Professional Master's Degree
Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

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Professional Master's Degree
Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

- » Modality: **online**
- » Duration: **12 months**
- » Certificate: **TECH Global University**
- » Credits: **60 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: www.techtitute.com/in/medicine/professional-master-degree/master-diagnosis-psychiatric-treatment-anxiety-related-disorders

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01

Introduction

In recent years, the prevalence of anxiety-related disorders has increased exponentially to the point of becoming one of the most frequently diagnosed and treated pathologies in mental health centers.

This reality has made the mastery of specific knowledge about these disorders an imperative need for all mental health professionals.

In this very complete program TECH will take the student through a high intensity educational journey that will allow them to update and advance in their profession in a way that is fully compatible with other activities.

" *Update your knowledge with the latest advances in Psychiatric Diagnosis and Treatment of Anxiety-Related Disorders with a high-quality program, fully compatible with your professional and working life"*

Anxiety-related disorders are sometimes unwittingly considered "second tier" when compared to others such as bipolar disorder or psychotic spectrum disorders that used to constitute what was called heavy psychiatry. Add to that other disorders that are being heavily researched, such as attention deficit disorder (ADHD) and borderline disorder; only obsessive-compulsive disorder (OCD) and post-traumatic stress disorder, would be close to a first line of intervention.

The reality is that, without entering into comparisons of severity, which would be out of the scientific context, a significant amount of these disorders are more frequent and therefore a greater number of people are affected.

It is considered that lately there is a certain tendency, even in psychiatrists, to focus psychotherapeutic and sometimes pharmacological treatments on mitigating anxiety or its symptomatological equivalents. This approach is losing sight of the fact that the fundamental issue is to treat nosological entities. It is possible that it may be influenced by the rapid satisfaction of the patient when they perceive that their symptoms are improving.

Another important aspect is that in these disorders, the population tends to link the psychiatrist with drugs or other biological treatments, and psychotherapy with other mental health professions, so it is an important task of the psychiatric profession to show the user that the psychiatrist can, and should, perform psychotherapeutic treatments.

This program includes the latest updates on differential diagnosis, clinical and therapeutic management of anxiety-related disorders. It presents a theoretical and practical learning system based on theoretical models and clinical cases, to facilitate learning and clinical application.

This **Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- The latest technology in online teaching software
- Intensely visual teaching system, supported by graphic and schematic contents, easy to assimilate and understand
- Practical cases presented by practising experts
- State-of-the-art interactive video systems
- Teaching supported by telepractice
- Continuous updating and recycling systems
- Autonomous learning: full compatibility with other occupations
- Practical exercises for self-evaluation and learning verification
- Support groups and educational synergies: questions to the expert, debate and knowledge forums
- Communication with the teacher and individual reflection work
- Content that is accessible from any fixed or portable device with an Internet connection
- Supplementary documentation databases are permanently available, even after the program

With this Professional Master's Degree, you will be able to combine a high-intensity program with your professional and personal life, achieving your goals in a simple and real way"

" *A highly qualified program that will allow you to act with solvency from the moment of diagnosis to the treatment programming and its development"*

The learning in this Professional Master's Degree is developed through the most performed teaching methods in online teaching to guarantee that your efforts produce the best results possible.

A specialization created and directed by professional experts in Psychiatry, Psychology and Anxiety Disorders, which make this program a unique opportunity for professional growth.

Our teaching staff is made up of professionals from different fields related to this specialty. In this way, TECH ensures to offer you the updating objective it intends. A multidisciplinary team of professionals, specialized and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but above all, they will bring their practical knowledge from their own experience to the program: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodological designof this Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders. Developed by a multidisciplinary team of experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is based on Problem-Based Learning: an approach that views learning as a highly practical process. To achieve this remotely, TECH will use telepractice: with the help of an innovative interactive video system and Learning from an Expert, the professional will be able to acquire the knowledge as if they were facing the scenario they are learning at that moment. A concept that will allow students to integrate and memorize what they have learnt in a more realistic and permanent way.

02
Objectives

The objective of this specialization is to provide psychiatric professionals with the knowledge and skills necessary to perform their activity in the treatment of anxiety disorders and those associated with them. Through a work approach that is fully adaptable to the student, this Professional Master's Degree will progressively lead them to acquire the skills that will propel them towards a much higher professional level.

