

Postgraduate Certificate

Mental Health and the Helping Relationship in Integrative Medicine for Nursing



Postgraduate Certificate Mental Health and the Helping Relationship in Integrative Medicine for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/mental-health-helping-relationship-integrative-medicine-nursing

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01

Introduction

Nearly 450 million people around the world suffer from Mental Health problems, which represents a serious problem both for the people who suffer from them and for the health systems that must care for a large number of patients. In this scenario, Integrative Medicine has made its way through the use of therapeutic techniques that allow certain pathologies to be faced with better results. For this reason, TECH brings nursing professionals closer to this program that delves into the latest advances in Mental Health, in the therapeutic approach through yoga, Mindfulness or Art Therapy. Everything, in a 100% online, updated and flexible academic format, taught by true experts in this specialty.





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*Perform an effective update on Mental Health
in Integrative Medicine in just 6 weeks”*

Currently, there is a greater prevalence of depressive, anxiety or stress disorders derived from a scenario of socioeconomic uncertainty, high job competitiveness or emotional problems in family environments. A global health problem, which must be addressed by health professionals applying the most effective and innovative therapeutic procedures.

In this new space, Integrative Medicine has been a true revolution, incorporating techniques that complement Traditional Medicine and reduce the intake of drugs with excessive side effects. Along these lines, TECH has decided to create this academic proposal that offers nurses the possibility of being able to carry out a complete update on Mental Health and Help Relationship in Integrative Medicine.

This is an intensive Postgraduate Certificate, prepared by an excellent teaching team made up of true specialists in this discipline. Its deep knowledge and experience are reflected in the syllabus of this program that brings together the most recent advances in Neuropsychiatry, delves into Pathochronia and dedicates a space to the most effective tools used in coaching.

Furthermore, thanks to the multimedia pedagogical resources, students will be able to delve into the wide variety of body-mind techniques used today in the therapeutic approach, such as yoga, Mindfulness, breathing techniques, music therapy, cardiac coherence or Psychoanalysis.

An ideal opportunity to be able to update through a first-level university degree that the graduate can access, at any time of the day, from an electronic device with an internet connection. Thus, you will be able to perfectly combine your professional responsibilities with an academic option in line with current academic times.

This **Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine for Nursing** 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 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



Through an advanced syllabus, it delves into the psychological repercussions that a serious illness has on a patient"

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Expand your skills to advise patients who want to improve their health through Integrative Medicine”

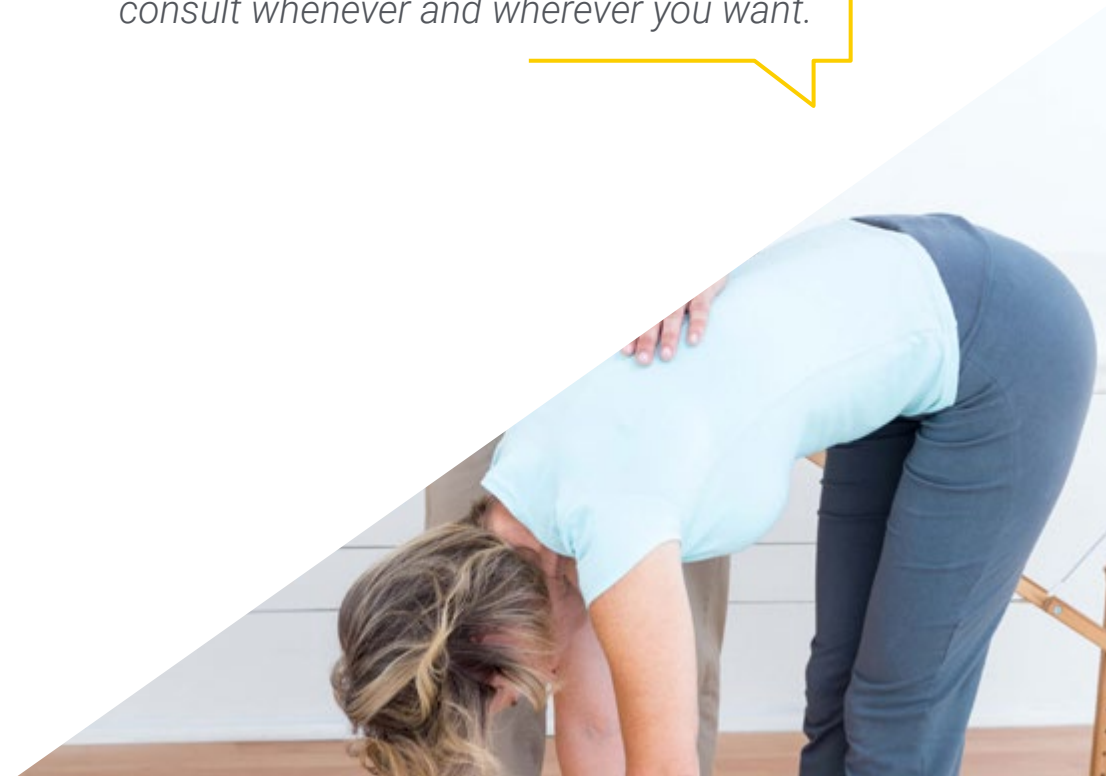
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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

Get the most current strategies and tools used in coaching from the field of Nursing.

You have an extensive library of pedagogical resources that you can consult whenever and wherever you want.



02

Objectives

One of the main goals of this Postgraduate Certificate is to bring together the most relevant information on the most recent advances in the clinical approach to patients with Mental Health problems. In order to achieve this, TECH makes the most current pedagogical tools available to graduates, in which it has used the latest technology applied to university teaching. An opportunity to update with an avant-garde vision of Integrative Medicine.





