

# Postgraduate Certificate

Eating Disorders, Psychosomatic  
and other Disorders for Nursing



## Postgraduate Certificate Eating Disorders, Psychosomatic and other Disorders for Nursing

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/eating-disorders-psychosomatic-other-disorders-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/eating-disorders-psychosomatic-other-disorders-nursing)

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# 01

# Introduction

Eating Disorders (ED), sexual identity disorders or sleep disorders are some of the most common disorders that nurses face in the hospital environment almost daily. Their proper approach is essential to ensure the correct state of mental and physical health of the patient, so these professionals are required to have extensive and updated skills in the management of these pathologies. Because of this, TECH has developed this program, which will enable the student to enhance their skills in the evaluation and care of patients suffering from various types of disorders. In a 100% online mode, you will reach a superlative health level without neglecting your professional and personal duties.



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*This Postgraduate Certificate will allow you to increase your competences in the assessment of patients suffering from eating disorders"*

Diseases caused by the mind are, at present, one of the biggest problems faced by health professionals. In this regard, the number of patients with eating disorders, psychosomatic disorders or personality disorders is increasing, and they require quality care to optimize their recovery process. Given this situation, nurses trained in the management of people suffering from this type of pathologies are highly valued by health institutions given their contribution to constantly improve their quality of life.

This is why TECH has designed this program, through which students will acquire the most advanced guidelines to assess and care for these disorders and, therefore, respond satisfactorily to the demand of the health sector. During 200 hours of intensive learning, you will increase your competences in the assessment of a possible case of Anorexia or Bulimia nervosa or you will manage in a solvent way the Parasomnias and Dysomnias. You will also adopt the latest techniques for dealing with patients suffering from various types of sexual or gender identity disorders.

All this, following a 100% online methodology that will allow students to create their own study schedules in order to obtain a completely resolute learning process. Likewise, this Postgraduate Certificate is designed and taught by first level nurses specialized in the area of Mental Health. Therefore, all the knowledge that the student will assimilate will preserve its usefulness as it has been previously applied by these experts in their professional experiences.

This **Postgraduate Certificate in Eating Disorders, Psychosomatic and other Disorders for Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical case studies presented by experts in Mental Health for Nursing
- ♦ 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 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



*Offer first level care to your patients suffering from sleep disorders such as Parasomnias and Dyssomnias thanks to the knowledge obtained in this program"*

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*Thanks to the study facilities offered by TECH, make your learning compatible with your professional and personal tasks"*

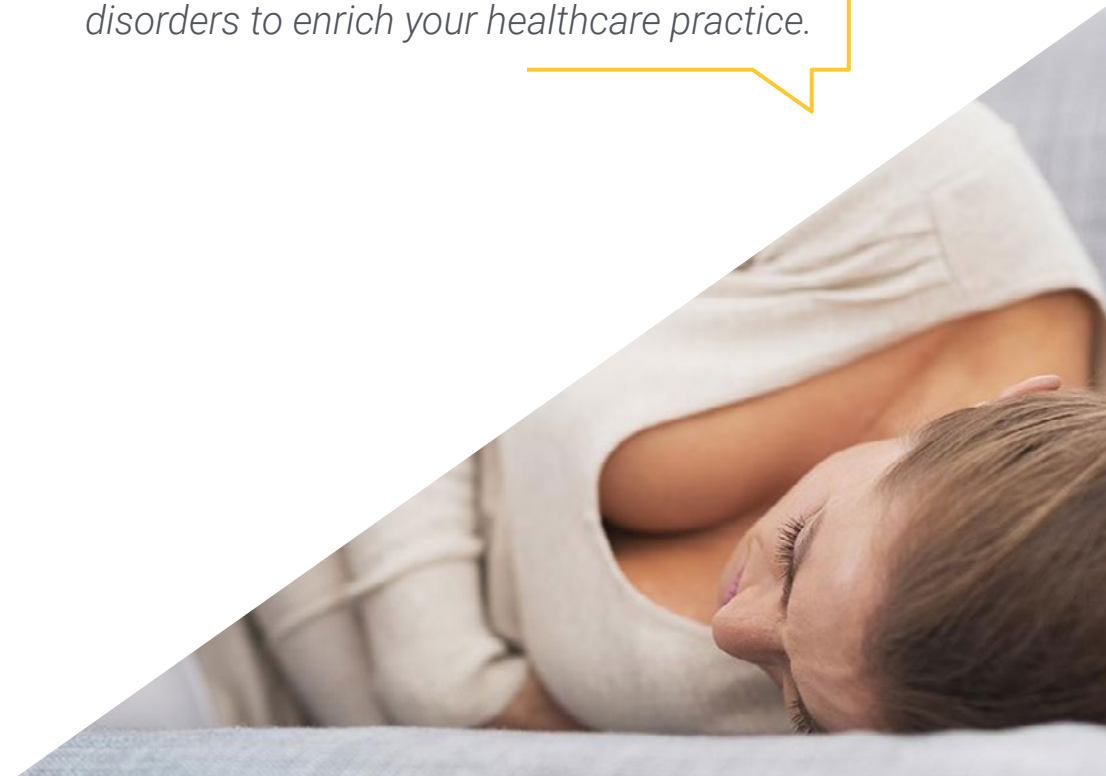
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

