

# Postgraduate Certificate Pharmacological Intervention in Anxiety and Stress



## Postgraduate Certificate Pharmacological Intervention in Anxiety and Stress

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

Website: [www.techtute.com/pk/medicine/postgraduate-certificate/pharmacologic-intervention-anxiety-stress](http://www.techtute.com/pk/medicine/postgraduate-certificate/pharmacologic-intervention-anxiety-stress)

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# 01

# Introduction

Every day different pathologies related to anxiety and stress are diagnosed that require specific pharmacological treatments to achieve the wellbeing of patients. These diseases need constant medical attention to analyze the evolution of the patient and, for this reason, this specific program has been designed with which the physician will be able to acquire the necessary skills to develop successfully in this field and, above all, to be able to improve the health of patients. With this 100% online high level training, the students will update their knowledge in the pharmacological intervention of anxiety and stress, from the hand of professionals with extensive experience.





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*This Postgraduate Certificate will allow you to help your patients with their anxiety and stress problems, indicating them the best valued drugs”*

Physicians who treat patients with mental pathologies, such as anxiety and stress, in their offices must have the necessary superior qualification to carry out an adequate pharmacological intervention for these diseases. Constant knowledge is essential to ensure that a drug does not produce effects that worsen the pathology. For this reason, this Postgraduate Certificate is designed to provide students with the necessary skills and knowledge to offer their patients a more effective and quality intervention against anxiety and stress.

To improve their training, TECH presents this very complete program that includes the most complete and relevant information about the different medications that should be administered in each case, taking into account the possible contraindications that may involve for the patient. In this way, the healthcare professionals will have a deep knowledge about the different drugs, which will be of great help for patients to resume their normal life.

Additionally, as it is a 100% online program, the student is not constrained by fixed timetables or the need to move to another physical location, but can access the contents at any time of the day, balancing their professional or personal life with their academic life. In just six weeks you will obtain your qualification in a comfortable and flexible way.

This **Postgraduate Certificate in Pharmacological Intervention in Anxiety and Stress** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in pharmacological intervention.
- ◆ Graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ◆ Practical exercises where self-assessment can be used to improve learning.
- ◆ Its special emphasis on innovative methodologies
- ◆ 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



*Join a growing community and learn yourself with the best. You will increase your professionalism in a comfortable way"*

“

*Take the opportunity and take the step to get up to date on the latest developments to identify and differentiate anxiety disorders under their various headings”*

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 professionals 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 professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*TECH brings to this course the most complete and up-to-date didactic and methodological program on the market. We adapt to you.*

*With this program you will be able to master new techniques and strategies to recognize and treat disorders secondary to stress.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the professionals achieve a perfect and rigorous mastery of everything they need to know to apply the latest techniques in the intervention of emotion, at different stages of development, through the body. In this way, it is guaranteed to the academic excellence that is essential to comply with the professional profile required by different centers.





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*Update your knowledge and get your Postgraduate Certificate in Pharmacological Intervention in Anxiety and Stress in 6 weeks”*



## General Objectives

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- ♦ Master the current knowledge on medication used in psychiatry and neurology
- ♦ Train to achieve the therapist-patient-medication link
- ♦ Identify the absorption properties of medication
- ♦ Develop proficiency in pharmacodynamics
- ♦ Describe in protocols the intervention programs, taking into account the characteristics and specific aspects of taking medication
- ♦ Identify the evolution of the different disorders listed in the DSM-5 or ICD-10
- ♦ Master the fields of medical-psychologist interaction in family intervention
- ♦ Train the professionals on all the updated references on the diagnosis, intervention and therapeutic process in order to interact with the medication
- ♦ Describe with decision protocols the individualized study of family members to perform a rigorous psychopathological study
- ♦ Use decision trees to make a permanent differential diagnosis
- ♦ Organize all the information within a multidisciplinary framing model in the study of the biopsychosocial framework of the psychotherapy-pharmacology relationship





