

Postgraduate Diploma

Avoidant Personality Disorder



Postgraduate Diploma Avoidant Personality Disorder

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

Website: www.techtitute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-avoidant-personality-disorder

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01

Introduction

In the last decade, the increase in the number of cases of people with different Personality Disorders has worried Psychiatry specialists, who have focused on studying the origin and triggering causes of these pathologies. This has favored the development of therapies and treatments aimed, for example, at patients with Avoidant Personality Disorder. In order to gather the new developments related to the comorbidities of this disease, TECH has carried out this program. This is an online program designed by experts in the field, which will allow the physician to get up to date and know in detail the advances in the field of Obsessive, Avoidant and Dependent Personality Disorders.





A 100% online program, perfect for any physician who wants to be up to date on Avoidant Personality Disorder and its psychiatric comorbidities"

When a patient has a clinical manifestation characterized by a penetrating pattern of unusual fears, including social relationships, withdrawal, and the need for control, they are usually diagnosed with some form of Avoidant Personality Disorder. The treatment of this type of person must always be meticulous and specialized, based on the latest developments in their treatment, since the consequences derived from their condition may seriously affect their quality of life.

For this reason, the healthcare professionals must continually check the latest developments in psychiatric and psychological matters, in order to be able to offer their patients the therapeutic and pharmacological alternatives that best suit them according to the specifics and severity of their mental disorders. Now, with this Postgraduate Diploma in Avoidant Personality Disorder, the specialist will be able to get up to date in an exhaustive, comfortable and totally online way on everything related to Obsessive, Avoidant and Dependent Personality Disorder: characteristics, diagnostic classification, possible causes, discriminatory symptoms, subtypes, psychotherapeutic approach and pharmacological treatments.

Furthermore, through a modern and dynamic syllabus, designed by experts in Psychiatry and Psychology and adapted to the most innovative pedagogical methodology in the academic field. Moreover, it is a program that, due to its online feature, will allow the professionals to connect whenever they want, with a totally personalized schedule and through any device with internet connection, so that they can easily combine it with the activity of their practice.

This **Postgraduate Diploma in Avoidant Personality Disorder** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Psychiatry
- ◆ The 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 the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, forums for discussion of controversial issues and individual reflection papers
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



The team of experts has selected real clinical cases taken from psychiatry clinics so that you can improve your skills in the management of this type of patients in a simulated way”

“ *Acquiring the title of Postgraduate Diploma in Avoidant Personality Disorder will bring to your medical career a higher level of excellence and commitment to the health of your patients”*

The program's teaching staff includes professionals from sector who contribute their work experience to this 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 education programmed to learn in real situations.

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

A dynamic and alternative way to get up to date on Avoidant and Dependent Personality Disorder, without schedules or face-to-face classes.

You will delve into the 2nd generation therapies, with emphasis on the latest developments of Luborsky's CCRT method.



02 Objectives

This program has been developed with the aim that the professionals will find in a single program all the information that will allow them to be up to date in a complete, comfortable and detailed way on everything related to the Avoidant Personality Disorder. For this purpose, TECH will provide you with the most modern and sophisticated academic tools in the academic sector, which will allow you to accomplish this task from anywhere and with a 100% personalized schedule.





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If you are thinking of enrolling in this program because you need to know in detail the latest developments related to the diagnostic classification of Obsessive Personality Disorder, you will not regret it”



General Objectives

- ◆ Provide the medical professionals with the most sophisticated and effective academic tools that allow them to update their knowledge on everything related to Avoidant Personality Disorder
- ◆ Give the graduates the information they need to improve their medical skills in the management of patients with obsessive, avoidant or dependent personality disorder



The objective of TECH is to ensure that you finish this academic experience feeling that you have invested your time in pursuing the best program”