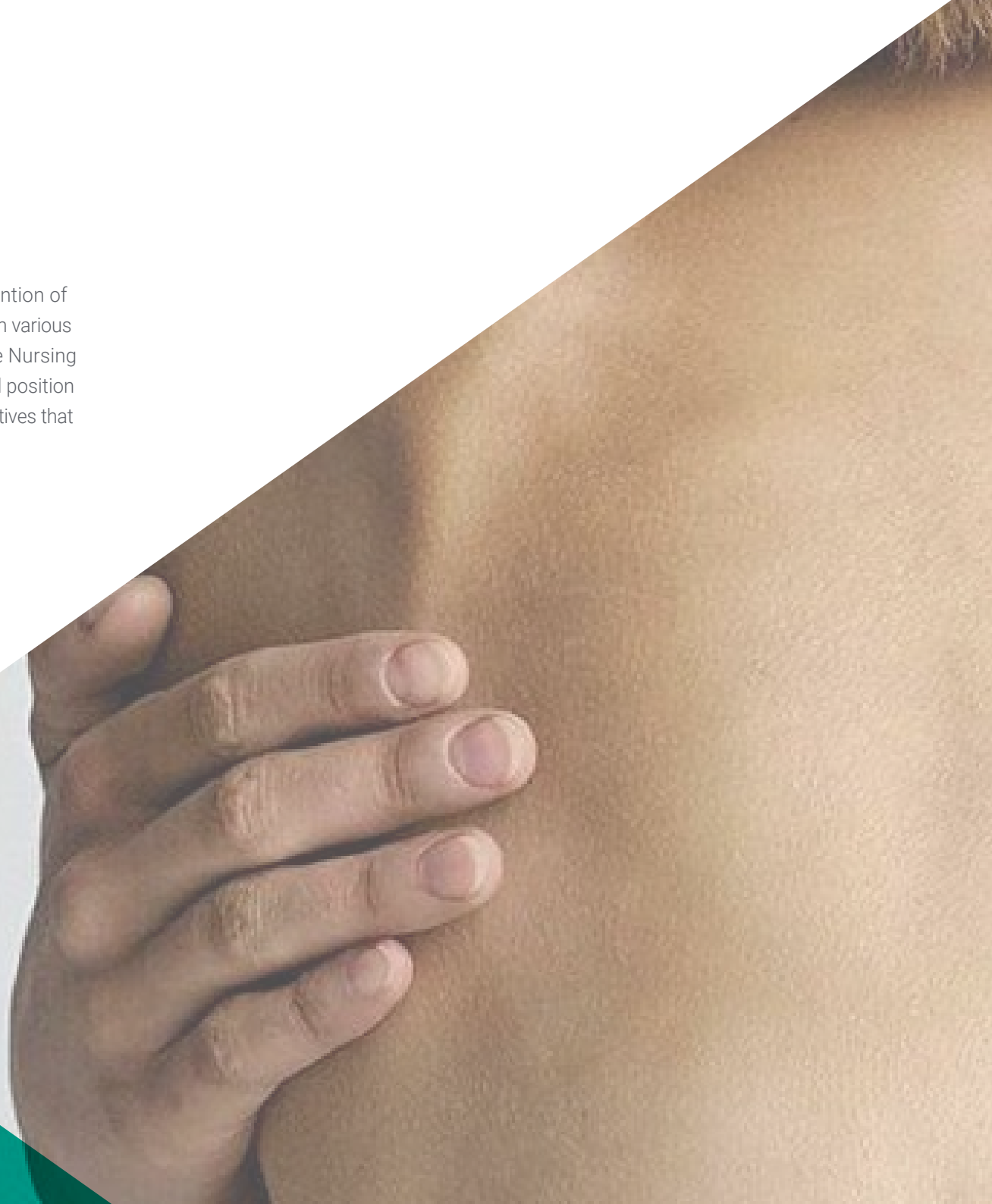
*Take a first level program, available 100% online and taught by the best experts in Mental Health for Nursing.*

