includes an internship that will be carried out in a prestigious clinical center. The activities that the professional will be able to perform are structured in 10 specialized modules, each of which is dedicated to aspects such as anxiety disorder, agoraphobia or acute stress disorder. Therefore, these internships cover a large number of relevant issues in this field, and will be a great boost for the psychiatrist who wishes to get up to date.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide health care in the psychiatric area, and which are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

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).

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
Diagnosis of Anxiety-Related Disorders	Interview patients with clinical symptoms of Anxiety, in order to collaborate with the specialist in the elaboration of 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
Treatment of Anxiety-Related Disorders	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
Psychotherapy for Specific Disorders	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
Diagnosis and Treatment in Special Populations	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



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"

05 Where Can I Do the Internship Program?

The psychiatrist will be able to carry out a 3-week internship in a center of recognized prestige in this health field. Therefore, this program is a great opportunity for the specialist, since it offers them the option of being up-to-date with renowned professionals, who will ensure that they obtain the most cutting-edge knowledge in the diagnosis and management of patients with anxiety disorders.



You will increase your professional prestige by completing this intensive, on-site internship”





The student will be able to do this program 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

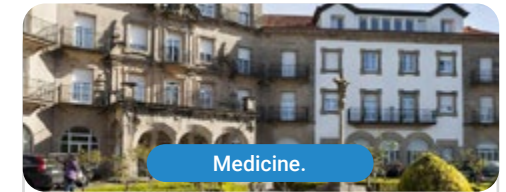
Country	City
Spain	La Coruña

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

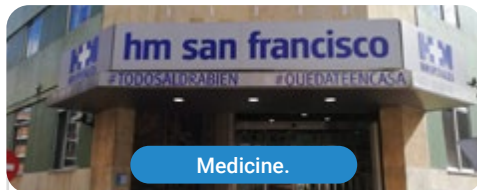
Country	City
Spain	La Coruña

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

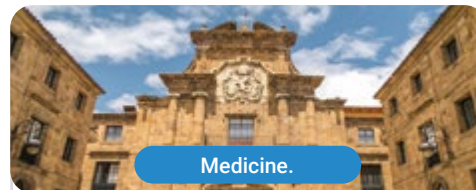
Country	City
Spain	León

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



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”*

06

General Conditions

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 Internship Program, 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 Internship Program, 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 the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. 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 Internship Program 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.

07 Certificate

This program will allow you to obtain your **Internship Program diploma in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Accreditation: **5 ECTS**





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