"
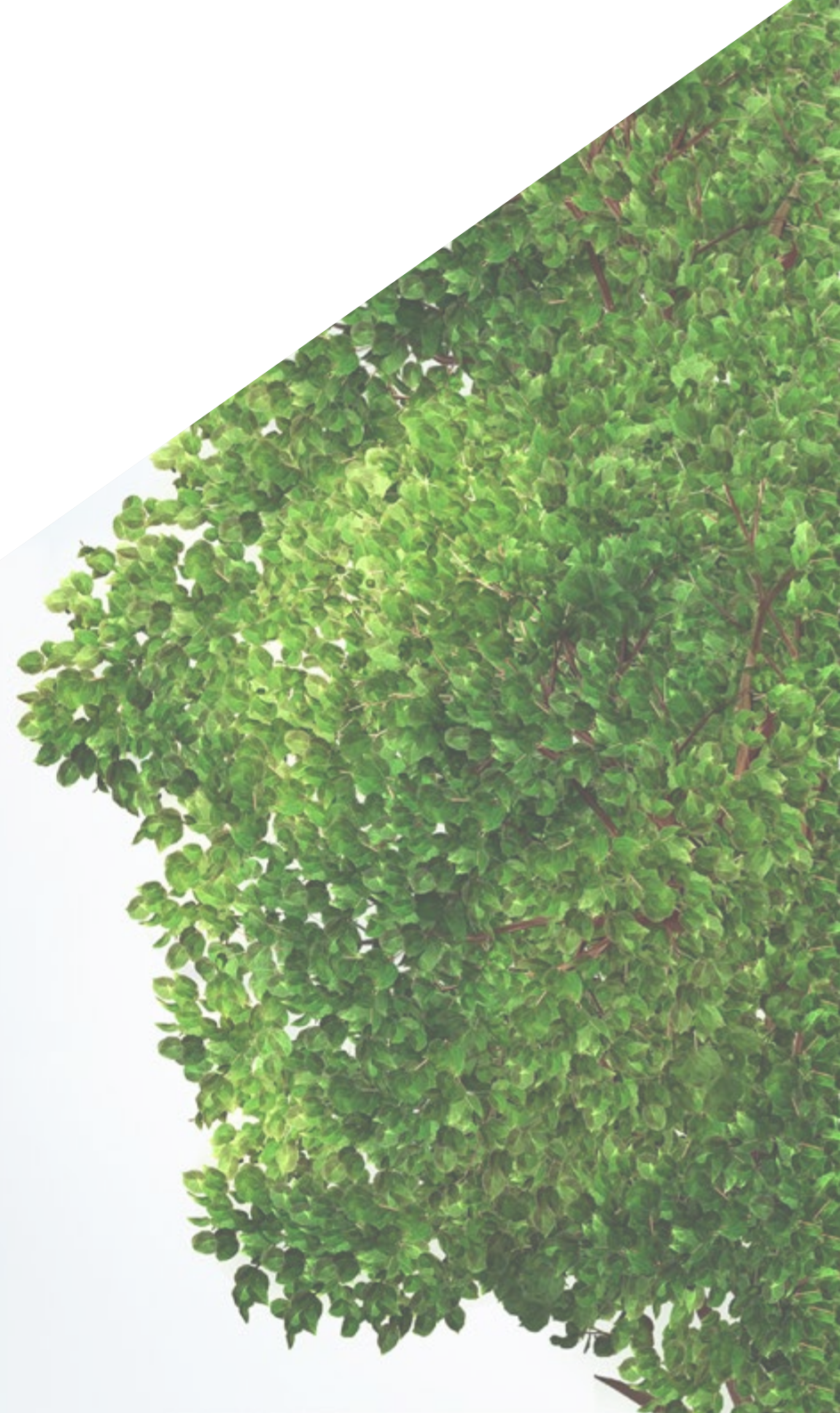
Incorporate the knowledge and approaches related to Anxiety Treatment into your skills and offer your patients a much more comprehensive and holistic care"

General Objectives

* Know the evolution of the concept of anxiety over time

* Identify the different anxiety-related disorders and their clinical manifestations

* Understand the etiopathogenic factors of anxiety-related disorders

* Master the different therapeutic approaches in anxiety-related disorders (pharmacological, psychotherapeutic and social)

A boost to your CV which will give you the competitiveness of the best prepared professionals in the labor market"