*Increase your knowledge in the management of different psychosomatic disorders to enrich your healthcare practice.*



# 02 Objectives

The design of this Postgraduate Certificate has been made with the intention of increasing the student's knowledge in the approach to patients suffering from various disorders such as EDs, psychosomatic or personality disorders from the Nursing perspective. As a result, students will acquire health competences that will position them as first level professionals, supported by the specific and general objectives that TECH has set for this program.





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*Achieve the general and specific objectives that TECH has designed for this program and grow professionally in the Nursing field”*



## General Objectives

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- Explain the diagnosis, etiology, pathophysiology, and prevention of mental illness
- Identify risk factors for mental illness
- Identify signs and symptoms that indicate mental illness
- Develop techniques to explain and apply patient self-care to prevent mental health disorders



*Optimize your competences in the management of patients suffering from gender identity disorders through this program"*





## Specific Objectives

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- ♦ Explain the different sleep disorders
- ♦ Define the main characteristic features of impulse control disorders
- ♦ Delve into the Epidemiology and the prevalence of adaptive disorders
- ♦ Establish the characteristics of personality disorders
- ♦ Master the general aspects of treatment for the management of different personality disorders
- ♦ Identify the different somatoform disorders
- ♦ Classify the different psychosomatic disorders
- ♦ Define the explanatory models of eating disorders
- ♦ Detect the different sexual and sexual identity disorders

03

# Course Management

In order to keep intact the excellent educational level typical of TECH programs, this Postgraduate Certificate has a teaching team integrated by the best nurses specialized in Mental Health. These experts have excellent competences in the management of patients with different disorders, as a result of their active practice in various prestigious hospitals. Therefore, since these professionals are in charge of carrying out the didactic contents of this program, the knowledge provided to the student will be completely up-to-date.



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*Acquire, from the hand of great experts in Mental Health for Nursing, the most useful knowledge in the professional field for the approach of different types of disorders"*

## Management



### Ms. Peña Granger, Mercedes

- Head of Adult Psychiatry Nursing Unit at General University Gregorio Marañón Hospital, Madrid
- Tutor of EIR Mental Health in Multidisciplinary Teaching Unit at General University Gregorio Marañón Hospital, Madrid
- Associate Professor at the University of Comillas and the La University of Rey Juan Carlos
- Graduate in Nursing from the Complutense University of Madrid
- Diploma in Nursing Psychosomatics from the Complutense University of Madrid
- Degree in Social and Cultural Anthropology from the Complutense University of Madrid
- Degree in Nursing from Rey Juan Carlos University
- Mental Health Specialist. Ministry of Health
- Master's Degree in the Humanization of Health Institutions from the European University of Madrid



### **D. Lozano Alonso, Raúl**

- ♦ Head of Nursing of the Substance Abuse Disorders Unit at the Hestia Esquerdo Hospital
- ♦ President of the Madrid Association of Mental Health Nurses
- ♦ Professor at the University School of Nursing of the Red Cross from the Autonomous University of Madrid
- ♦ Personalized MIR exam preparer at CEMIR-POE Team
- ♦ Nus Agency faculty member
- ♦ Nurse at Quirónsalud
- ♦ Community Care Nurse in the Madrid Health Service (SERMAS)
- ♦ University Professor from Rey Juan Carlos University
- ♦ Assistant University Professor at the Autonomous University of Madrid
- ♦ Diploma in Nursing
- ♦ Specialist Nurse in Mental Health via EIR entrance exams
- ♦ Master's Degree in Nursing Sciences
- ♦ Master's Degree in Telemedicine and Health Services



