Postgraduate Certificate
Pharmacology in Depression, Eating and Sleep Disorders

tech global university

Postgraduate Certificate
Pharmacology in Depression, Eating and Sleep Disorders

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Global University**
- » Credits: **9 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/us/medicine/postgraduate-certificate/pharmacology-depression-eating-sleep-disorders**

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Introduction

People suffering from depression, eating disorders or sleep problems must resort, in most cases, to pharmacological treatment in order to recover their health and quality of life. For this reason, the specialization of physicians in this field is essential, above all, to avoid possible adverse effects and to offer the most appropriate therapeutic processes to each patient. Thus, through this program, the graduates will learn in depth about the different medications that should be administered in each case, taking into account the possible contraindications that they may entail for the patient. Thus, they will have a deep knowledge of the different drugs, which will be of great help for patients to resume their normal life.

" *This Postgraduate Certificate is different from the others due to its theoretical and practical content and the extensive professional experience of the teaching staff"*

The higher specialization in the field of Pharmacology is very useful for physicians, since they can know exhaustively the components of certain drugs and, thus, avoid possible adverse effects. Thus, those who deal with people suffering from depression or eating or sleeping disorders have a unique opportunity with this course to know the most appropriate treatments for each case.

In addition, it should be taken into account that, in the last forty years, the development of chemistry, physiology and biochemistry, and of analytical technology, has made it possible to isolate enormously active products from natural sources and, above all, to design and synthesize new compounds, analyze their actions and effects at all possible levels of organization of the living substance, and learn about the processes that follow their passage through the organism.

This has brought with it an explosion in the production of drugs with great therapeutic activity, an accumulation of information that is not always well assimilated, and, above all, possibilities of rigorous, objective and individualized application to the characteristics of each patient. With this program, the students will learn about the new advances in Pharmacology aimed at curing or alleviating mental illnesses, so that the updating of doctors in this field cannot be left aside.

In turn, as it is a totally online course, the graduates are not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help you reach the elite of psychotherapy based on emotion at any time of day, combining, at your own pace, your work and personal life with the academic.

This **Postgraduate Certificate in Pharmacology in Depression, Eating and Sleep Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical cases presented by experts in Pharmacology
- 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

Enhance your pharmacological sessions with an advanced program that includes an interactive learning system"

"You have before you the best online teaching qualification on the market for handling sleep management with pharmacotherapy"

Pharmacology requires trained professionals and TECH will give you the keys to place you among the professional elite.

Through case studies you will be able to master the interaction between antidepressants and other drugs.
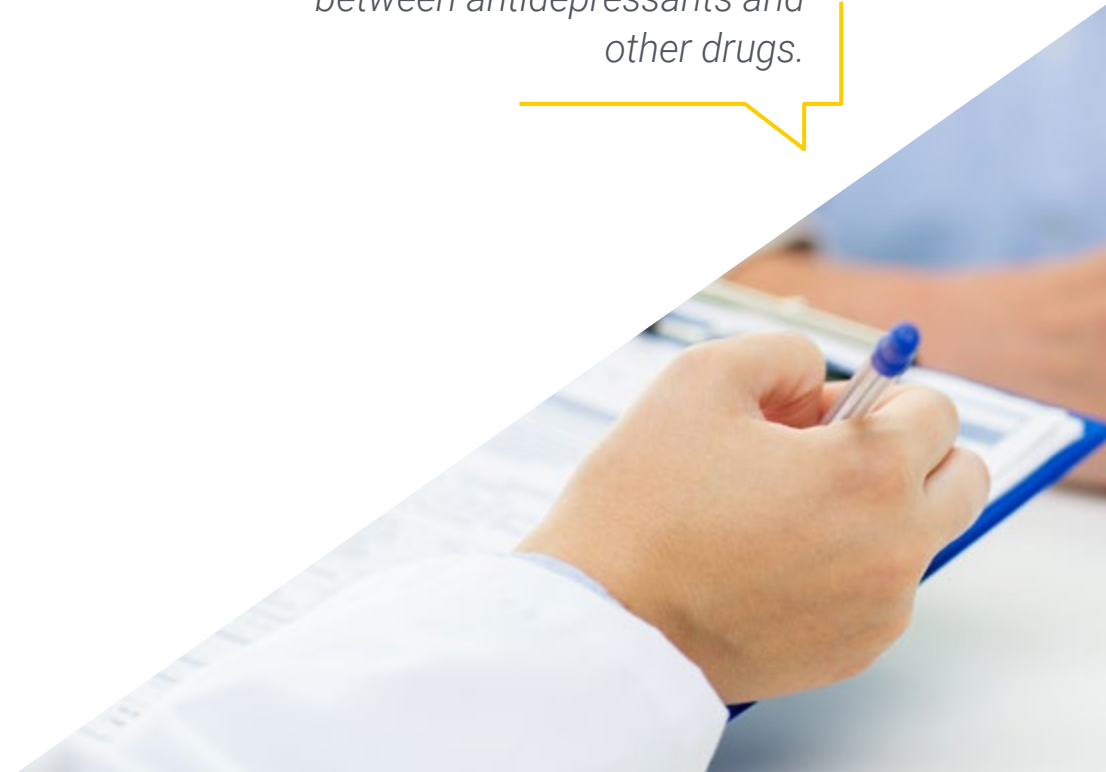
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