Specific Objectives

Module 1. Introduction to Anxiety Disorders: Diagnosis and Treatment

- Differentiate between pathological and adaptive anxiety
- Identify the clinical pictures of anxiety
- Locate anxiety-related disorders in the DSM-V and ICD-10 classification
- Know the most relevant epidemiological aspects of anxiety-related disorders
- Enable the student to master the biological etiopathogenic factors that influence anxiety, including its evolutionary perspective
- Enable the student to master the psychological etiopathogenic factors of anxiety, both from a dynamic and cognitive-behavioral perspective
- Master the psychiatric functions in the treatment of anxiety from a pharmacological perspective and to know the most relevant pharmacological treatments
- Master the psychiatric functions in the treatment of anxiety from a psychotherapeutic perspective and to know the most relevant psychotherapeutic treatments
- Master the psychiatric functions in the treatment of anxiety from a social perspective

Module 2. Distress Disorder

- Perform a correct medical history of anxiety disorders
- Perform a correct psychopathological examination in anxiety disorders
- Know the relevant and pertinent medical tests for a correct differential diagnosis of anxiety disorders
- Identify the most common organic pathologies for a correct differential diagnosis of anxiety disorders
- Identify the most common and the less prevalent diagnostic courses

- Know the risk factors for a better or worse prognosis of distress disorders
- Master the pharmacological treatments indicated in the treatment of anxiety disorders, as well as the different therapeutic steps and their indication, contraindication and use
- Master the different psychotherapeutic interventions in anxiety disorders and their indication, contraindication and use
- Master the different social interventions in distress disorders and their indication, contraindication and use

Module 3. Agoraphobia

- Ascertain a correct medical history of agoraphobic symptoms
- Perform a correct psychopathological examination in agoraphobia
- Know the relevant and pertinent medical tests for a correct differential diagnosis of agoraphobia
- Identify the most common organic pathologies for a correct differential diagnosis of agoraphobia
- Identify the most common and the less prevalent diagnostic courses
- Know the risk factors for a better or worse prognosis in agoraphobia
- Master the pharmacological treatments indicated in the treatment of agoraphobia, as well as the different therapeutic steps and the indication, contraindication and of their use
- Master the different psychotherapeutic interventions in Agoraphobia and their indication, contraindication and use
- Master the different social interventions in agoraphobia and their indication, contraindication and use

Module 4. Social Anxiety Disorder

- Enable the student to evaluate the patient's behavior in the face of the diagnosis
- Enable the student to assess the intensity of the phobia and to take it into account as an evolutionary prediction
- Emphasize the exploration of the previous personality (traits and/or disorders), before starting the treatments
- Clarify the "myth" about the non-existence of specific psychotropic drugs
- Be able to decide on the degree of impact on quality of life when choosing a psychotherapeutic treatment
- If sick leave is indicated, predict its duration in order to avoid "gain" phenomena
- Promote coordination with the social worker in view of the impact on quality of life

Module 5. Generalized Anxiety Disorder

- Know in depth the multiple etiologies of generalized anxiety disorder
- Have the ability to help the patient to know what is and what is not anxiety
- Enable the student to enhance retrospective observation in the interview
- Enable the student to perform complementary psychological examinations and to request (if necessary) interconsultations
- Have the capacity of evolutionary and prognostic prediction
- Have the ability to convince the patient that in most cases drugs should be complemented with psychotherapy
- Enable the student to detect fulminant pseudo-improvements that incite the patient to therapeutic "abandonment"
- Have the ability to discriminate among the treatments to be performed by those (e.g., relaxation techniques), those that can also be performed by other mental health professionals

Module 6. Specific Phobias

- Rule out organic causes by requesting tests and/or interconsultations to other specialists
- Enable the student to reach a nosological diagnosis through symptoms, signs and explorations
- Delimit specific phobias from agoraphobia and other psychiatric disorders
- Enable the student to "visualize" the most probable evolution and prognosis
- Know and manage pharmacological treatment (if indicated)
- Know and manage psychotherapeutic treatments in order of evidence/efficacy/effectiveness
- Coordinate the bio-psychosocial treatments
- Know the specific names of the most frequent specific phobias

Module 7. Obsessive Compulsive Disorder

- Link the symptoms and signs with the possible causes of obsessive-compulsive disorder
- Perform the necessary complementary tests
- Request interconsultations if organic etiology is suspected
- Implement the student's skills in differential diagnosis
- Enable the student to "visualize" the possible evolution and prognosis
- Know the biological and non-pharmacological treatments in resistant cases
- Delimit which psychotherapies give better results
- Manage the relationship with the patient, according to the frequent chronicity
- Enable the student to play the role of "responsible physician", since the treatment is multidisciplinary