Specific Objectives

Module 1. Personality Disorders in the 21st Century

- ◆ Delve into the theoretical models of Personality Disorders
- ◆ Distinguish the fundamental aspects linked to the genetics of Personality Disorders
- ◆ Know the most relevant aspects from the evolutionary perspective of Personality Disorders
- ◆ Update on dimensional and categorical approaches to Personality Disorders
- ◆ Get to know the diagnostic approach of Personality Disorders in the different classifications
- ◆ Delve into the most relevant assessment instruments in Personality Disorders

Module 2. Obsessive Personality Disorder

- ◆ Describe the characteristic symptoms of Obsessive Personality Disorder
- ◆ Distinguish the subtypes of Obsessive-Compulsive Personality Disorder
- ◆ Study the influence of the environment and biographical history of this pathology
- ◆ Delve into the sociodemographic variables and cultural influences that affect Obsessive Personality Disorder

Module 3. Avoidant and Dependent Personality Disorder

- ◆ Develop an in-depth knowledge of the management of psychotropic drugs, especially incompatibilities and interactions
- ◆ Study the diagnostic classifications of this field according to DSM-5 and ICD-11
- ◆ Distinguish the subtypes of Avoidant and Dependent Personality Disorder
- ◆ Analyze the 2nd and 3rd generation therapies applicable to this pathology

03

Course Management

TECH has selected for this Postgraduate Diploma a group of professionals with expertise in the management of patients with different clinical conditions related to Avoidant Personality Disorder. It is a team of specialists in Psychiatry with a wide and extensive work experience, a group characterized, in addition, by its human quality, which will be reflected in the individualized tutorials that the graduate may request whenever needed during the course of the program.



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You will have the support of a faculty team specialized in Psychiatry and with extensive experience in the management of patients with Avoidant Personality Disorder”

Management



Dr. Benito Ruiz, Adolfo

- ♦ Medical specialist in Psychiatry in the Toledo Hospital Complex
- ♦ FEA of Psychiatry, Toledo Hospital Complex
- ♦ FEA of Psychiatry at the Francisco Díaz Mental Health Center
- ♦ Chief researcher in several studies related to Psychiatry
- ♦ Author and co-author of dozens of scientific articles related to his specialty
- ♦ Author and coauthor of numerous book chapters
- ♦ Professor in Mental Health courses and in undergraduate studies
- ♦ Doctorate in Medicine, University of Alcala
- ♦ Master's Degree in Psychotherapy, Integrated Perspective from the University of Alcalá Henares
- ♦ Awards of the Foundation for Biomedical Research of the Príncipe Asturias University Hospital

Professors

Dr. Martín Villaroel, Cristina

- ♦ Specialist in Psychiatry
- ♦ Faculty of Psychiatry, Toledo Hospital Complex
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Therapeutic Support Course. Theory and Method in Community Intervention at the State Reference Center for Psychosocial Care
- ♦ Course of Clinical Psychopathology and Community Intervention promoted by the Association La Revolución Delirante



04

Structure and Content

TECH also defines itself as a technological university, in which digitalization is its main feature. For this reason, all of its degrees are adapted to a flexible, accessible and comfortable 100% online format and optimized for any device with an internet connection. Moreover, it uses and makes available to the graduates of each program the most innovative and advanced academic tools, with the objective of making their continuous improvement process easier and faster, but without lowering the quality of its content.





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You will be able to review the conceptual and theoretical models of Personality Disorders, so that you can catch up in a broad way on their progress before delving into their different types"

Module 1. Personality Disorders in the 21st Century

- 1.1. Evolution of Concepts
 - 1.1.1. Personality and Personality Disorder
 - 1.1.2. Components of the Personality
 - 1.1.3. Character, Personality and Mood
- 1.2. Conceptual Modeling
 - 1.2.1. The Psychodynamic Perspective
 - 1.2.2. Cognitive Perspective
- 1.3. Theoretical Models
 - 1.3.1. Interpersonal Perspective
 - 1.3.2. Evolutionary Perspective
- 1.4. Development of Personality Disorders
 - 1.4.1. Biological Factors
 - 1.4.2. Factors from Learning
 - 1.4.3. Sociocultural Factors
- 1.5. Biological Fundamentals
 - 1.5.1. Prognosis of Personality Disorders
- 1.6. Categories and Dimensions
 - 1.6.1. Dimensional Valuation vs. Categorical
 - 1.6.2. Problems in the Diagnosis of Personality Disorders
- 1.7. Validity of the Diagnostic Criteria for Personality Disorders
- 1.8. Personality Disorders in the CIE-10
 - 1.8.1. CIE-10 Diagnostic Criteria
- 1.9. Personality Disorders in the DSM-5
 - 1.9.1. DSM-5 Diagnostic Criteria
- 1.10. Personality Disorders Assessment Tools