## Specific Objectives

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- ◆ Differentiate the pharmacological casuistry for depression and anxiety disorders
- ◆ Identify and describe the possible management of anxiety disorders
- ◆ Assesses the impact of parental anxiety, depressive and psychotic disorders
- ◆ Express and identify the importance of stress
- ◆ Identify and differentiate anxiety disorders in their different categories
- ◆ Recognize and differentiate disorders secondary to stress



*Be part of a unique experience  
and learn everything you need to  
enhance your professional practice  
as a physician"*

03

# Course Management

In order to offer a quality education, it is necessary to have renowned professionals who motivate the student to acquire a solid and up-to-date knowledge in this field of specialization. Therefore, those who take this Postgraduate Certificate will have the guarantees required to specialize internationally in the pharmacological intervention of anxiety and stress, which will catapult them to professional success.



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*Receive the support of an outstanding teaching group with multiple years of experience in pharmacological intervention and boost your professional profile at an international level”*

## Management



### Dr. Aguado Romo, Roberto

- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- ♦ Director of the scientific journal Psinapsis
- ♦ Master's Degree in Clinical and Health Psychology from the Spanish Society of Psychosomatic Medicine and Health Psychology
- ♦ Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. De Dios González, Antonio

- ◆ Director the Psychology Department of the Hospital Quirón in Marbella, Spain
- ◆ Director of Avatar Psychologists
- ◆ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ◆ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ◆ Master's degree in Neuro-Linguistic Programming (N.L.P.) by Richard Bandler's Society of Neuro-Linguistic Programming
- ◆ Specialist in Clinical Hypnosis and Relaxation

### Dr. González Agüero, Mónica

- ◆ Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- ◆ Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy
- ◆ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria
- ◆ Collaborator in different Red Cross programs
- ◆ Professor in the Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy
- ◆ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer at Human Resources Consulting Services (HRCS)

### Dr. Martínez-Lorca, Manuela

- ◆ Doctorate in Psychology from the University of Castilla-La Mancha
- ◆ Health Psychologist
- ◆ Lecturer in the Department of Psychology at the University of Castilla La Mancha UCLM
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology from the European Institute
- ◆ of Time-Limited Psychotherapies (I.E.P.T.L.)
- ◆ Specialist in Clinical Hypnosis and Relaxation

### Dr. Roldán, Lucía

- ◆ Health Psychologist
- ◆ Cognitive-behavioral intervention specialist
- ◆ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ◆ Expert in energy therapy intervention

# 04

## Structure and Content

Understanding the pharmacological interventions that can be applied to patients with anxiety and stress should be the result of a carefully designed program that provides the necessary tools to develop a critical and evaluative session. The Structure of the contents of this Postgraduate Certificate has been designed by a team of professionals from the best schools and universities in the country. In this way, in each class the professionals will have a better understanding of the drugs used to treat anxiety and stress states.







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*It has a science-based program to understand how pharmacological intervention helps people of different ages and different disorders”*

## Module 1. Pharmacological Intervention in Anxiety and Stress Disorders

- 1.1. Anxiety or Panic Disorder
- 1.2. Agoraphobia
- 1.3. Social Phobia
- 1.4. Specific Phobias
- 1.5. Generalized Anxiety Disorder
- 1.6. Obsessive Compulsive Disorder and Related Disorders
- 1.7. Separation Anxiety Disorder
- 1.8. Adaptive Disorder
- 1.9. Dissociative Disorders
- 1.10. Somatic Symptom Disorders and Associated Conditions
- 1.11. Trauma and Stress-Related Disorders
- 1.12. Post-Traumatic Stress
- 1.13. Disinhibited Social Relationship Disorder





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*Studying this program will take you a step further in your career. Understand different methods in pharmacological intervention of anxiety and stress, and enhance your professional profile”*

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 Pharmacological Intervention in Anxiety and Stress guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Pharmacological Intervention in Anxiety and Stress** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** diploma 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 Pharmacological Intervention in Anxiety and Stress**  
Official N° of Hours: **225 h.**



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



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Pharmacological Intervention  
in Anxiety and Stress

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- » Dedication: 16h/week
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- » Exams: online

# Postgraduate Certificate

## Pharmacological Intervention in Anxiety and Stress

