

# Postgraduate Certificate

## Approach Strategies in Integrative Medicine



## Postgraduate Certificate Approach Strategies in Integrative Medicine

Course Modality: Online

Duration: 3 Months

Endorsed by: TECH Technological University

7 ECTS Credits

Teaching Hours: 175 hours.

Website: [www.techtute.com/medicine/postgraduate-certificate/approach-strategies-integrative-medicine](http://www.techtute.com/medicine/postgraduate-certificate/approach-strategies-integrative-medicine)

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# 01

# Introduction

The approach to the integral health of patients in Integrative Medicine is focused on the integration of the whole set of systems that make up the individual in the diagnosis and treatments. A more holistic concept that draws on the latest techniques of complementary and natural medicine and the advances of conventional medicine, reducing iatrogenic and medication use and providing preventive measures according to the real needs of the patient and his or her personal situation and context.





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*Integrative medicine relies on its own approach for a large part of its therapeutic efficacy. This emerging field of Health Sciences combines the advances of conventional medicine with the most effective praxes and treatments of complementary medicines”*

Integrative Medicine is a field of Health Sciences that is in full development in the most advanced countries, with a large percentage of the population using complementary or alternative forms of treatment at least once in their lifetime: 48% in Australia, 70% in Canada, 42% in the USA, 38% in Belgium, and 75% in France.

The push for this approach is motivating its inclusion in public health services in countries such as the United Kingdom, Germany, Belgium, the Netherlands and the Nordic countries. For example, 90% of pain management services in the United Kingdom and 70% in Germany include acupuncture among the treatments they provide.

In 1998, the European Union completed a COST (European Cooperation in the field of Scientific and Technical Research) project on non-conventional medicine. With the participation of several government, including Spain, they attempted to demonstrate the possibilities, limitations, and significance of alternative medicine, establishing a common scientific framework, harmonizing legislation, and helping to control healthcare costs. The CAMBRELLA project, a pan-European research network on natural therapies, was launched in January 2010 and has been funded with more than 1.5 million euros through the EU's Seventh Framework Program. The working groups that make up CAMBRELLA focus on terminology, legal framework, patient needs, the role of natural therapy treatments in healthcare systems and research methodology.

The World Health Organization expressed in this regard the explicit desire to incorporate Traditional Medicine on a global level in its 2014-2023 Strategy.

This **Postgraduate Certificate in Approach Strategies in Integrative Medicine** contains the most complete and up-to-date scientific program on the market. The most important features of the course are:

- More than 75 clinical cases presented by experts in Integrative Medicine and Health.
- Graphic, schematic, and eminently practical contents with scientific and practical information on the disciplines that are essential for professional practice.
- Diagnostic-therapeutic developments on assessment, diagnosis, and treatment in Integrative Medicine and Health.
- Practical exercises where the self-evaluation process can be carried out to improve learning.
- Clinical iconography and diagnostic image tests.
- Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- Incidence in evidence-based medicine and research methodologies in Integrative Medicine and Health.
- 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.



*Update your knowledge through the Postgraduate Certificate in Approach Strategies in Integrative Medicine"*

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*This course may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Approach Strategies in Integrative Medicine, you will obtain a postgraduate certificate from TECH Technological University”*

The teaching staff is made up of prestigious and renowned Spanish professionals, including experts from the field of integrative medicine and health, with a long career in health care, teaching and research, who have worked in different hospitals throughout the country, developing professional and teaching experience that they deliver in an extraordinary way in this Postgraduate Certificate.

The methodological design of this Professional Master's Degree has been developed by a multidisciplinary team of e-learning experts. Integrating the latest advances in educational technology for the creation of numerous multimedia educational tools that allow the professional, based primarily on the problem-based learning method, to address real problems in their daily clinical practice. This will allow them to advance by acquiring knowledge and developing skills that will impact their future professional work.

Problem-Based Learning underpins this program design, and the doctor must use it to try and solve the different professional practice situations that arise throughout the course. For this purpose, the physician will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Integrative Health and Medicine and other related disciplines, with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge through this program.*

*Join a new concept of medicine, more global and integrative with a course developed to give you the diagnostic and treatment tools essential in this approach*



# 02

# Objectives

This course aims at updating and acquiring knowledge and practices in integrative medicine and health, through the use of a problem-based learning system, which will place you in real situations, creating a practical environment of high didactic effectiveness.





