

# Postgraduate Certificate

## Neurological and Psychological Aspects in Anti-Aging Medicine





## Postgraduate Certificate Neurological and Psychological Aspects in Anti-Aging Medicine

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/neurological-psychological-aspects-anti-aging-medicine](http://www.techtute.com/us/medicine/postgraduate-certificate/neurological-psychological-aspects-anti-aging-medicine)

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# 01 Introduction

People can suffer from small imbalances that impair their quality of life and precipitate certain natural processes that lead to aging. For this reason, anti-aging physicians must work to identify the obstacles and deficiencies that, due to one's genetic makeup or lifestyle, can lead to future illnesses or premature aging. With this program we want to offer completely updated information on the neurological and psychological aspects of this area of medicine, so that you can offer a more personalized attention to your patients.





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*With this course we give you the opportunity to learn about the neurological and psychological aspects related to anti-aging medicine”*

Anti-aging medicine aims, by means of specific diagnostic methods, to understand the origin and control of the imbalances that people may suffer and that favor aging, in order to maintain vital functions in an optimal state for a longer period of time and, as a consequence, improve quality of life. A substantial part of anti-aging medicine lies in a deep and global knowledge of the aspects of a person: physical, emotional, nutritional and activity type.

The imbalances that lead to worse aging are due to genetic causes or, mostly, to lifestyle habits. Both causes can be treated, and changing lifestyle habits is relatively simple and effective. It must be taken into account that each organism is unique and has a particular reaction to external factors. Therefore, the factors that maintain the homeostasis that sustains the balances of each person are peculiar and personal, and so are their needs for change.

An essential part of anti-aging medicine is to take an adequate approach to the entire course of a person's aging. This approach requires a comprehensive care by different professionals in the field of anti-aging, for which specialists in various facets of Health Sciences are needed to offer people a series of diagnostic techniques and specific and individual programs that will help them avoid a wide range of instabilities that cause the onset of diseases and the acceleration of aging, not only with respect to the physical state of the organism, but also the affective and emotional state of people, their specific activity and rest, and their diet routine.

To expand knowledge in this field, at TECH we have designed this Postgraduate Certificate, which specializes professionals to carry out a comprehensive approach to their patients from a multidisciplinary point of view. This way, we understand that only from a source of knowledge in disciplines that at first may seem independent, but which are closely interrelated, can a process as complex and multifactorial as aging be approached with guarantees.

This **Postgraduate Certificate in Neurological and Psychological Aspects in Anti-Aging Medicine** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ Developing practical cases presented by experts in anti-aging Medicine
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies in the research of neurological and psychological aspects of anti-aging 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



*Expand your knowledge through this Postgraduate Certificate until you achieve excellence in this field"*

“

*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge of the anti-aging medical practice and the global approach to the patient, you will obtain a degree from TECH Technological University”*

The teaching staff includes professionals from the field of Esthetics Medicine, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the academic year. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and extensively experienced experts in neurological and psychological aspects in anti-aging medicine.

*Do not hesitate to take this training with us. You will find the best teaching material with virtual lessons.*

*This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.*



# 02 Objectives

The Postgraduate Certificate in Neurological and Psychological Aspects in Anti-Aging Medicine is oriented towards facilitating the professional's performance by using the latest advances and most innovative treatments in the sector, achieving a superior training that allows them to act with total confidence in the cases that arise in their practice.





