



tech global university

Postgraduate Diploma

Gerontology and Oxidative Stress in Integrative Medicine

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-gerontology-oxidative-stress-integrative-medicine

Index

01		02			
Introduction		Objectives			
	p. 4		p. 8		
03		04		05	
Course Management		Structure and Content		Study Methodology	
	p. 12		p. 20		p. 2

06

Certificate

p. 32

tech 06 | Introduction

Although advertising and marketing constantly insist on reiterating that old age can be avoided, the truth is that this is not the case, although it can be delayed. It is a biological process that affects society as a whole, and although there are countless treatments to alleviate its consequences, sooner or later they end up having a considerable impact on a person's physical and cognitive health. It is precisely on the changes that occur during this process that Gerontology focuses, which has determined the causes that provoke Oxidative Stress from which derives the deterioration of the cell membrane and, therefore, accelerated aging.

In this context, Integrative Medicine has advanced by leaps and bounds, developing alternative therapeutic treatments to the traditional ones that have achieved great results in elderly patients who have seen their quality of life considerably improved. For this reason, TECH has considered it necessary to develop a program that, precisely, gathers the latest information on the subject, allowing professionals to update their practice according to the most sophisticated and cutting-edge clinical strategies of the current gerontological context. This is how this Postgraduate Diploma arises, a program that focuses on disorders related to Oxidative Stress and on the most effective diagnostic and therapeutic guidelines for both the most frequent cases and for those that occur less frequently. In addition, special emphasis is placed on the promotion of mental health through alternative approaches such as coaching, yoga or mindfulness. Finally, it assesses the state of current research in Integrative Medicine in the elderly, providing the graduate with the guidelines to lead scientific projects based on collaborative work and evidence in TCM.

All this through the best theoretical, practical and additional content, the latter presented in different formats: detailed videos, research articles, complementary readings, dynamic summaries of each unit, news, self-knowledge exercises, and much more. In addition, its convenient 100% online format will allow you to access the program course from wherever you want thanks to its compatibility with any device with an Internet connection, giving you the opportunity to design the academic calendar according to your total and absolute availability, as well as in a way that is compatible with the activity of your office.

This Postgraduate Diploma in Gerontology and Oxidative Stress in Integrative

Medicine contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical cases presented by experts in Integrative Health
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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



The best program on the current educational market to update your knowledge in relation to advances in research in chronological age"



If you are interested in the field of research, the program includes a specific module dedicated to it, so you can get up to date on the best scientific strategies to contribute to the advancement of Medicine"

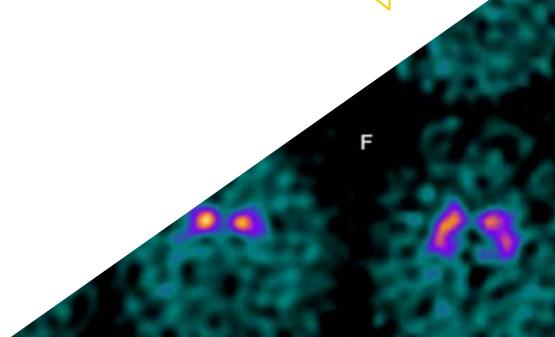
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will work intensively to implement in your clinical practice the most avantgarde and sophisticated measures for active and healthy aging.

Would you like to know in detail the advances related to Neuropsychiatry in elderly patients? Look no further and opt for this very complete program.



The continuous advances in the current clinical context make it difficult, in most cases, for specialists to keep up to date. For this reason, and as a sign of TECH's great commitment to them and to the advancement of Medicine, the university has developed this Postgraduate Diploma with the objective of providing graduates with the most complete and comprehensive information related to the management of Gerontology and Oxidative Stress through Integrative Medicine, providing them with all the material they need to update their practice and offer a specialized service based on the latest developments in the field.