Module 8. Acute Stress Disorder

- Ascertain a correct medical history in acute stress disorder symptoms
- Perform a correct psychopathological examination of the symptoms of acute stress disorder
- Know the relevant and pertinent medical tests for a correct differential diagnosis of acute stress disorder and an adequate organic screening
- Identify the most common organic pathologies for a proper differential diagnosis of acute stress disorder
- Identify the most common and less prevalent diagnostic courses, as well as the factors that influence the evolution and prognosis of acute stress disorder
- Master the pharmacological treatments indicated in the treatment of acute stress disorder, as well as the different therapeutic steps and their indication, contraindication and use
- Master the different psychotherapeutic interventions in acute stress disorder and their indication, contraindication and use
- Master the different social interventions in acute stress disorder and their indication, contraindication and use

Module 9. Post-Traumatic Stress Disorder

- Perform a correct medical history of the symptoms of traumatic stress disorder
- Perform a correct psychopathological examination of the symptoms of PTSD
- Know the relevant and pertinent medical tests for a correct differential diagnosis of PTSD and an adequate organic screening
- Identify the most common organic pathologies for a proper differential diagnosis of PTSD
- Identify the most common and less prevalent diagnostic courses, as well as the factors that influence the evolution and prognosis of post-traumatic stress disorder

- Master the pharmacological treatments indicated in the treatment of post-traumatic stress disorder, as well as the different therapeutic steps and their indication, contraindication and use
- Master the different psychotherapeutic interventions in traumatic stress disorder and their indication, contraindication and use
- Master the different social interventions in traumatic stress disorder and their indication, contraindication and use

Module 10. Diagnosis and Treatment of Anxiety Disorders in Special Populations

- Enable the student to detect the presence of anxiety in childhood and adolescence
- Prepare the student to detect the presence of anxiety in the elderly
- Implement the learner's skills in interviewing patients and family members
- Prepare the student to diagnose and treat disorders that appear exclusively in childhood and adolescence
- Prepare the student in the screening of organic etiology in the elderly
- Manage psychotropic drugs, especially incompatibilities and interactions
- Qualify the student for the specific management of psychotherapy in the elderly
- Equip the student with the ability to coordinate with physicians who treat (if any) organic reproductive diseases

03
Skills

This Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders has been created as a highly qualified tool for the professional in this psychiatric unit. Its intensive specialization will prepare you to be able to intervene, in an adequate manner, in the different areas of work. A compendium of knowledge that will provide you with the appropriate skills in all the moments and developments of intervention from the consultation to the moment of the patient's discharge.

This comprehensive program will provide you with the personal and professional skills essential to play an appropriate role in any professional situation in this field of intervention"

General Skills

- Establish a nosological (or at least syndromic) diagnosis

- Establish and delimit the appropriate treatments: A) biological B) psychological C) social

- Program the treatments to be carried out by the psychiatrist themselves, taking into account scientific evidence-effectiveness-clinical effectiveness in this order

- Coordinate with the rest of the mental health professionals involved in the treatment, delimiting the fields of intervention; and in short, playing the role of responsible physician, in accordance with the provisions of the law of patient autonomy

Make the most of the opportunity and take the step to get up to date on the latest developments in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders"
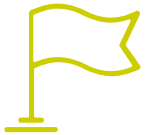
Specific Skills

- Be able to diagnose anxiety disorders

- Know how to make a complete classification of anxiety disorders

- Know the epidemiology of the condition

- Analyze the biological and psychological etiopathogenic factors

- Determine the role of the psychiatrist in pharmacotherapy, psychotherapy and social treatments

- Recognize anxiety disorder

- Know how to perform a complete psychopathological examination

- Know how to organize an adequate pharmacological and psychotherapeutic treatment

- Know how to carry out a social intervention

- Know in depth the pathogenesis of agoraphobia

- Know the evolution and treatment of the condition

- Organize and carry out a pharmacological and psychological treatment

- Know how to recognize clinical symptomatology and perform all the necessary examinations for this purpose

- Organize and carry out a pharmacological and psychological treatment

- Have a thorough understanding of the pathogenesis of generalized anxiety disorder

