Postgraduate Certificate
Insomnia in Adults.
Sleep in Adult Psychiatry

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Insomnia in Adults.
Sleep in Adult Psychiatry

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

Website: **www.techtitute.com/pk/medicine/postgraduate-certificate/insomnia-adults-sleep-adult-psychiatry**

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01
Introduction

Insomnia is one of the most frequent health complaints that can be found in the adult population, and is the most prevalent sleep disorder in the adult population, and unfortunately with great potential for growth in the coming years. Its impact is not only important in the health and well-being of people, but also transcends the personal sphere due to its affectation at work and social level, so effective solutions and professionals who specialize in the subject are urgently needed.

"

The new scenarios in Sleep Medicine push us to propose new update programs that meet the real needs of experienced professionals, so that they can incorporate current advances into their daily practice"

There is an increasing multidisciplinary interest in Sleep Medicine, a rapidly growing discipline. Whether approached from a global point of view or from "partial specialisation", depending on the original field of medicine or specific area of interest, it is always vital to have rigorous and up-to-date generic knowledge in all areas. This Postgraduate Certificate more than fulfills this objective, from an eminently practical point of view. Its approach sets it apart from many other courses on this very transverse discipline, which are often criticised for being too "descriptive" and "theoretical", therefore, not entirely useful in resolving many situations that arise in clinical management.

In this program, the student will become familiar with the different techniques available, from the simplest, in which very few parameters are recorded on an outpatient basis, to the more complex tests, often necessary, which provide much more information, are more expensive and usually require hospital registration. You will acquire skills in recording, analyzing, coding and interpreting such evidence with the invaluable aid of appropriate graphical methods. It includes specific chapters on innovative techniques, such as integrated systems and chronosensors, for the study of circadian disturbances, which provide a novel approach to sleep disorders. It is also intended that the student integrates, from an organizational point of view, sleep techniques performed at the local level, in the multidisciplinary and multisectoral level, which is where sleep medicine is currently located.

With the clear objective of combining scientific evidence and practical utility, this Diploma in Adult Insomnia. Sleep in Adult Psychiatry has a broad, updated and unbeatable program, prepared by a varied team of professional experts (physicians, psychologists, biologists, engineers, etc.) who contribute their proven experience in the form of explanations and practical examples that are entertaining, clarifying and abundant graphic-audiovisual support, absolutely essential in the teaching of this thriving discipline.

In addition, this Postgraduate Certificate has the advantage of being developed in a 100% online format, so students will be in charge of deciding when and where to study, distributing their study hours to suit them, so that they can combine their training with the rest of their daily commitments.

This **Postgraduate Certificate in Insomnia in Adults. Sleep in Adult Psychiatry** contains the most complete and up-to-date program on the market. The most important features include:

- Developing practical cases presented by experts inSleep Medicine
- The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for professional practice
- Updates on Sleep Medicine and safety
- Practical exercises, where the self-assessment process can be carried out to improve learning
- Emphasis on innovative methodologies in Sleep Medicine
- 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

We offer you a comprehensive Postgraduate Certificate, allowing you to progress in the field of Insomnia in Adults. Sleep in Adult Psychiatry. Think no more and enrol with us"

We offer you an interactive video system which makes it easier for you to study this Postgraduate Certificate.

Our 100% online training and our original educational methodology allow you to combine your studies with your other daily commitments.