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*The most important advances in Integrative Medicine at your fingertips in an online course in which practice becomes the best learning method"*



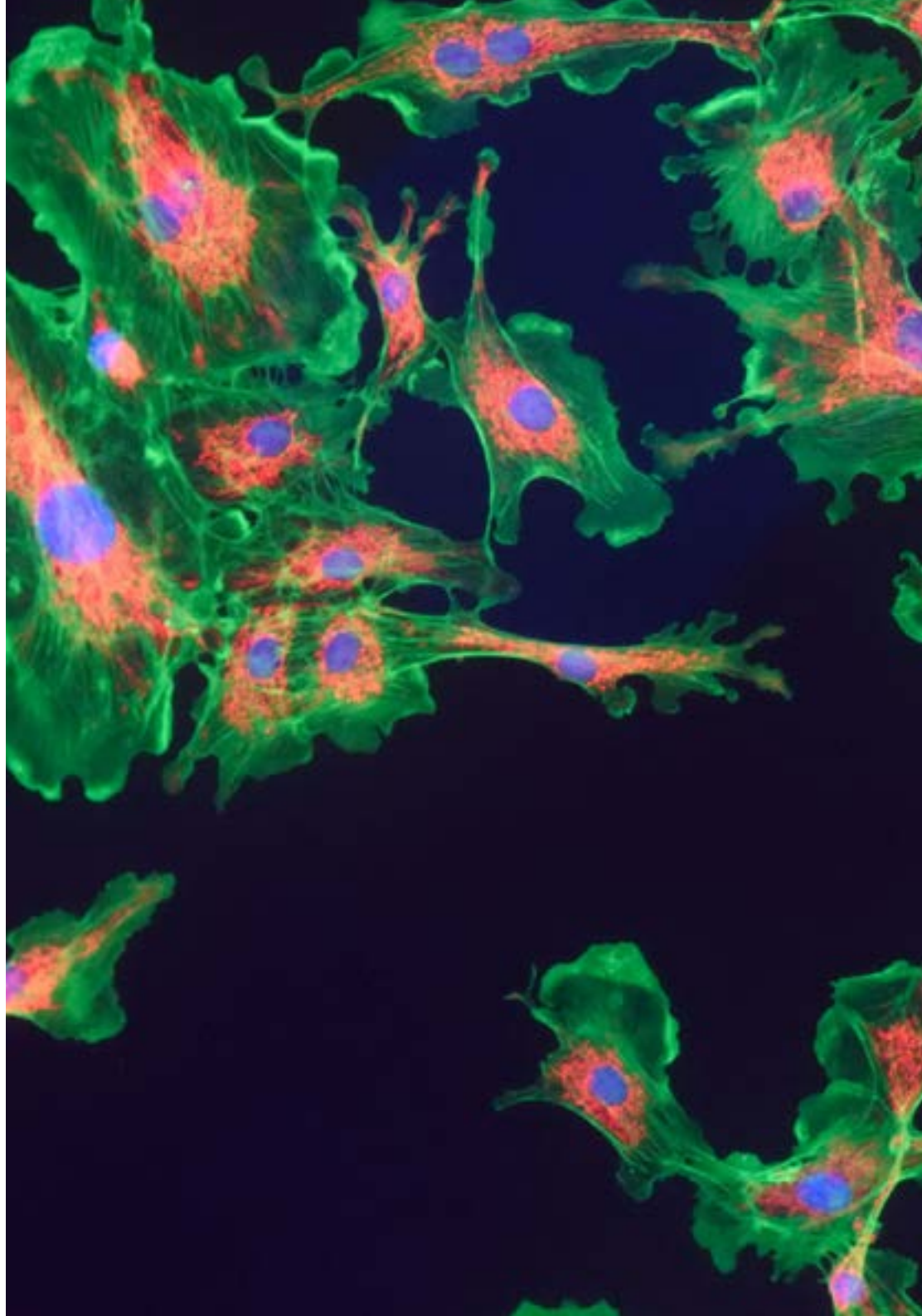
## General Objective

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- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence.
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine.
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care.
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system.
- ♦ Encourage Professional stimulation through continuing Education and Research.