## Professors

### Ms. Cunillera Llorente, Alicia H

- ♦ Specialist Nurse in Mental Health
- ♦ Nurse of the Psychiatric Short Stay Unit at General University Gregorio Marañón Hospital, Madrid
- ♦ Nurse of the Eating Disorders Unit at General University Gregorio Marañón Hospital, Madrid
- ♦ Nurse from the Personality Disorders Unit at the PhD Rodríguez Lafora Hospital
- ♦ Speaker at congresses and conferences specialized in Mental Health
- ♦ Degree in Nursing from the Pontificia de Comillas University

### Ms. Borrego Espárrago, María Victoria

- ♦ Nursing Supervisor of in Hospitalization at the Ruber Juan Bravo Hospital Complex
- ♦ Mental Health Nurse Specialist at Sisters Hospitallers of the Sacred Heart of Jesus
- ♦ Nursing Supervisor of the Psychosocial Rehabilitation Area at San Miguel Clinic
- ♦ Author of numerous Specialized publications
- ♦ Postgraduate certificate in Nursing from the Autonomous University of Madrid
- ♦ Postgraduate certificate in Nursing by EUE Red Cross
- ♦ University Expert in Health Services Management and Management through the University CEU Cardenal Herrera
- ♦ Member of: Board of Directors of the Spanish Mental Health Nursing Association and Care Advisory Committee of the Regional Office of the Community of Madrid







**Ms. González Palomar, María Esther**

- ♦ Head of Adolescent Psychiatric Nursing Unit at General University Gregorio Marañón Hospital
- ♦ Postgraduate Certificate in Nursing from the Complutense University
- ♦ Postgraduate Certificate in Social Work at Complutense University
- ♦ Mental Health Nurse Specialist
- ♦ University Postgraduate Certificate in Nursing Surgery of
- ♦ University Postgraduate Certificate in Nursing Coronary Unit
- ♦ University Postgraduate Certificate in Nursing Psychiatry



*A unique, key, and decisive  
educational experience to boost  
your professional development"*

04

# Structure and Content

The syllabus of this Postgraduate Certificate has been designed to provide the student with the most relevant knowledge regarding the approach to different mental disorders from a nursing perspective. All the didactic contents available to the student throughout this program are presented in an extensive number of highly varied textual and multimedia formats. This fact, added to its 100% online methodology, will favor an enjoyable, individualized and accessible 24-hour learning experience.





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*Through didactic materials available in formats such as video or interactive summary, you will achieve decisive learning in a short period of time"*

## Module 1. Mental Disorders

- 1.1. Somatoform Disorders
  - 1.1.1. Introduction
  - 1.1.2. Historical Background
  - 1.1.3. Diagnostic Classifications
  - 1.1.4. Somatic Disorder
  - 1.1.5. Conversion Disorder
  - 1.1.6. Pain Disorder
  - 1.1.7. Hypochondria
  - 1.1.8. Body Dysmorphic Disorder
  - 1.1.9. Non-Specific Anxiety Disorder
  - 1.1.10. Undifferentiated Somatoform Disorder
  - 1.1.11. Somatoform Vegetative Dysfunction
- 1.2. Factitious Disorder
  - 1.2.1. Classification and Description
  - 1.2.2. Münchhausen Syndrome by Proxy
  - 1.2.3. Course and Epidemiology
  - 1.2.4. Differential Diagnosis with Simulation
  - 1.2.5. Psychological Processing of Somatic Symptoms
- 1.3. Dissociative Disorders
  - 1.3.1. Introduction
  - 1.3.2. Diagnosis Classification
  - 1.3.3. Other Classifications
  - 1.3.4. Explanatory Models
  - 1.3.5. Differential Diagnosis
  - 1.3.6. Clinical Manifestations of Dissociative Disorders
- 1.4. Psychosomatic Disorders
  - 1.4.1. Introduction
  - 1.4.2. Classification and Description
  - 1.4.3. Psychosomatic Theories
  - 1.4.4. Current Outlook
  - 1.4.5. Stress and Psychophysiological Disorders
  - 1.4.6. Disorders Associated with the Immune System