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Objectives

This Postgraduate Certificate has been created with the aim of becoming a reference tool for personal and professional growth for the graduate. Thus, it will deepen in the key aspects of pharmacology to treat depression, eating disorders and sleep disorders. With the most interesting and updated knowledge of the moment, this very complete degree will propel the students to the top of the specialty, to become a benchmark.
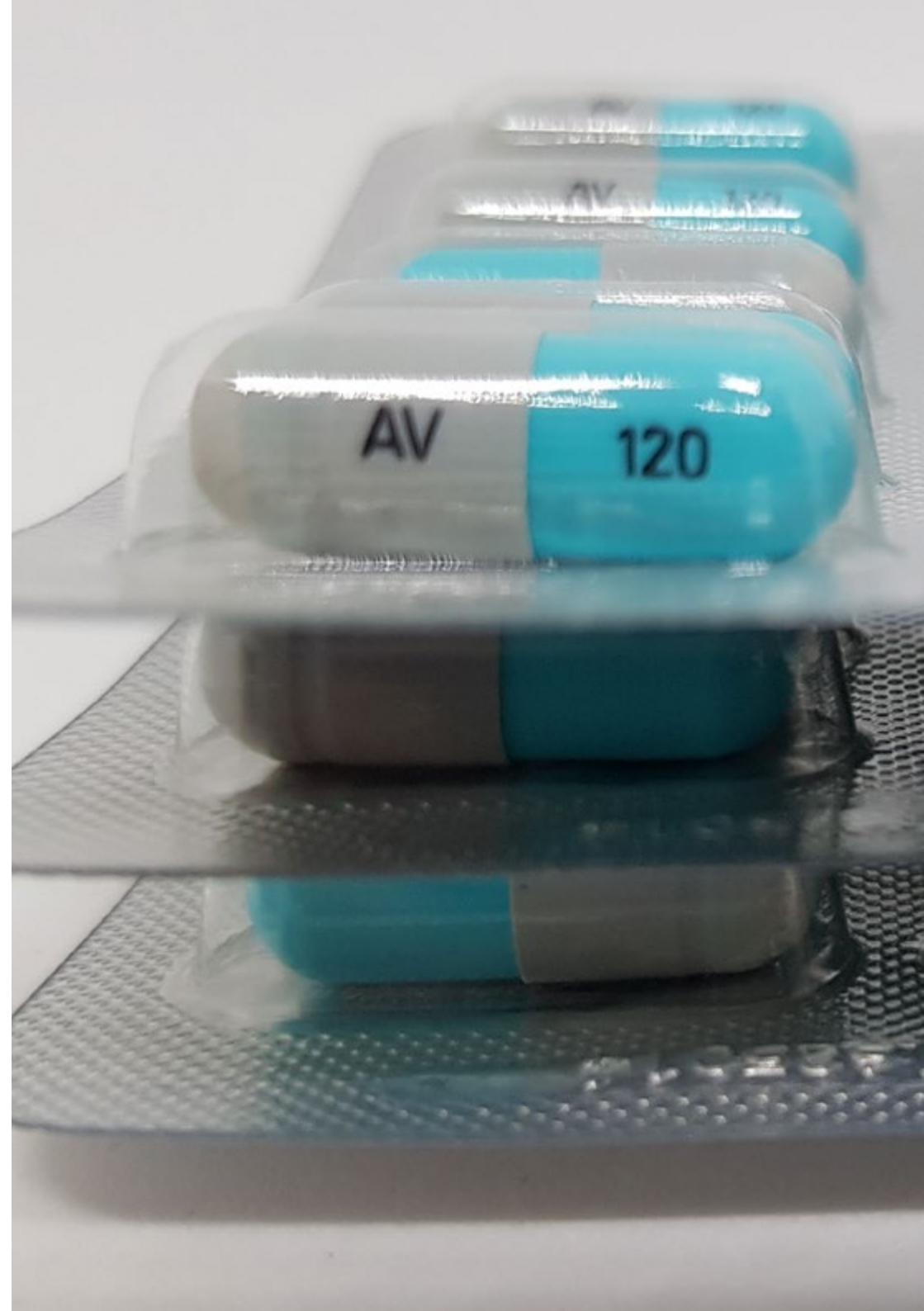
" *TECH will give you access to the most interesting and up-to-date knowledge of the moment in a training intensively focused on practice"*

General Objectives

- 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 professional 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 permanently perform 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