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*At TECH, our goal is to offer you the most comprehensive training in the market so that you can acquire a higher qualification that will elevate you to the professional elite”*



## General Objectives

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- Knowledge of neurovegetative and neuroadaptive therapies
- Identify the management of practices to improve people's quality of life
- Determine the psychological aspects that influence the aging process

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*With this program we want to meet your objective of acquiring superior training in this highly demanded field”*





## Specific Objectives

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- ♦ Examine the psychological and neurological aspects of aging
- ♦ Address both stress and ways to manage, control and combat it
- ♦ Complement, from a psychological point of view, the aspects related to chronobiology
- ♦ Analyze the applications of mindfulness to anti-aging therapy
- ♦ Study the main aspects of Scener therapies
- ♦ Develop neural therapy and its applications
- ♦ Analyze the relationship between the perception of self and the aging process

03

# Course Management

The program's teaching staff includes leading experts in anti-aging techniques, who bring the experience of their work to this training. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*The leading experts in Esthetic  
Medicine have joined forces to share  
with you all their knowledge in this field"*

## Management



### **Dr. Morante Tolbaños, Cristina**

- Hair Surgeon at the Medical Laser Institute
- Professor of the Master in Hair Transplant at the Catholic University of Murcia since 2020
- Professor of the Master in Hair Medicine and Transplant at the Alcalá University of Henares since 2016
- Medical hair treatments and hair surgery Medical Management Hair Transplant 360° Hair Transplant. 2020-2021
- Medical Director Hair Surgery Unit MAN Clinic Madrid. 2019-2020
- Doctorate in Legal and Forensic Medicine from the Complutense University of Madrid
- Master's Degree in Hair Medicine and Transplant at Alcalá de Henares University
- Master' in Esthetics and Anti-Aging Medicine at Complutense University of Madrid
- Master in Accident and Emergency Medicine at the Complutense University of Madrid
- Master's Degree in Health and Social Action Center Management at Universidad Complutense de Madrid



## Professors

### **Dr. Rodrigo Aldaba, Verónica**

- Clinical Psychotherapist of the Central Nervous System - Valencia
- Psychologist/counselor at "Plena Inclusión" - Madrid
- Psychologist Casta Salud - Guadarrama, Madrid
- Educational psychologist Torrent City Council - Torrent, Valencia
- Therapist at "Fundación A. Miguel Roca! -Proyecto Hombre - Valencia

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*The best professionals are at the best university. Don't miss the opportunity to study with them”*

# 04

## Structure and Content

The structure of the content has been designed by the best professionals in the sector in anti-aging techniques, who have extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, intervened, as well as extensive knowledge of new technologies applied to teaching.