"This Postgraduate Certificate is the best investment you can make when choosing a refresher program to update your existing knowledge of Insomnia in Adults"
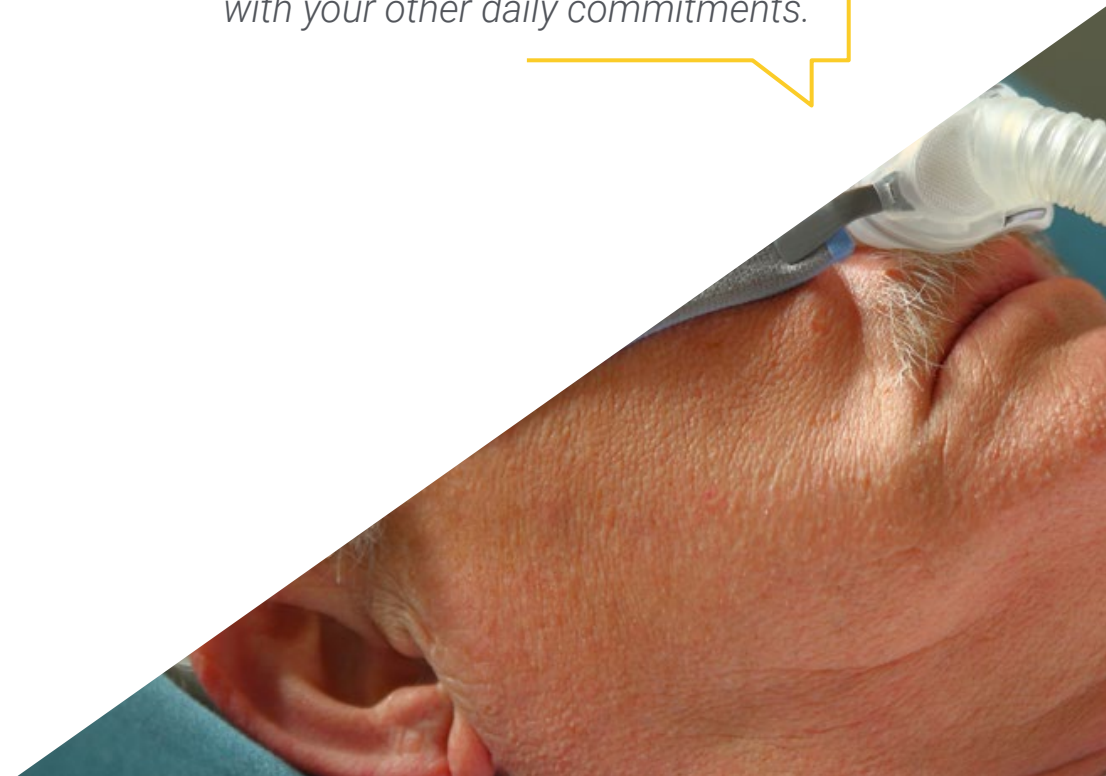
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

02
Objectives

The main objective of the program is the development of theoretical and practical learning, so that the doctor is able to master the latest techniques in the field in a practical and rigorous manner.

Our main objective is to help our students to achieve academic and professional excellence"

General Objective

• Master and/or update the necessary skills and knowledge for adequate practice in the field of Sleep Medicine at a global level, from the clinical and instrumental points of view

"

Train yourself for success with the help of this Postgraduate Certificate with which you will learn to develop yourself in the field of Insomnia in Adults. Sleep in Adult Psychiatry"

Specific Objectives

- Obtain a global vision of the problems of insomnia in the adult population, its different types as well understanding the significance of the disorder and its need for treatment, given its frequency in the sleep clinic

- Master the necessary knowledge to carry out a diagnosis that allows for the selection of the most appropriate treatment for each case, often mixed and multidisciplinary, from among the different options

- Be able to understand in depth the different non-pharmaceutical treatments, and the different elements they are composed of; mainly the so-called cognitive-behavioural techniques The student will learn to interpret the reports and will learn about their different tools, clarifying their indications and usefulness, laying the foundations for optimal collaboration between the different health professionals involved

- Train students in the pharmacological approach to insomnia problems, updating their knowledge in this regard, to help improve the prescription process, and to deepen the strategic and individualised planning of the guidelines to be followed according to each case

- Gain an in-depth understanding of the scope of sleep problems, beyond insomnia, associated with different mental health problems, in order to facilitate their global management, highlighting the relevant role of achieving adequate sleep in the evolution of these disorders

03
Course Management

The program's teaching staff includes leading experts in marketing management, who bring years of their own work experience to this program. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.

The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success".