Objectives | 09 tech If you have ever thought of becoming a researcher, in this program you will find the most effective guidelines to update your knowledge for collaborative work in the current context"

tech 10 | Objectives



General Objectives

- Gather, in a single program, the most avant-garde and accurate information related to Integrative Medicine applied to the field of Gerontology and the management of Oxidative Stress
- Get to know in detail the most innovative guidelines to carry out research projects with the elderly in the context of Integrative Medicine



TECH's goal is not only to help you achieve your most ambitious goals, but to exceed your expectations by offering you the highest level of academic experience"



Objectives | 11 tech



Specific Objectives

Module 1. Gerontology and Disorders related to Oxidative Stress

- Address advances in chronological ageing research and measures for healthy aging
- Analyze changes in the neurological diseases that have the greatest impact on this population, such as Alzheimer's or Parkinson's disease

Module 2. Mental Health and the Helping Relationship

- Study the evidence for integrative medicine treatment of neurological and psychiatric diseases
- Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses
- Understand the effectiveness of Body-Mind techniques such as yoga and Psychoanalysis in the therapeutic approach

Module 3. Research

- Understand what can be disclosed, to whom, for what reason and what is needed to disclose cases
- Address the need to bring Integrative Medicine into the Public Health System
- Reflect on the need for academic and professional organization according to the regulatory framework of some European countries
- Discuss the right of the individual as a patient to free access to Integrative Medicine
- Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM
- Identify community resources and referral network for patients requiring specialized care



Management



Dr. Menassa, Alejandra

- Head of Internal Medicine and Mental Health Unit at the Integrative Medicine Clini
- Head of Ozone Therapy Department at the Integrative Medicine Clinic
- Attending Physician in the Internal Medicine of the Emergency Service at the 12 de Octubre University Hospital
- Member of the Psychoanalytic Medical Team of the Film Production Company Grupo Cero
- Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- Expert in Psychological Judicial Expertise at the Alborán Higher Institute of Psychology
- Expert in Ozone Therapy in Internal Medicine from the University of Havana
- Vicepresident of the Spanish Society of Integrative Health and Medicine (SESMI)
- Member of: Spanish Society of Internal Medicine (SEMI)



Dr. Rodríguez Picazo, Pedro

- Attending Director, UME clinic
- Director Founder of Medintegra
- Health Coordinator at Colisée
- Doctorate in Health Sciences, University of Alicante
- Degree in Nursing in Community Health from the University of Alicante
- University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia
- Master's Degree in Advanced Integrative Health and Medicine by TECH Global University
- ARPN, Sanitary Services by the European University Miguel de Cervantes
- Member of: Editorial Board of the Integrative Medicine Journal RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Fellow of the European Society of Integrative Medicine, Fellow of the Society of Integrative Oncology

tech 16 | Course Management

Professors

Dr. Cruz, Héctor

- Medical Specialised in Neurology
- Neurologist in the Terrassa Health Consortium
- Neurological at the Clinical symptoms University Hospital of Zaragoza
- Neurologist in the Vic transfer Consortium
- · Homeopath at Family Health Center
- Author of several scientific articles
- Speaker at congresses related to Homeopathy
- Master's Degree by the Medical and Homeopathic Academy of Barcelona(AMHB)

Dr. García Pérez Juan, Daniel

- Physical Therapist and Nurse
- Physiotherapist in private practice Daniel García Pérez-Juana
- Assistance Director at Clínica IMEDE
- Head of the Department of Physiotherapy and Osteopathy at the Integrative Medicine Clinic
- Doctor in the Health Sciences and Proprioception by the Rey Juan Carlos University
- Master's Degree in motor and Physiotherapy from Rey Juan Carlos University
- President and Founder at the Spanish Association of Yin

Ms. Sánchez Pérez. Sonia

- Psychologist at the City Council of Castilla
- Psychologist in the Health and Community Foundation. Alicante, Valencian Community
- Social Educator in the Health and Community Foundation. Alicante, Valencian Community
- Diploma in Social Education, Social and Philosophical Bases of Education, National Distance Education University
- Degree in Psychology from the National Distance Education University
- Gestalt Therapist, Psychology by the Institute of Psychotherapy and Group Techniques
- Expert in Applied Clinical Psychology by Esneca Business School