- 1.5. Eating Disorders
  - 1.5.1. Introduction
  - 1.5.2. Diagnosis Classification
  - 1.5.3. Explanatory Models of Eating Disorders
  - 1.5.4. Anorexia Nervosa
  - 1.5.5. Bulimia Nervosa
  - 1.5.6. Binge Eating Disorder
  - 1.5.7. Obesity
- 1.6. Sexual Disorders and Sexual Identity Disorders
  - 1.6.1. Introduction
  - 1.6.2. Classification of Sexual Disorders
  - 1.6.3. Sexual Response Cycle
  - 1.6.4. Sexual Dysfunctions
  - 1.6.5. Paraphilias
  - 1.6.6. Gender Identity Disorder (GID)
- 1.7. Sleep Disorders
  - 1.7.1. Introduction
  - 1.7.2. Sleep Disorders Classification
  - 1.7.3. Dyssomnia
  - 1.7.4. Parasomnia
  - 1.7.5. Other Sleep Disorders
- 1.8. Impulse Control Disorder
  - 1.8.1. Historical Introduction
  - 1.8.2. Definition and Description
  - 1.8.3. Theoretical Perspectives
  - 1.8.4. Intermittent Explosive Disorder
  - 1.8.5. Kleptomania
  - 1.8.6. Pyromania
  - 1.8.7. Pathological Gambling
  - 1.8.8. Trichotillomania
- 1.9. Adaptation Disorders
  - 1.9.1. Classification
  - 1.9.2. Epidemiology and prevalence
  - 1.9.3. Differential Diagnosis
- 1.10. Personality Disorders
  - 1.10.1. Introduction
  - 1.10.2. Classification
  - 1.10.3. Characteristics of Personality Disorders
  - 1.10.4. Classification
  - 1.10.5. Criteria for Different Personality Disorders
  - 1.10.6. Millon's Theory of Personality Disorders
  - 1.10.7. *Big Five* Traits and Personality Disorders
  - 1.10.8. Psychopathy
  - 1.10.9. Evaluation of Personality Disorders
  - 1.10.10. Treatment of Personality Disorders
  - 1.10.11. General Aspects of Treatment in The Management of the Different Personality Disorders
- 1.11. Culture Specific Disorders
- 1.12. Nursing Care in Mental Disorders



*The 100% online methodology of this Postgraduate Certificate will allow you to optimize your learning without leaving your home"*