- Know the appropriate evolution and treatment

- Organize and carry out a pharmacological and psychological treatment

- In-depth knowledge of the pathogenesis of other specific phobias

- Organize and carry out a pharmacological and psychological treatment

- Have a thorough understanding of the pathogenesis of obsessive-compulsive disorder

- Know the appropriate evolution and treatment

- Organize and carry out a pharmacological and psychological treatment

- Have a thorough understanding of the pathogenesis of acute stress disorder

- Organize and carry out a pharmacological and psychological treatment

- Have a thorough understanding of the pathogenesis of post-traumatic stress disorder

- Organize and carry out a pharmacological and psychological treatment

- Analyze adjustment disorder with anxiety

- Know in depth the pathogenesis of anxiety disorder in childhood and adolescence

- Know the pathogenesis of separation anxiety, social phobia, compulsive disorder in childhood and adolescence, reactive attachment, uninhibited social relationship, post-traumatic stress disorder

- Know the pathogenesis of anxiety in the elderly

- Organize and carry out a pharmacological and psychological treatment

- Know how to carry out psychotherapeutic treatments and social interventions

04
Course Management

In its commitment to academic excellence TECH has selected for the development of this program a highly qualified faculty with many years of experience in the field of psychiatric diagnosis and treatment. This is an active faculty that will make available to the professional all their knowledge to the doubts and concerns that may arise. On the other hand, it should be noted that the group of specialists is characterized by its human warmth, which allows them to establish an academic relationship with a view to excellence.

An impressive teaching staff, made up of professionals from different areas of expertise, will be your teachers during your specialization, a unique opportunity not to be missed"

Management

Dr. Guerra Gómez, Enrique

- Positions: Head of the Eating Disorders Unit at the University Hospital of Santa Cristina Madrid
- Professor of the Master's Degree in Nutrition and Food Technology. International University of La Rioja
- Director of Clinical Management in Mental Health
- Honorary Professor of the Master 's Degree in General Health Psychology. Faculty of Psychology, Complutense University of Madrid
- Medical Specialist in Forensic Psychiatry, UNED
- Master's Degree in Clinical Management in Mental Health, Pablo de Olavide University
- Gold Medal for services rendered to the Madrid Health System, awarded by the Ministry of Health
- Member of the Commission for the Elaboration of the New Mental Health Plan of the Community of Madrid, Regional Office of Mental Health

Dr. Benito Ruiz, Adolfo

- Positions: Responsible for patients hospitalized in the Acute Unit of the Toledo Hospital Complex
- Specialist in Psychiatry in the Short Stay Unit of the Toledo Hospital Complex
- PhD in Medicine from the University of Alcalá de Henares
- Specialist in Psychiatry
- Master's Degree in Integrative Psychotherapy at the University of Alcalá de Henares
- Postgraduate Diploma in Forensic Psychiatry at the UNED (Spanish Open University)

Professors

Dr. Donaire, Luis

- Positions: Degree in Medicine from the Complutense University of Madrid
- Specialist in Psychiatry. Toledo Hospital Complex

Dr. Soto, Marta

- Positions: Assistant Psychiatry Physician of the Toledo Hospital Complex
- Area Coordinator of the Addictive Behaviors Unit (UCA) in Psychiatry of the Toledo Hospital Complex
- Associate Professor in the Master of Anxiety Disorder at TECH Technological University
- Associate Professor, Master's Degree in Obesity, TECH Technological University
- Associate Professor in the Master's Degree of Resistant Depression at the AMIR Academy
- Doctor of Medicine from the Complutense University of Madrid
- Master's Degree in Legal Psychiatry at the Complutense University of Madrid

Dr. Saiz, Héctor

- Degree in Medicine from the University of Oviedo
- Specialist in Psychiatry. Navarra Hospital Complex

Dr. Blanco, Margarita

- Degree in Medicine
- Specialist in Psychiatry

05
Structure and Content

The contents of this Professional Master's Degree have been developed by the different experts of this program, with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field.

A complete and well-structured program will take you to the highest standards of quality and success.