Module 2. Obsessive Personality Disorder

- 2.1. Characteristics of the Disorder
- 2.2. Diagnosis Classification
 - 2.2.1. According to DSM-5 and ICD-11
 - 2.2.2. PAS Framework
- 2.3. Sociodemographic Variables and Cultural Influence
- 2.4. Origin and Causes
 - 2.4.1. Genetic Vulnerability
 - 2.4.2. Influence of Environment and Biographical History
- 2.5. Characteristic Symptoms
- 2.6. Symptomatic Diagnosis
 - 2.6.1. Differential Diagnosis with Obsessive-Compulsive Disorder (OCD)
 - 2.6.2. Differential Diagnosis with other Psychiatric Disorders
- 2.7. Evolution and Development
- 2.8. Distinguish the Sub-Types of Obsessive-Compulsive Personality Disorder
- 2.9. Pharmacological Approach
 - 2.9.1. Antidepressants
 - 2.9.2. Anxiolytics
 - 2.9.3. Other Psychopharmacological Treatments
- 2.10. Psychotherapeutic Approach
 - 2.10.1. 2nd Generation Therapies. Cognitive Behavioral Therapy
 - 2.10.1.1. Manage exposure with response prevention
 - 2.10.1.2. Beck's Cognitive Therapy
 - 2.10.2. 3rd Generation Therapies
 - 2.10.2.1. Mindfulness Therapy
 - 2.10.2.2. Acceptance and Commitment Therapy
 - 2.10.3. Brief Dynamic Psychotherapy. Luborsky's CCRT method (Core Conflictual Relationship Theme)

Module 3. Avoidant and Dependent Personality Disorder

- 3.1. Characteristics of Each DISORDER
- 3.2. Diagnosis Classification
 - 3.2.1. Categorical Model: DSM-5 and CIE-11
 - 3.2.2. Three-level Dimensional Model
- 3.3. Epidemiological variables and current trend
- 3.4. Etiology and Evolutionary Development (Genes, Environment and Previous Development)
 - 3.4.1. Attachment Theory
- 3.5. Clinical Symptomatology. Predominant Symptoms
- 3.6. Diagnostic Assessment
 - 3.6.1. Distinguish the Sub-Types of Avoidant and Disorder Dependent Personality Disorder
 - 3.6.2. Differential Diagnosis with other Psychiatric Disorders
- 3.7. Developmental Course and Prognosis
- 3.8. Distinguish the Sub-Types of Avoidant and Disorder Dependent Personality Disorder
- 3.9. Psychopharmacology
 - 3.9.1. Antidepressants
 - 3.9.2. Anxiolytics
 - 3.9.3. Other Psychoactive Drugs
- 3.10. Cognitive-Behavioral
 - 3.10.1. 2nd Generation Therapies. Cognitive-Behavioral Therapy
 - 3.10.2. 3rd Generation Therapies
 - 3.10.2.1. Therapies Based on Mindfulness
 - 3.10.2.2. Behavioral Activation Therapy
 - 3.10.2.3. Acceptance and Commitment Therapy
 - 3.10.3. Guidelines Constructed from Personal Biographical History. Brief Dynamic Psychotherapy

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 Diploma in Avoidant Personality Disorder guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Avoidant Personality Disorder** 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Avoidant Personality Disorder**

Official N° of Hours: **450 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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guarantee accreditation teaching
institutions technology learning
community commitment
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knowledge present online training
development language
virtual classroom



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