*Update your knowledge through the Postgraduate Certificate in Approach Strategies in Integrative Medicine”*





## Specific Objectives

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- ◆ Recognize the pathophysiological processes that are common to all chronic diseases.
- ◆ Know the diagnostic tools useful in these processes.
- ◆ Explain basic aspects related to the module.
- ◆ Identify at-risk and vulnerable populations, environmental conditions, and associated chronic diseases.
- ◆ Discuss symptoms, disorders and diseases associated with exposure to heavy metals, pesticides, chemicals, drugs, nutrients, the natural environment and other toxic causes of oxidative stress.
- ◆ Review the literature on exposure, exposure time and metabolic reserve in human health
- ◆ Analyze assessment tools and strategies to identify the presence of biotoxins.
- ◆ Discuss integrative medicine therapies designed to reduce the risk of exposure, safely eliminate toxic load and prevent reaccumulation.

# 04

# Course Management

The Postgraduate Certificate's teaching staff includes leading specialists in Approach Strategies in Integrative Medicine who bring their years of work experience to this training program. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.





*Learn, from leading professionals,  
about the latest advances in the  
procedures in the field of Approach  
Strategies in Integrative Medicine"*

## Management



### Dr. Menassa, Alejandra

- ♦ Internal Medicine Physician
- ♦ President of the Spanish Society of Integrative Health and Medicine and Health (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine).
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana.
- ♦ Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute



### Rodríguez, Pedro

- ♦ Nurse.
- ♦ Master's Degree in Mental Health Catholic University of Valencia
- ♦ Master's Degree in Nutrition University of the Balearic Islands
- ♦ Expert in Immunonutrition Catholic University of Valencia
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia.
- ♦ Diploma in Acupuncture by ADEATA and FEDINE
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc.
- ♦ Educational partner of the G-SE international team

## Professors

### **Bogeat, Julio**

- ◆ Degree in Clinical Psychology. Gestalt Therapist, Ericksonian Hypnosis, and EMI (Eye Movement Integration). Trained in Enneagram. Coordinator, trainer and consultant for different entities. Collaborator of the Foundation for the Development of Consciousness. Lecturer for the Chair of Consciousness and Development at the University of Granada.

### **Daza, Beatriz**

- ◆ Degree in Nursing, Master's Degree in Palliative Care and vvv in Traditional Chinese Medicine. Collaborating teacher at the Complutense University of Madrid and professor of TCM. Organizational Secretary of the Spanish Society of Integrative Health and Medicine (SESMI) and member of the Association of Health Acupuncturists (AAS).

### **Dr. De la Puerta, Lola**

- ◆ Degree in Medicine. Official accreditation of the Official College of Physicians of Madrid, for the practice of the specialties Esthetic Medicine and Biological and Anti-Aging Medicine. Member of the Spanish Society of Anti-Aging and Longevity Medicine, the Spanish Society of Integrative Medicine, the Spanish Society of Biological and Anti-Aging Medicine, the Spanish Society of Cosmetic Medicine and Surgery and the Association of Microbiological Therapy. Member of the expert medical team on the "International Scientific Forum for the usefulness of food-IgG, in chronic inflammatory diseases".

### **Díaz, Aristides**

- ◆ Specialist in Transpersonal approach and family constellations.

### **Esmel, Neus**

- ◆ PhD, Nurse and Anthropologist. Master's Degree in Nursing Sciences. Expert in Reflexotherapy, Flower Therapy and Bioenergetic Therapies. Member of SESMI.