"

A comprehensive teaching program, structured in well-developed teaching units, oriented towards learning that is compatible with your personal and professional life"

Module 1. Introduction to Anxiety Disorders: Diagnosis and Treatment

1.1.   History of Anxiety Disorders
1.2.   Concept of Anxiety and Distress
  1.2.1   The Normal Vs. The Pathological
1.3.   Classification of Anxiety Disorders
1.4.   Neuronal Circuits of Anxiety and Fear
1.5.   Epidemiology
1.6.   Biological Etiopathogenic Factors
  1.6.1   Evolutionary Approach to Anxiety
1.7.   Psychological Etiopathogenic Factors
  1.7.1   Cognitive-Behavioral Approach to Anxiety
  1.7.2   Psychodynamic Approach to Anxiety
1.8.   Sociocultural Etiopathogenic Factors
1.9.   Psychiatrist's Roles in Pharmacotherapy and Other Biological Treatments
1.10. Psychiatrist's Roles in Psychotherapeutic Treatments
1.11. Psychiatrist's Functions in Social Treatments

Module 2. Distress Disorder

2.1.   Phenomenology of Anxiety
2.2.   Pathogenesis of Anxiety
2.3.   Clinical Symptomatology. Psychopathological Examination
2.4.   Explorations and Complementary Tests
2.5.   Current Diagnostic Criteria and Differential Diagnosis
2.6.   Evolution and Prognosis
2.7.   Medical Treatment
2.8.   Psychotherapeutic treatment
2.9.   Social Interventions

Module 3. Agoraphobia

3.1.   Phenomenology of Agoraphobia
3.2.   Pathogenesis of Agoraphobia
3.3.   Clinical Symptomatology and Psychopathological Examination
3.4.   Explorations and Complementary Tests
3.5.   Current Diagnostic Criteria and Differential Diagnosis
3.6.   Evolution and Prognosis
3.7.   Medical Treatment
3.8.   Psychotherapeutic treatment
3.9.   Social interventions

Module 4. Social Anxiety Disorder

4.1.   Phenomenology of Social Phobia
4.2.   Pathogenesis of Social Phobia
4.3.   Clinical Symptomatology and Psychopathological Examination
4.4.   Explorations and Complementary Tests
4.5.   Current Diagnostic Criteria and Differential Diagnosis
4.6.   Evolution and Prognosis
4.7.   Medical Treatment
4.8.   Psychotherapeutic Treatment
4.9.   Social Interventions

Module 5. Generalized Anxiety Disorder

5.1.   Phenomenology of Generalized Anxiety Disorder
5.2.   Pathogenesis of Generalized Anxiety Disorder
5.3.   Clinical Symptomatology and Psychopathological Examination in Generalized Anxiety Disorder
5.4.   Explorations and Complementary Tests
5.5.   Current Diagnostic Criteria and Differential Diagnosis
5.6.   Evolution and Prognosis
5.7.   Medical Treatment
5.8.   Psychotherapeutic treatment
5.9.   Social Interventions

Module 6. Specific Phobias

6.1. Symptoms
6.2. Examinations
6.3. Complementary Tests
6.4. Current Diagnostic Criteria
6.5. Differential Diagnosis
6.6. Evolution and Prognosis
6.7. Medical Treatment
6.8. Psychotherapeutic treatment
6.9. Social interventions

Module 7. Obsessive Compulsive Disorder

7.1. Phenomenology of Obsessive-Compulsive Disorder
7.2. Pathogenesis of Obsessive-Compulsive Disorder
7.3. Clinical Symptomatology and Psychopathological Exploration
7.4. Explorations and Psychopathological Examination
7.5. Current Diagnostic Criteria and Differential Diagnosis
7.6. Evolution and Prognosis
7.7. Medical Treatment
7.8. Psychotherapeutic treatment
7.9. Social interventions

Module 8. Acute Stress Disorder

8.1. Phenomenology of Acute Stress Disorder
8.2. Pathogenesis of Acute Stress Disorder
8.3. Clinical Symptomatology and Psychopathological Examination
8.4. Explorations and Complementary Tests
8.5. Current Diagnostic Criteria and Differential Diagnosis
8.6. Evolution and Prognosis
8.7. Medical Treatment
8.8. Psychotherapeutic treatment
8.9. Social interventions

Module 9. Post-Traumatic Stress Disorder

9.1. Phenomenology of Post-Traumatic Stress Disorder
9.2. Pathogenesis of Post-Traumatic Stress Disorder
9.3. Clinical Symptomatology and Psychopathological Examination
9.4. Explorations and Complementary Tests
9.5. Current Diagnostic Criteria and Differential Diagnosis
9.6. Evolution and Prognosis
9.7. Medical Treatment
9.8. Psychotherapeutic Treatment
9.9. Social interventions
9.10. Appendix: Adjustment Disorder with Anxiety