International Guest Director

Dr. Craig Canapari is an eminent specialist in **Pediatric Pulmonology and Sleep Medicine**. He has been internationally recognized for his commitment to the study and treatment of sleep disorders in children, as well as his work in the field of **pulmonary diseases**. Throughout his extensive professional career, Dr. Canapari has had an outstanding praxis focused on treating pediatric patients with chronic and life-threatening respiratory diseases.

As director of the **Pediatric Sleep Medicine Program** at **Yale-New Haven Children's Hospital**, Dr. Canapari has been dedicated to the management of various disorders such as **Sleep Apnea and Obstructive Sleep Apnea**. He also treats those suffering from general pulmonary problems, including cough, shortness of breath and asthma, as well as those suffering from **Muscular Dystrophy**. In this field, he is noted for his interdisciplinary approach, combining **Pneumology, Neurology** and **Psychiatry** in the research and treatment of these complex disorders.

In addition to his clinical expertise, Dr. Canapari is a celebrated researcher who has collaborated with other **Harvard** professionals to develop innovative tools, such as a smart phone application to assist parents in sleep training. His tireless efforts have also focused on how the use of CPAP machines can help children with **Obstructive Sleep Apnea** improve their quality of life. His in-depth knowledge in this area has led him to publish tнe book **It's Never Too Late to Sleep Train:** The **Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents.**

To this must be added his exceptional work as an Assistant Professor of **Pediatrics**, specializing in **Respiratory Medicine**, at the **Yale School of Medicine**. There he contributes to both clinical care and the training of future **pediatric** and **pediatric pulmonology professionals**.

Dr. Canapari, Craig

- Director of the Pediatric Sleep Medicine Postgraduate Certificate Program at Yale-New Haven Children's Hospital
- Attending Physician in Pediatric Pulmonology and Sleep Medicine at Yale-New Haven Children's Hospital
- Assistant Professor of Pediatrics, Respiratory Medicine, Yale School of Medicine, Yale University School of Medicine
- Doctor of Medicine, University of Connecticut School of Medicine
- Specialist in Pediatric Pulmonology and Sleep Medicine

Thanks to TECH you will be able to learn with the best professionals in the world"

Management

Dr. Larrosa Gonzalo, Óscar

- Specialist in Clinical Neurophysiology, San Rafael Hospital
- Expert in Sleep Medicine (CEAMS accredited, first national exam, 2013)
- Coordinator and founder of the Sleep Medicine Unit of MIPsalud, Madrid. Specialist and clinical consultant in sleep medicine at the Center of Neurological Diseases in Madrid and at the Multidisciplinary Unit for Sleep Disorders in San Rafael Hospital in Madrid, Spain
- Member of the Spanish Sleep Society (SES), founding member and former coordinator of its working group on Sleep Behaviour and Behavioural Disorders
- Member of the Spanish Society of the Neurophysiology Clinic (SENFC), founding member and former coordinator of its working group on sleep disorders
- Honorary Member, medical advisor and recommended specialist of the Spanish Restless Legs Syndrome Association (AESPI)
- Director of the Online Course "RESTLESS LEGS SYNDROME (WILLIS-EKBOM DISEASE)", (AESPI/Information without borders) for healthcare professionals, July 2016 - July 2017

Professors

Dr. Sánchez Barros, Cristian
- Specialist in Clinical Neurophysiology and head of the Sleep Unit at the Juaneda Miramar Hospital of the Juaneda Healthcare Network Hospital Group, Palma de Mallorca (Balearic Islands, Spain)
- Specialist in Clinical Neurophysiology via MIR, Clinical University Hospital San Carlos, Madrid, Spain
- PhD in Medicine (Doctor) Cum Laude, Complutense University of Madrid

- Active member of the Spanish Sleep Society (SES), the Colombian Association of Sleep Medicine (ACMES) and the Spanish Society of Clinical Neurophysiology (SENFC)
- Active member of the SES Working Group on Movement and Behavioral Disorders during Sleep
- International advisor in a research project on Huntington's disease led by the Caribbean Neurosciences Group of the Simón Bolívar University (Barranquilla-Colombia)