### **Dr. González Martín, María del Carmen**

- ◆ Founding member and Board of Directors of SENMO (Spanish Society of Nutrition and Orthomolecular Medicine). Member of the Committee of Experts in Ozone Therapy of the ISCO3 International Society of Ozone Therapy. Member of the Spanish Society of Integrative Medicine (SESMI). Vice-President of the Cosmetic Doctor Association of Granada. Master's Degree in Orthomolecular Medicine. Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine (AFMO). Master's Degree in Antiaging and Longevity Medicine. University expert in Ozone Therapy. ACAM protocol for Arterial Chelation. Specialist in Cosmetic Medicine. Specialist in Clinical Infectious Diseases

### **Dr. Moltó, Juan Pablo**

- ◆ Graduate in Acupuncture and Moxibustion; Course in Neuropsychology; by the Institute of High University Studies of Barcelona,
- ◆ Degree in Humanistic Psychotherapy. Degree in Sensorimotor Psychotherapy,
- ◆ Founder of Psiconeuroacupuntura®
- ◆ Degree in Homeopathy; by the María Cristina Royal University Center. Madrid, (Spain).

**Dr. Naranjo, Tomas Álvaro**

- ♦ Specialised doctor. Anatomic Pathology Service. HTVC Assistance Center.

**Dr. Rigau, Josepa**

- ♦ Cum Laude doctor in Medicine and Surgery (1969 by the Rovira i Virgili University of Tarragona, Spain. Specialist and Master's Degree in Biological and Antiaging Medicine (2005-2007) from the University of Alcalá. Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine (2013-2014) from the University of Barcelona. Master's Degree in Environmental Medicine (ongoing). President and Trainer at the Spanish Association of Microimmunotherapy

**Salgado, Carmen**

- ♦ Degree in Pharmacy. Degree in Biochemistry and Molecular Biology. University expert in Naturopathy. Master's Degree in Orthomolecular Nutrition. Bachelor's Degree in in Traditional Chinese Medicine.







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*Our team of teachers, with expertise in Integrative Medicine and Health, will help you achieve success in your profession"*

# 05

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best hospitals and universities in the country, aware of the relevance of keeping up-to-date to intervene in the treatment and monitoring of the patient through the use of Integrative Medicine and Health and committed to quality teaching through new educational technologies.