Dr. Rojas Martínez, Pilar

- Psychoanalyst and Medical Specialist in Rheumatology and Family Medicine at the Psychoanalysis Consultation Center Dr. Pilar Rojas
- Director of the Department of Psychosomatic Medicine at the School of Psychoanalysis and Poetry Grupo Cero
- Assistant Physician of Rheumatology at the General University Hospital of Albacete
- Degree in Medicine and Surgery from the Autonomous University of Madrid
- Specialist in Rheumatology at the 12 de Octubre University Hospital
- Specialized in Family and Community Medicine at the Toledo Teaching Unit

Dr. Serra Vila, Mireia

- Attending Physician at the San José Institute Foundation Madrid
- Collaborating psychologist at La Paz University Hospital Madrid
- Degree in Philosophy and Letters from the Autonomous University of Barcelona
- PhD in Clinical Psychology from the Ramón Llull University
- Music Therapist by the Ramón Llull University

Dr. Romero, Carolina

- Director of the Mind-Body Therapy Center of the Canary Islands
- In charge of the Mind-Body Department in the Integrative Health program at university San Roque Hospitals
- Joint author of a book on integrative oncology
- Art therapist, teacher of Samatha and Vipassana, and therapeutic Yoga
- Trained in Tibetan Yoga, Dream Yoga and the Bardo
- PhD in Clinical Psychology
- Postgraduate degree in Neuropsychology and Education
- Postgraduate degree in Family Intervention and Mediation
- Member of: Spanish Society of Integrative Health and Medicine (SESMI)

Dr. Díaz Sáez, Gualberto

- Specialist in Family and Community Medicine
- Homeopathic Physician and Integrative Oncologist at Conde Orgaz y Pinar Medical Center
- Researcher at Servier Laboratories and at the Medical Department of Boiron Laboratories
- Lecturer in courses and seminars related to Homeopathy
- Regular speaker at Homeopathy and Integrative Medicine Congresses

- Editorial advisor and technical advisor at Amazing Books, a scientific publishing house
- Member of the Board of Directors of Spanish Society of Homeopathic Medical Therapy
- D. in Biotechnology, Medicine and Biosanitary Sciences from the Francisco de Vitoria University

Dr. Aldana Martínez, Natalia Sofia

- Medical Specialist in Alternative Medicine and Integrative Medicine
- Consultant at the Ministry of Health and Social Protection of Colombia
- Coordinator of the Academy of Integrative Health & Medicine
- Medical Specialist in Alternative, Complementary and Integrative Medicine in Kailash Medicine
- Medical Specialist in Alternative Medicine at the Medicina de Oriente Hospital
- Alternative Medicine Specialist at Tunjuelito Hospital
- Medical Specialist at Hospital ESE Hospital Nazareth
- General Editor of the Virtual Health Library on Traditional, Complementary and Integrative Medicine of the Americas
- Degree in Medicine and Surgery University Industrial of Santander
- Specialist in Alternative Therapies (Acupuncture and Oriental Medicine) from Manuela Beltrán University
- Master's Degree in Homeopathy Medicine from the National University of Colombia
- Member of: MTCI Americas network

tech 18 | Course Management

Dr. Vásquez Londoño, Carlos Alberto

- Medical Surgeon, Specialist in Pharmaceutical Sciences and Alternative Medicine
- Researcher and professor in MTCI in ethnomedicine, phytotherapy and diet
- Doctorate in Pharmaceutical Sciences Line of Phytochemistry and Pharmacognosy
- Degree in Medicine and Surgery
- Master's Degree in Alternative Medicine at the Department of Alternative Medicine of the Faculty of Medicine of the National University. Colombia

Dr. Aldana Martínez, Sonia Cristina

- Geologist
- D. in Earth and Environmental Science and Technology from the University of Cagliari
- Master's Degree of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca
- Degree in Geology at the University of Santander