Ms. Gismera Neuberger, Silvia

- Degree in Psychology. Doctorate in Biological Psychology from the Faculty of Medicine at, University Autonomous University of Madrid
- CEO of www.dormirmejor.es
- Lecturer on the assessment committees in the Professional Master's Degree in Healthcare Management and the Professional Master's Degree in Patient Safety at the International University of La Rioja (UNIR)
- Honorary Professor at the Autonomous University of Madrid (PhD teaching and professional practice tutor)
- Expert in Healthy Business Management (Instituto de la Salud y Bienestar, ISLB)
- Member of the Spanish Society of Sleep (SES)

Dr. Wix Ramos, Rybel

- Specialist in the Sleep Unit of the Clinical Neurophysiology Service, Hospital Universitario de la Princesa (Madrid, Spain), in the Sleep Unit of the Neurology Service, Hospital HM Sanchinarro (Madrid) and in the Sleep Unit of the Neurology Service, Hospital HM Puerta del Sur (Alcorcón, Madrid)
- Doctor of Medicine, CEU San Pablo University (School of Medicine)
- MIR specialist in Clinical Neurophysiology, Clinical Hospital San Carlos, Madrid, Spain
- Expert in Sleep Medicine, accredited by CEAMS (2015), the World Sleep Society (2017), and the European Sleep Research Society (2018)
- Master's degree in sleep: physiology and medicine. Accredited, Pablo de Olavide University (Seville, Spain), 2010
- Member of the Spanish Society of Clinical Neurophysiology
- Member of the Spanish Sleep Society (and its Chronobiology working group

Mr. Martín Villa, Iván

- Founding Partner Psicología360
- Founding Partner Psicología y terapias EDS SL
- Clinical Psychologist at MIPsalud, Madrid (psychotherapy of sleep disorders and general health psychology)
- Clinical Psychologist collaborating with Fundación Adecco (Attention to people with disabilities). Clinical Psychologist in La Poveda Training and Development SL
- Degree in Psychology UNED of Madrid, Clinical Specialty. Psychological Legal Expert
- Expert in conduct disorder, addictions and disturbance in adolescence

Dr. Rocío Martín, Esmeralda

- Physician specializing in Clinical Neurophysiology, University Hospital La Princesa, Madrid
- Physician specializing in Clinical Neurophysiology at Santa Elena Clinic, Madrid
- MIR specialist in Clinical Neurophysiology (Hospital San Carlos, Madrid, Spain.)
- Specialist in sleep medicine. Accredited by the Spanish Federation of Sleep Medicine Societies, 2020
- Master's degree in "Sleep: physiology and medicine", University of Murcia, 2019
- Member of the Spanish Society of Clinical Neurophysiology. Member of the Spanish Sleep Society (and its Chronobiology working group
- Member of the Research Foundation at La Princesa University Hospital. Member of the American Society of Clinical Neurophysiology

04
Structure and Content

The structure of the syllabus has been designed by a team of professionals with knowledge of the implications of medical preparation, who are aware of the relevance of the up-to-date specialization, and are committed to quality teaching using new educational technologies.

tech

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A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning"