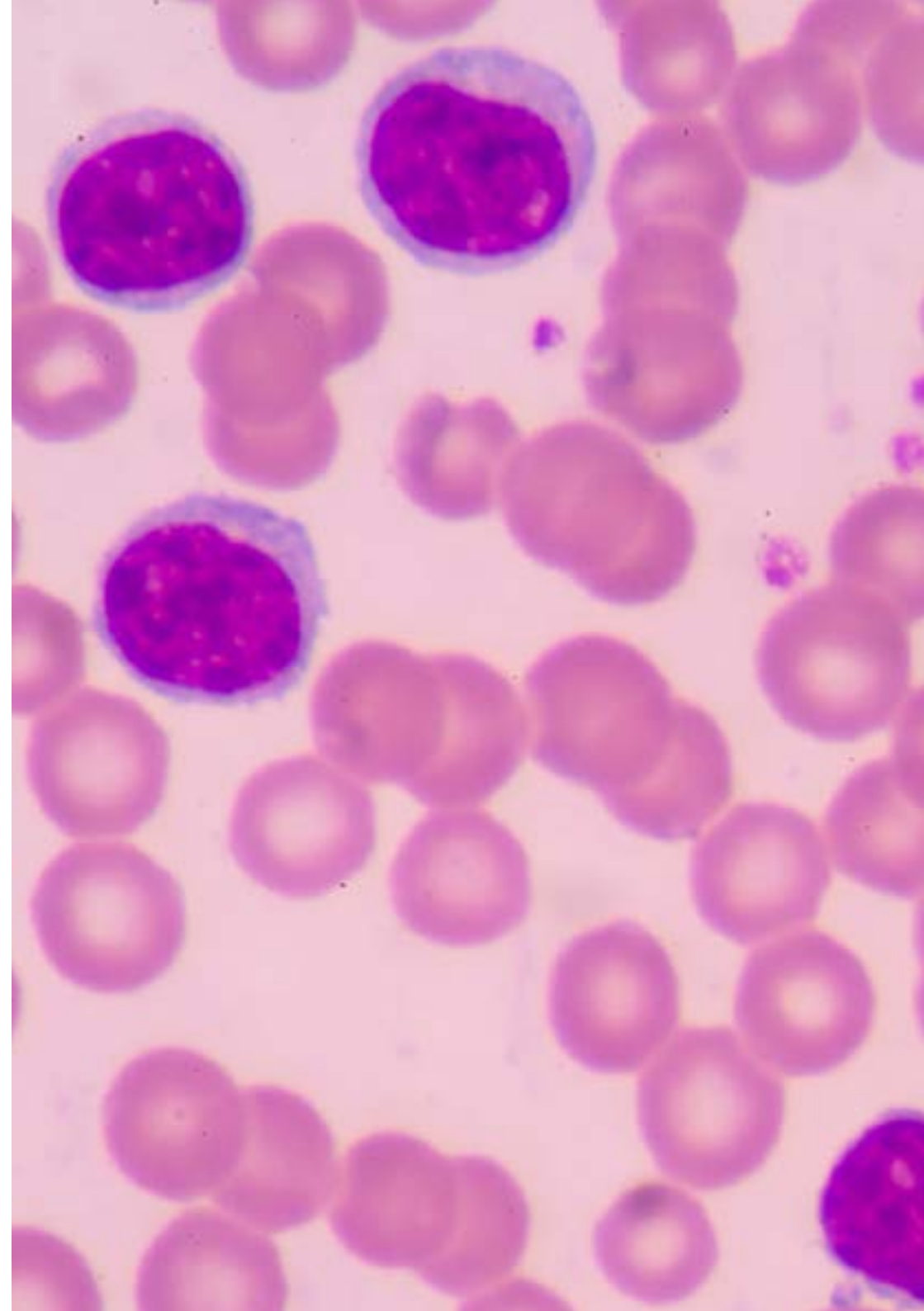


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*A program based on the experience of the faculty and the most updated theoretical contents, with the support of the most prestigious online university in Spain: TECH Technological University”*

## Module 1. Approaches and Strategies

- 1.1. Biological Model.
  - 1.1.1. Interrelation of Physiological Systems.
  - 1.1.2. Physiology and Mitochondrial Dysfunction.
  - 1.1.3. Chronic Inflammation and Mucosal Permeability Syndromes.
  - 1.1.4. Implication of Immune System disorders in Chronic Pathologies.
    - 1.1.4.1. Autoimmunity.
  - 1.1.5. The Role of Oxidative Stress.
  - 1.1.6. Microbiota.
  - 1.1.7. The Physiology of Detoxification.
- 1.2. Systemic Approach.
  - 1.2.1. Gestalt.
  - 1.2.2. Transgenerational.
- 1.3. Psychoanalytical Approach.
- 1.4. Cosmogony of Oriental Medicine.
  - 1.4.1. Anthropological and Philosophical Aspects.
    - 1.4.1.1 Kinanthropometry and Relationship with Kinetic Chains.
  - 1.4.2. Acupoints from Human Embryology.
  - 1.4.3. Scientific Foundations of Contemporary Acupuncture.
  - 1.4.4. Microsystems.
    - 1.4.4.1 Foot Reflexology.
    - 1.4.4.2 Auricular Reflex Zone Technique.
    - 1.4.4.3 Other Disciplines (Yamamoto Cranial Acupuncture YNSA).
- 1.5. Constitutional Imago, Archetype and Diathesis.





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*An essential course for medical professionals interested in keeping up to date with the latest advances in Integrative Medicine”*

06

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can 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 potential 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 professional medical 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. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 represent a real revolution with respect to simply studying and analyzing cases.



*The physician 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we 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.



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

The Postgraduate Certificate in Approach Strategies in Integrative Medicine guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Certificate issued by **TECH Technological University**.



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*Successfully complete this training and receive your certificate without the hassle of travel or paperwork”*

This **Postgraduate Certificate in Approach Strategies in Integrative Medicine** contains the most complete and up-to-date scientific program on the market.

After students have passed the assessments, they will receive, by certified mail, their **Postgraduate Certificate** issued by TECH Technological University.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the course, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Approach Strategies in Integrative Medicine**

ECTS: 7

Official Number of Hours: 175



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



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



**Postgraduate Certificate**  
Approach Strategies in  
Integrative Medicine

Course Modality: Online

Duration: 3 Months

Endorsed by: TECH Technological University

7 ECTS Credits

Teaching Hours: 175 hours.

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