◆ Describe depressive axes

◆ Master the interaction between antidepressants and other drugs

◆ Evaluate and list components of eating disorders

◆ Control pharmacotherapy for anorexia nervosa and master the pharmacological treatment of bulimia

◆ Handle sleep management with pharmacotherapy

◆ Differentiating sleep and wakefulness disorders

◆ Understand the dynamics of sleepwalking

◆ Differentiate night terror from nightmares

Thanks to the approach in the visualization of real cases, you will take advantage of the content in the best way and you will be able to apply it in your professional activity"

Course Management

This Postgraduate Certificate provides the opportunity to learn from the best, with a faculty of industry professionals who will invest their theoretical and practical knowledge to take the graduate to the highest level of training. The development of this program will provide future students the opportunity to receive the best education in this field of action, with the most current and effective teaching methods in the online teaching market.

" *Specialize in Pharmacology of Eating Disorders with this high-level program thoroughly designed by renowned experts with extensive experience in the industry"*

Management

Aguado Romo, Roberto

- President of the European Institute of Time-Limited Psychotherapy
- Psychologist in private practice
- Researcher in Time Limited Psychotherapy
- Guidance team coordinator for many schools
- Author of several books on Psychology
- Communicator and expert in Psychology in the media
- University courses and postgraduate studies teacher
- President of the European Institute of Time-Limited Psychotherapies
- Master's Degree in Clinical and Health Psychology
- Specialist in Clinical Psychology
- Selective Dissociation Targeting Specialist

Professors

Dr. González Agüero, Mónica

- Psychologist in charge of the Department of Child and Adolescent Psychology at Hospital Quirón Salud Marbella and Avatar Psicólogos
- Psychologist in charge of the Department of Child and Adolescent Psychology in the Quirón Hospital of Marbella
- Psychologist at Avatar Psychologists
- Psychologist and teacher at the European Institute of Limited Time Psychotherapies (I.E.P.T.L.)
- Degree in Psychology, UNED

Dr. Martínez Lorca, Manuela

- Health Psychologist
- Professor in the Department of Psychology at the University of Castilla La Mancha CLM
- Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Specialist in Clinical Hypnosis and Relaxation
- Degree in Psychology
- Doctor of Medicine

Dr. De Dios González, Antonio
- Director of Avatar Psychologists
- Director of the Psychology Department of Quirónsalud Hospital in Marbella
- Director of the Clinical and Health Area of Iridia Hispania
- Trainer at the Spanish Red Cross
- Specialist in Clinical Hypnosis and Relaxation
- EFT Specialist by the World Center for EFT
- Transpersonal Therapist by the Spanish School of Transpersonal Development
- Degree in Psychology from the Complutense University Madrid
- Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming

Dr. Roldán, Lucía
- Health Psychologist
- Cognitive-behavioral intervention specialist
- Master in Time-Limited Psychotherapy and Health Psychology
- Expert in energy therapy intervention

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Structure and Content

TECH, with the confidence and solvency of being the largest online university in the world, has brought together a series of specialized and up-to-date knowledge to give the student the opportunity to get up to date. The professionals who complete this program will incorporate the most advanced pharmacological forms of the current landscape for depression, eating disorders and sleep disorders.

"

The Postgraduate Certificate includes real clinical cases of sessions to bring the development of the program closer to the physician's clinical practice"

Module 1. Intervention with Psychopharmaceuticals in Depression, Eating and Sleep Disorders

1.1.   Disruptive Mood Dysregulation Disorder
1.2.   Major Depressive Disorder
1.3.   Persistent Depressive Disorder (Dysthymia)
1.4.   Premenstrual Dysphoric Disorder
1.5.   Substance-Induced Depressive Disorder
1.6.   Pica
1.7.   Rumination Disorder
1.8.   Food Avoidance Disorder
1.9.   Anorexia Nervosa
1.10.   Bulimia Nervosa
1.11.   Binge Eating Disorder
1.12.   Insomnia
1.13.   Hypersomnia
1.14.   Narcolepsy
1.15.   Obstructive Sleep Apnea
1.16.   Sleep-Related Hypoventilation
1.17.   Non-REM Sleep Awakening Disorders
1.18.   Nightmare Disorder
1.19.   Restless Leg Syndrome

Take the opportunity to update your knowledge in Pharmacology to further improve your patients' care"

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.

"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.

20%

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.

15%

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".

15%

3%

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%

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 Pharmacology in Depression, Eating and Sleep Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.

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

This program will allow you to obtain your **Postgraduate Certificate in Pharmacology in Depression, Eating and Sleep Disorders** endorsed by **TECH Global University**, the world's largest online university.

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

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

Title: **Postgraduate Certificate in Pharmacology in Depression, Eating and Sleep Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **9 ECTS**

tech global university

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Pharmacology in Depression, Eating and Sleep Disorders

This is a program of 270 hours of duration equivalent to 9 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

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 diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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