Module 1. Insomnia in Adults. Sleep in Adult Psychiatry

1.1.   Insomnia: Definitions, Types, Epidemiology and the Socio-Economic Impact

1.2.   Etiopathogenesis, Assessment and Differential Diagnosis of Chronic Insomnia

1.3.   Non-pharmacological Management of Chronic Insomnia (I): Situating the Problem and its Orientation

    1.3.1.   Basis and Importance of a Non-pharmacological Approach to Insomnia

    1.3.2.   Cognitive-Behavioural Treatment of Insomnia Conceptual framework

    1.3.3.   Components of Cognitive-Behavioural Treatment

        1.3.3.1. Stimulus Control Techniques

        1.3.3.2. Techniques to Reduce the Amount of Time Spent in Bed.

        1.3.3.3. Sleep Hygiene Rules: Environmental and Behavioural Changes

        1.3.3.4. Effective Relaxation Techniques for Insomnia

        1.3.3.5. Cognitive Techniques Applied in Managing Insomnia

    1.3.4.   Other Possible Non-Pharmacological Approaches:

        1.3.4.1. Aromatherapy in Sleep Problems: Myths and Truths

        1.3.4.2. Music Therapy for Insomnia

        1.3.4.3. Acupuncture for Insomnia

1.4.   Non-pharmacological Management of Chronic Insomnia (II): Behavioral Techniques

    1.4.1.   Step-by-Step Relaxation Technique

        1.4.1.1. Relaxation and Diaphragm Respiration Techniques

        1.4.1.2. Progressive Muscular Relaxation Training

        1.4.1.3. Other Techniques: Biofeedback and Mindfulness

    1.4.2.   Procedure for Applying the Cognitive Techniques

        1.4.2.1. Negative Thoughts and Their Impact on Sleep

        1.4.2.2. Cognitive Distortions

        1.4.2.3. Cognitive Reconstruction: Debate Technique

        1.4.2.4. Thought Stop

        1.4.2.5. Paradoxical Intention

    1.4.3.   Individual Vs. Group Therapy

    1.4.4.   Health Education in the Prevention of Insomnia

    1.4.5.   *Neurofeedback* and Insomnia: Basic and Applied Research

A unique, key, and decisive training experience to boost your professional development"

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. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

1. 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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.
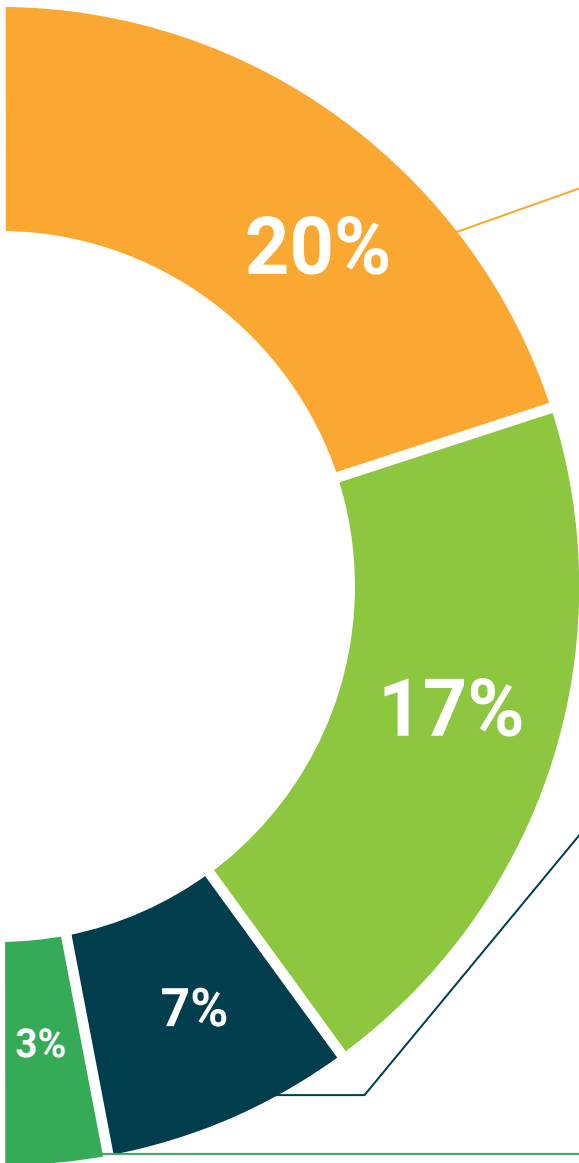
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

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.

20%

15%

15%

3%

20%

17%

7%

3%

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.

Certificate

This Postgraduate Certificate in Insomnia in Adults. Sleep in Adult Psychiatry guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Technological University.

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

This **Postgraduate Certificate in Insomnia in Adults. Sleep in Adult Psychiatry** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Insomnia in Adults. Sleep in Adult Psychiatry**

Official Nº of Hours: **150 h.**

tech technological university

Awards the following
CERTIFICATE
to
Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE
in

Insomnia in Adults. Sleep in Adult Psychiatry

This is a qualification awarded by this University, with 6 ECTS credits and equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

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

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