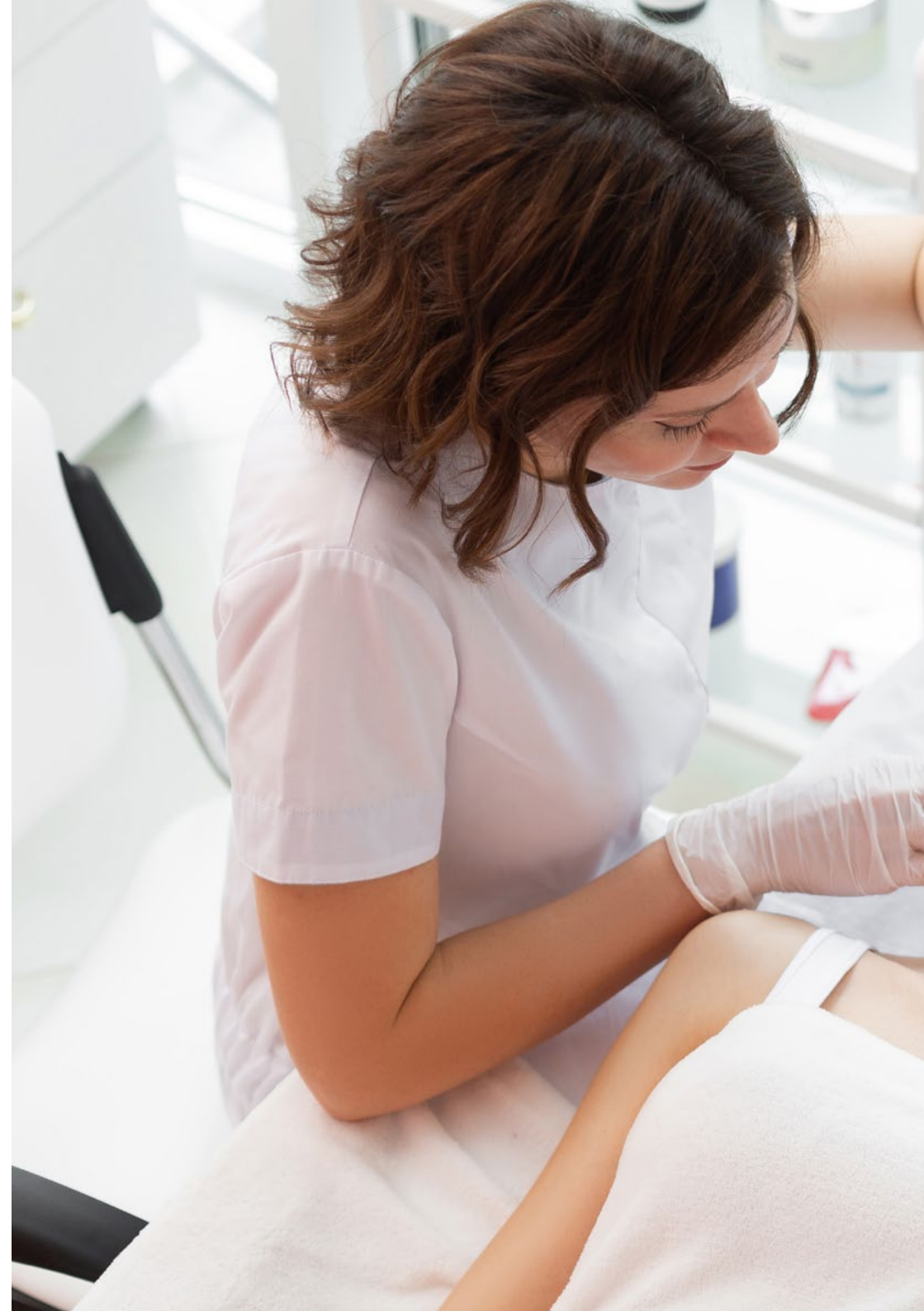


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*This Postgraduate Certificate contains the most complete and up-to-date scientific program on the market, which makes it your best study option”*

## Module 1. Neurological and Psychological Aspects in Anti-Aging Medicine

- 1.1. Psychological Aspects of Aging
  - 1.1.1. Psychological Aspects of Aging. What are they?
  - 1.1.2. Psychosocial States of Aging
  - 1.1.3. Psychological Changes in Aging (Attention, Memory, Intelligence, Creativity)
- 1.2. Neurological Aspects of Aging
  - 1.2.1. Neurological Aspects of Aging What are they?
  - 1.2.2. Neurological Changes Associated with Aging
  - 1.2.3. Neurobiological Foundations of Neuronal Aging
  - 1.2.4. Proteins
- 1.3. Neuroimmunoendocrine Axis
  - 1.3.1. Neuroimmunoendocrine System
  - 1.3.2. Neuroimmunoendocrinology of the Nervous System
  - 1.3.3. Neuroendocrine Regulation of the Immune System
- 1.4. Stress Management
  - 1.4.1. Definition of Stress
  - 1.4.2. How Does Stress Affect Aging
  - 1.4.3. Treatment of Stress in Adulthood
- 1.5. Mindfulness (Meditation and Neurological Rejuvenation)
  - 1.5.1. What is Mindfulness?
  - 1.5.2. How to Practice Mindfulness? Exercises
  - 1.5.3. Neurological Changes with the Practice of Mindfulness
- 1.6. Scenar Therapy
  - 1.6.1. Introduction to Scenar Therapy
  - 1.6.2. Benefits of Scenar therapy
  - 1.6.3. Scenar Devices
- 1.7. Neural Therapy
  - 1.7.1. What is Neural Therapy and What Is It For?
  - 1.7.2. How Does Neural Therapy Work?
  - 1.7.3. Main Indications for Neural Therapy
  - 1.7.4. Treatments