Module 10. Diagnosis and Treatment of Anxiety Disorders in Special Populations

10.1. Anxiety in Childhood and Adolescence
10.2. Separation Anxiety Disorder. Generalized Anxiety Disorder
10.3. Social Phobia
10.4. Obsessive-Compulsive Disorder in Childhood and Adolescence
10.5. Reactive Attachment Disorder Disinhibited Social Relationship Disorder
10.6. Post-Traumatic Stress Disorder
10.7. Clinical Anxiety Disorders in the Elderly
10.8. Diagnosis of Anxiety Disorders in the Elderly
10.9. Pharmacological Treatment
10.10. Psychotherapeutic Treatments and Social Interventions

A unique, key, and decisive program to boost your professional development"

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:
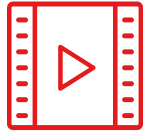
Study Material

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%
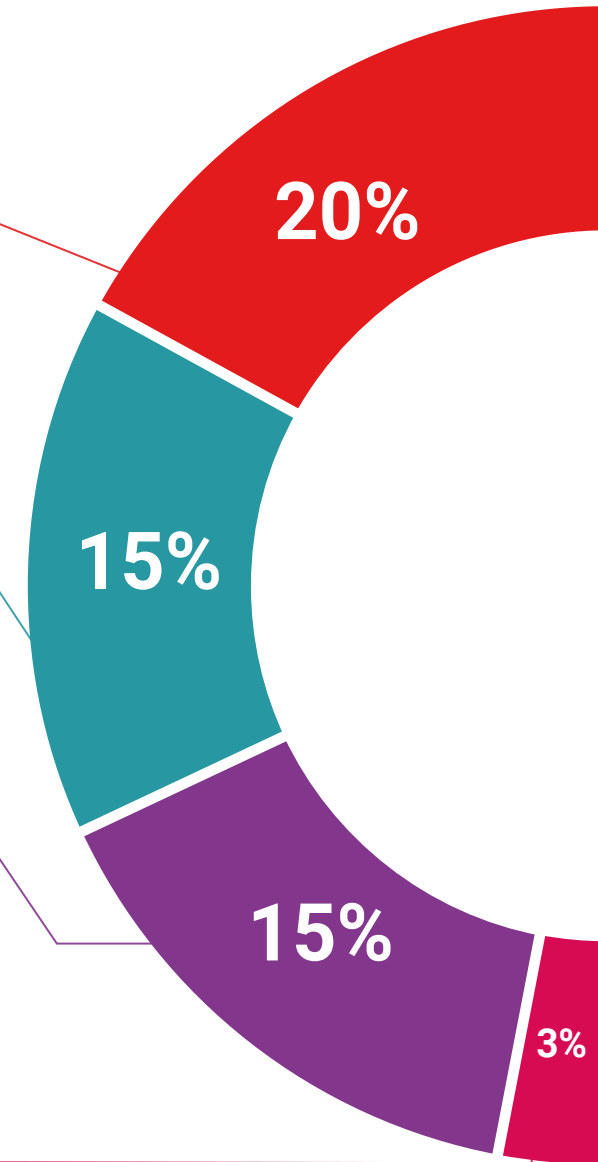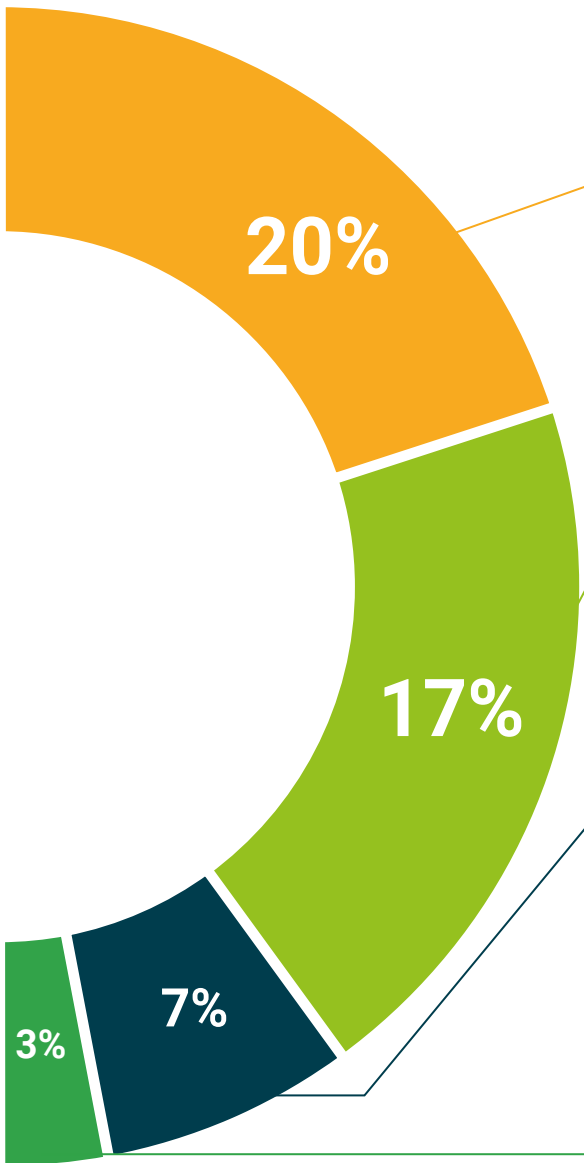
Expert-Led Case Studies and Case Analysis