# 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.



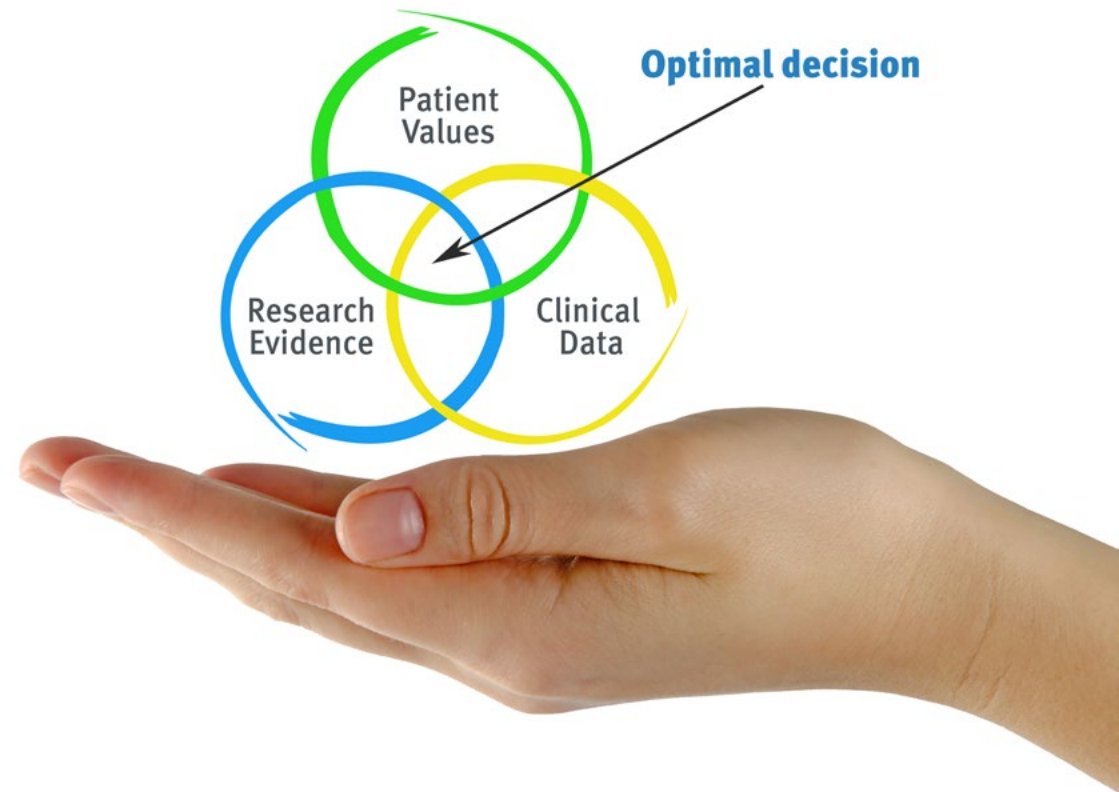
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



#### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



#### Interactive Summaries

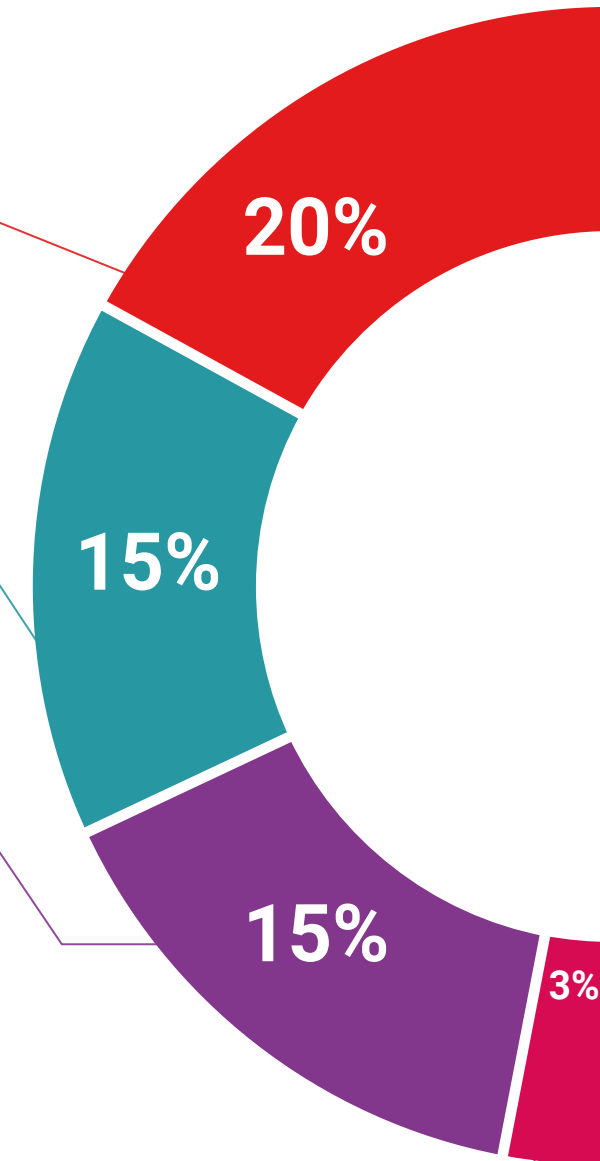
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