- 1.8. Functional Changes and Aging
  - 1.8.1. Functional Aging
  - 1.8.2. Physiological Changes Associated with Aging
  - 1.8.3. Cognitive Changes Associated with Aging
  - 1.8.4. Strategies to Slow Aging
- 1.9. Importance of Circadian Rhythms (Chronobiology)
  - 1.9.1. Circadian Rhythms in Humans
  - 1.9.2. Circadian Rhythms and Sleep
  - 1.9.3. Circadian Rhythms and Jet Lag
  - 1.9.4. Chronobiology of Aging
- 1.10. Self-Concept of the Aging Process
  - 1.10.1. Definition of Self-Concept
  - 1.10.2. Chronological age
  - 1.10.3. Biological age
  - 1.10.4. Functional Age

“ *A unique, key, and decisive training experience to boost your professional development* ”

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH 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.*





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

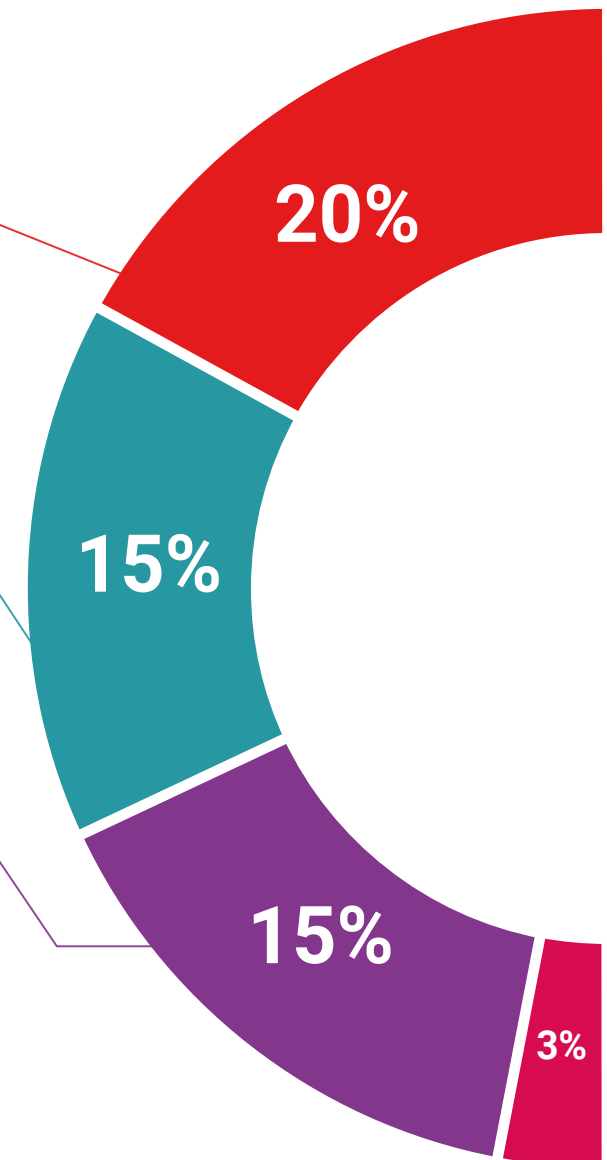
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.



# 06 Certificate

The Postgraduate Certificate in Neurological and Psychological Aspects in Anti-Aging Medicine guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this training  
and receive your university degree  
without travel or laborious paperwork"*

This **Postgraduate Certificate in Neurological and Psychological Aspects in Anti-Aging Medicine** contains the most complete and updated scientific program on the market.

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

The diploma 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 Neurological and Psychological Aspects in Anti-Aging Medicine**

Official N° of hours: **150 h.**



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

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



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