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The clinical case studies will allow you to improve your healthcare practice in the management of patients with Mental Health problems”



General Objective

- Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence
- Update the knowledge of the health sciences professional in the various fields of Integrative Medicine
- Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care
- Promote the acquisition of technical skills and abilities through an effective multimedia system
- Encourage professional stimulation through continuous education and research





Specific Objectives

- ◆ 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



You will carry out a complete review of the epidemiology and pathophysiology behind mood disorders”

03

Course Management

TECH carries out a thorough process of each and every one of the teachers who are part of the degrees. In this way, students are guaranteed to have access to the most rigorous and advanced information, provided by the best specialists. In this case, the Nursing professionals will have at their disposal authentic experts in Integrative Medicine with extensive clinical experience and deep knowledge in this field. Furthermore, thanks to his human quality and closeness, you will receive answers to any questions that may arise about the syllabus of this program.



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*An excellent team of specialists in Integrative
Medicine will be responsible for ensuring
that you achieve a successful update”*

Management



Dr. Menassa, Alejandra

- ◆ Responsible for the Internal Medicine Area and the Mental Health Unit at the Integrative Medicine Clinic
- ◆ Head of the Nutritional and Dietary Fields, Clínica Medicina Health
- ◆ Attending Physician in the Internal Medicine service Emergencies in the Service at the 12 de Octubre University Hospital
- ◆ Member of the Psychoanalytical Medical Team of Grupo Cero Film Production Company
- ◆ Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- ◆ Expert in Judicial Psychological Evaluation by the Instituto Superior de Psicología Alborán
- ◆ Expert in Ozone Therapy in Internal Medicine, University of Havana
- ◆ Vice of the Spanish Society of Integrative Health and Medicine (SESMI)
- ◆ Members Spanish Society of Internal Medicine (SEMI)



Dr. Rodríguez Picazo, Pedro

- ◆ Attachments Director, UME clinic
- ◆ Director Founder of Medintegra
- ◆ Health Coordinator at Colisée
- ◆ Doctorate in Health Sciences, University of Alicante
- ◆ Degree in 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 Universidad Tecnológica
- ◆ ARPN, Healthcare Services by the European University Miguel de Cervantes
- ◆ Members Editorial Board of the RS&MI Integrative Medicine Magazine, Board of Directors of the Spanish Health Society and Integrative Medicine, Member of the European Society of Integrative Medicine and Member of the Society of Integrative Oncology

Professors

Dr. De la Flor, Irina

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

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
- ◆ Co-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. Vargas Sánchez, María José

- ◆ Specialist in Anesthesiology and Resuscitation at Synergia MedicalCare
- ◆ Faculty Specialist in Anesthesiology at Blue Healthcare
- ◆ Health Coach Specialized in Emotional Management and Wellbeing at the Sauce Foundation
- ◆ Cardiac Coherence Coach at the Heartmath Institute
- ◆ Master in Research and Specialized Treatment of Pain from the University of Valencia
- ◆ Master's Degree in Cosmetic Medicine in Emergency at the San Carlos Clinical Hospital
- ◆ Vice President of the Spanish Reiki Federation
- ◆ Member of: Vice President of the Spanish Reiki Federation





Dr. Sánchez Pérez, Sonia

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

Dr. Rojas Martínez, Pilar

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

Dr. Serra Vila, Mireia

- ◆ Attending Physician at the San José Institute Foundation Madrid
- ◆ Collaborator at La Paz University Hospital. Madrid
- ◆ Degree in Philosophy and over to the legal, Autonomous University of Barcelona
- ◆ Doctor in Psychology Clinical Symptoms from the University Ramon Llull
- ◆ Nurse at Ramon Llull University

04

Structure and Content

The study plan of this university degree is designed to provide the Nursing professional with the most relevant and current information about Mental Health and the Helping Relationship in Integrative Medicine. A 6-week academic itinerary that will allow you to complete a complete update on advances in Neuropsychiatry, the most effective body-mind techniques and introduce you to the most current tools used in coaching. All of this, furthermore, complemented with numerous multimedia material that you can access 24 hours a day.



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A study plan that offers you a theoretical-practical look at the recent advances in Mental Health and Relationship Help in Integrative Medicine”

Module 1. Mental Health and the Helping Relationship

- 1.1. Life History
 - 1.1.1 Pathochrony
- 1.2. Epidemiology and Prevalence of Mental Illness in the Population
- 1.3. Advances in Neuropsychiatry
- 1.4. Illness as a Pathway
 - 1.4.1 Coping with Illness
 - 1.4.2 Psychological Impact of Illness
- 1.5. Introduction to Coaching
 - 1.5.1 Powerful Questions
 - 1.5.2 Coaching Tools
- 1.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
 - 1.6.1 Yoga and Mindfulness
 - 1.6.2 Breathing Techniques
 - 1.6.3 Sound Therapy. Music Therapy
 - 1.6.4 Cardiac Coherence
 - 1.6.5 Bioenergetic Techniques
 - 1.6.6 Art Therapy and Creative Processes
 - 1.6.7 Psychoanalysis





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With this university degree you will be aware of the main mental illnesses that affect the world population and their approach”

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. Gervas, 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.





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 suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

Certificate

The Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine for Nursing** endorsed by **TECH Global University**, the world's largest online university.

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

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

Title: **Postgraduate Certificate in Mental Health and the Helping Relationship in Integrative Medicine for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **8 ECTS**



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



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