Ms. De la Flor, Irina

- Professional Coach
- Director of Lo Mejor de Mí, Vivo Sano Foundation
- Director of Health Defense Organisation, Vivo Sano Foundation.
- Degree in Law, Carlos III University of Madrid
- Degree in Arts from the Carlos III University of Madrid
- Doctorate in Philosophy from the University of Alcalá
- Master's Degree in Conscious Coaching from the University of East London
- Collaborator in: The United Nations, The European Parliament, The European Commission



Course Management | 19 tech

Dr. Hernández Niño, Leonardo

- Medical Surgeon Expert in Alternative Therapies
- Physician in the San Luis Medical-Surgical Unit
- Physician at Heraz Holistic Medicine
- Physician in private practice
- Director of the Research Department of Magnofarma Lab
- Lecturer in university programs related to Alternative Medicine
- Diploma in Homotoxicology and Biological Medicine from El Bosque University
- Diploma in Acupuncture and Moxibustion from El Bosque University



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

tech 22 | Structure and Content

Module 1. Gerontology and Disorders related to Oxidative Stress

- 1.1. Advances in Chronological Age Research
- 1.2. Measures for Active and Healthy Aging
- 1.3. Neurology
 - 1.3.1. Alzheimer's Disease and Cognitive Deterioration
 - 1.3.1.1. Parkinson's Disease
 - 1.3.1.2. Sensory Dysfunction
 - 1.3.2. Biomechanics
 - 1.3.2.1. Muscles as a Metabolic Organ

Module 2. Mental Health and the Helping Relationship

- 2.1. Life History
 - 2.1.1. Pathochrony
- 2.2. Epidemiology and Prevalence of Mental Illness in the Population
- 2.3. Advances in Neuropsychiatry
- 2.4. Illness as a Pathway
 - 2.4.1. Coping with Illness
 - 2.4.2. Psychological Impact of Illness
- 2.5. Introduction to Coaching
 - 2.5.1. Powerful Questions
 - 2.5.2. Coaching Tools
- 2.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
 - 2.6.1. Yoga and Mindfulness
 - 2.6.2. Breathing Techniques
 - 2.6.3. Sound Therapy. Music Therapy
 - 2.6.4. Cardiac Coherence
 - 2.6.5. Bioenergetic Techniques
 - 2.6.6. Art Therapy and Creative Processes
 - 2.6.7. Psychoanalysis



Structure and Content | 23 tech

Module 3. Research

- 3.1. Evidence-Based Medicine in Integrative Medicine
- 3.2. Fundamentals of Applied Research in TCIM
- 3.3. Collaborative Work, Networks, and Resources in TCIM Research



A perfect opportunity to get up to date on bioenergetic techniques for the approach of related clinical cases 100% online"



tech 26 | Methodology

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

At TECH you will NOT have live classes (which you might not be able to attend)"



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.



TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want"