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.

07
Certificate

The Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 **Professional Master's Degree certificate in Diagnosis and Psychiatric Treatment of Anxiety-Related 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.
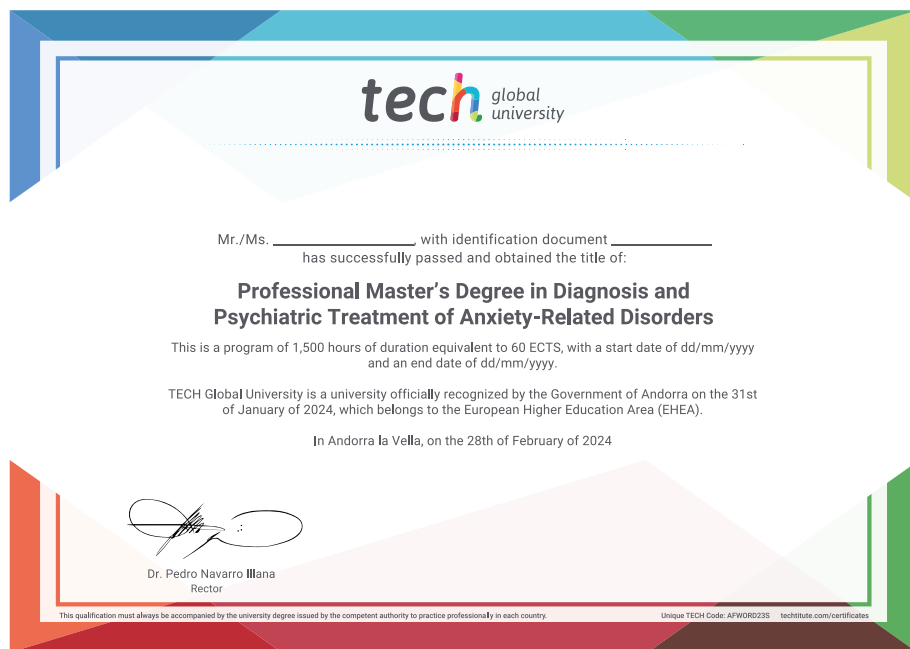
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

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

Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

This is a program of 1,500 hours of duration equivalent to 60 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

Professional Master's Degree in Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

General Structure of the Syllabus

Subject type	ECTS credits
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total 60	

General Structure of the Syllabus

Year	Subject	ECTS	Type
1°	Introduction to Anxiety Disorders: Diagnosis and Treatment	6	CO
1°	Distress Disorder	6	CO
1°	Agoraphobia	6	CO
1°	Social Anxiety Disorder	6	CO
1°	Generalized Anxiety Disorder	6	CO
1°	Specific Phobias	6	CO
1°	Obsessive Compulsive Disorder	6	CO
1°	Acute Stress Disorder	6	CO
1°	Post-Traumatic Stress Disorder	6	CO
1°	Diagnosis and Treatment of Anxiety Disorders in Special Populations	6	CO

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Rector

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

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Professional Master's Degree
Diagnosis and Psychiatric Treatment of Anxiety-Related Disorders

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» Certificate: **TECH Global University**
» Credits: **60 ECTS**
» Schedule: **at your own pace**
» Exams: **online**

Professional Master's Degree
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