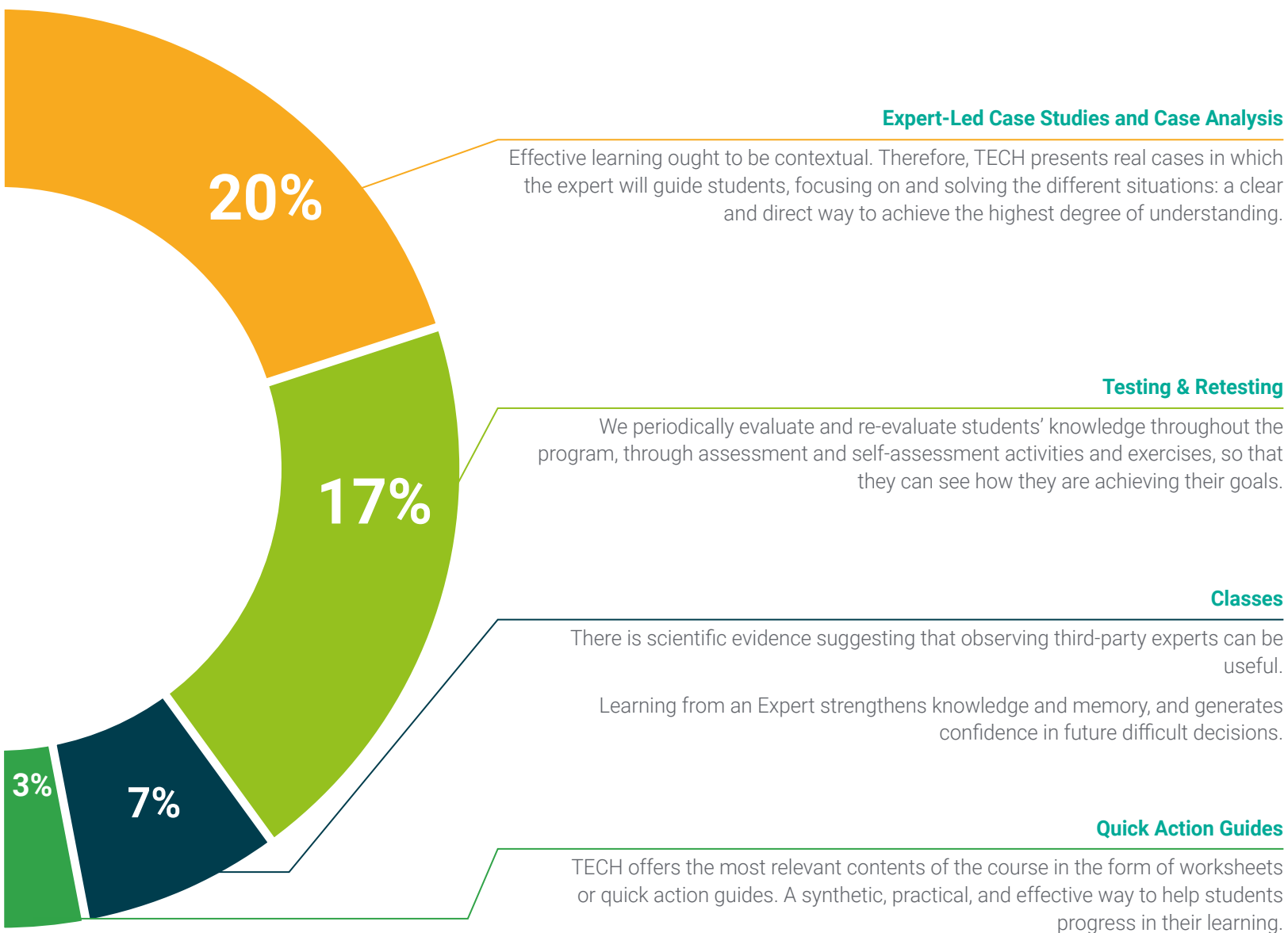
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.







# 06 Certificate

The Postgraduate Certificate in Eating Disorders, Psychosomatic and other Disorders for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Eating Disorders, Psychosomatic and other Disorders for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Eating Disorders, Psychosomatic and other Disorders for Nursing**

Official N° of Hours: **200 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.





## Postgraduate Certificate

### Eating Disorders, Psychosomatic and other Disorders for Nursing

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