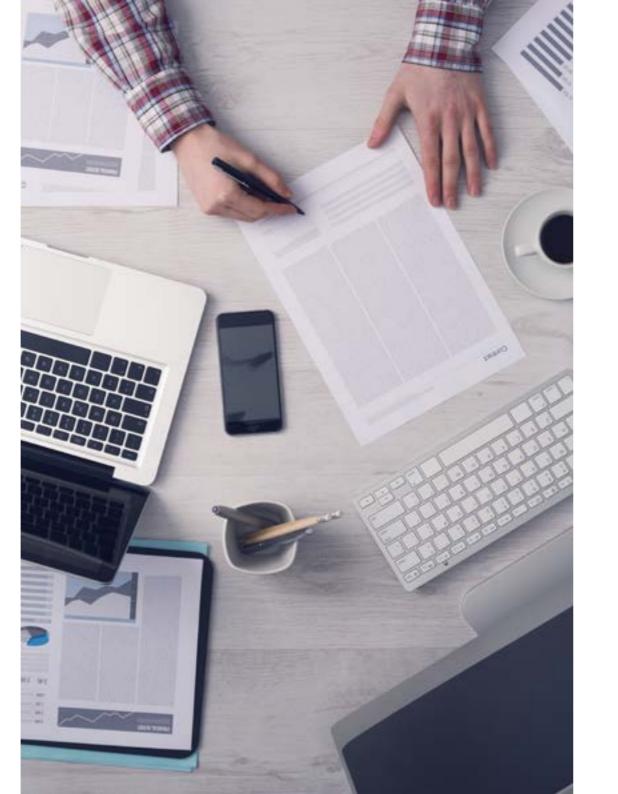
tech 28 | Methodology

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



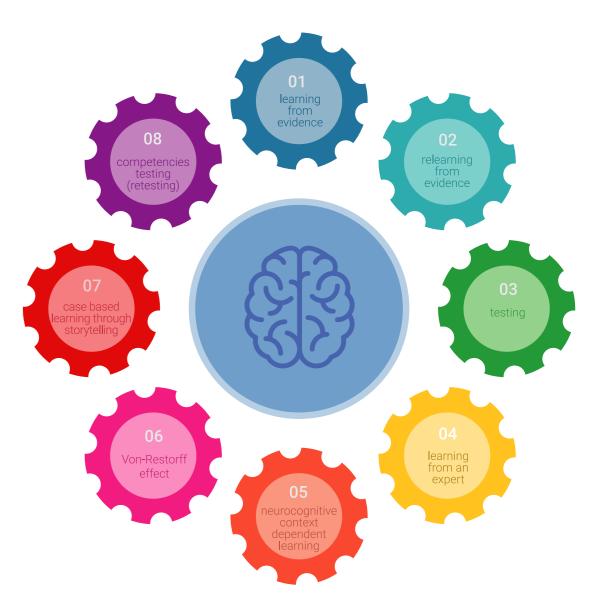
Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

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 assess 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.



Study Methodology | 31 tech

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

tech 32 | Methodology

As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

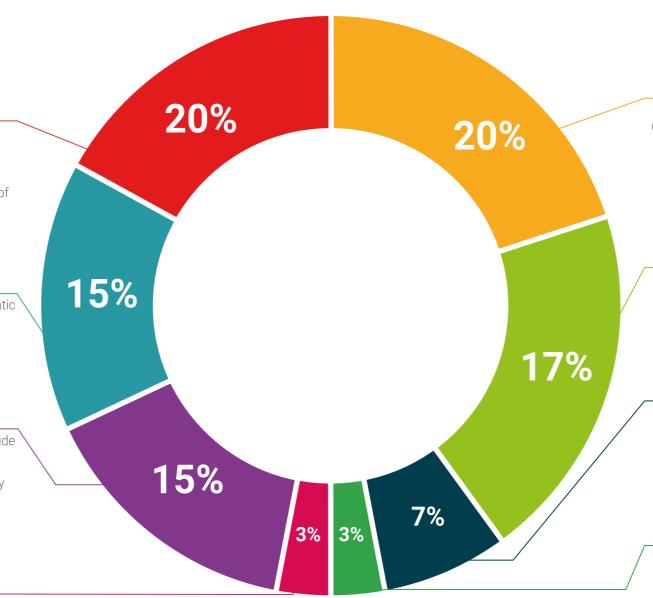
You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

We present 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".



Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for 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.





Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.



tech 34 | Diploma

This private qualification will allow you to obtain a **Postgraduate Diploma in Gerontology and Oxidative Stress in Integrative Medicine** 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.

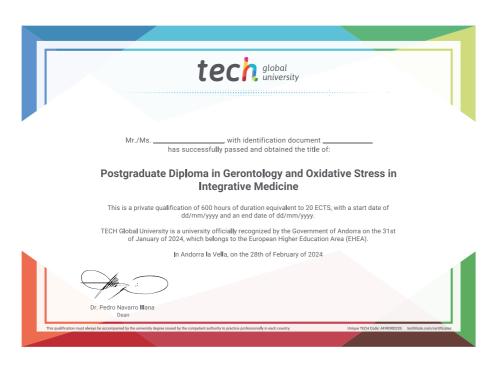
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: Postgraduate Diploma in Gerontology and Oxidative Stress in Integrative Medicine

Modality: online

Duration: 6 months

Accreditation: 20 ECTS



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- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

*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.

