

# Postgraduate Certificate

## Development of Eating Disorders



## Postgraduate Certificate Development of Eating Disorders

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/development-eating-disorders](http://www.techtute.com/us/nutrition/postgraduate-certificate/development-eating-disorders)

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# 01

# Introduction

In a scenario where mental and nutritional health are positioned as key priorities, nutritionists face emerging challenges in the field of food and health during adolescence. The complexity of eating disorders at this stage requires a specialized understanding to intervene effectively. Given this demand, there is a clear need for programs that equip professionals with the essential tools to address these evolving challenges. Specializing in this specific field stands as an essential response to strengthen the capacity of professionals in comprehensive health care. In addition, the methodology of the curriculum, online and with a wide range of multimedia content, will ensure effective learning



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*You will identify the factors that contribute to the onset of ED in adolescence thanks to this exclusive TECH university program"*

In the current landscape, a thorough understanding of the development of eating disorders is becoming a pressing need for nutritionists. This university program responds to this demand, providing a complete immersion that will allow professionals to understand the key factors that influence the origin and evolution of these disorders

Given the complexity of this field, specialized knowledge is required to intervene effectively. This curriculum presents itself as the solution by offering a comprehensive and specific understanding, equipping graduates with essential tools to address the challenges posed by eating disorders in daily practice

The curriculum will address areas crucial to a comprehensive understanding of eating disorders. Students will analyze the emergence of the term "Eating Disorders", exploring its historical evolution and how it has influenced the current conception of these disorders

Likewise, we will delve into the definition of global statistics on the incidence of EDs, identifying the most affected population groups and evaluating the factors that influence their prevalence. In addition, we will delve into the evaluation of the differences in prevalence between men and women, considering gender aspects in the presentation and diagnosis of ED, as well as its influence on special groups

This academic itinerary is presented as an accessible and efficient opportunity for specialists, since it is taught completely online. In this way, the *Relearning* methodology, based on the repetition of key concepts, will ensure the deep fixation of knowledge and facilitate practical and lasting learning

This innovative approach will not only meet the demands of professional life, but it will also maximize the assimilation and effective application of the contents in daily nutritional practice

This **Postgraduate Certificate in Development of Eating Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Psychological Intervention in Eating Disorders
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*The interactive summaries of each topic will allow you to consolidate in a more dynamic way the concepts on the Development of Eating Disorders"*

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*You will delve into the differences in the prevalence of ED between men and women at the highest rated university in the world by its students, according to the Trustpilot platform (4.9/5)"*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations

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

*Thanks to this 100% online program you will learn through real cases and resolution of complex situations in simulated learning environments.*

*Take this opportunity to catch up on the latest trends in the Development of Eating Disorders, with the TECH seal of quality.*



# 02

# Objectives

This academic pathway is primarily aimed at equipping nutritionists with the fundamental tools to determine the key characteristics of adolescence. Focusing on physical, cognitive and emotional changes, as well as social and emotional development during this crucial stage, the program will provide an in-depth understanding. Graduates will embark on a comprehensive analysis, informed and effectively addressing the nutritional challenges associated with eating disorders in the adolescent population, thereby strengthening their ability to holistically intervene in the health of this demographic





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*You will delve in into the latest therapeutic trends for the management of EDs and will take a holistic approach from various perspectives”*



## General Objectives

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- Assess and diagnose Eating Disorders in an accurate and early manner
- Rate the causal factors of EDs
- Identify and manage medical and psychological comorbidities
- Design and implement personalized therapeutic plans for patients with EDs
- Employ evidence-based therapeutic approaches
- Manage critically ill patients with ED effectively
- Establish the group therapy and social support for patients and their families
- Promote a healthy body image and prevent EDs in educational settings



*You will achieve your objectives thanks to TECH's didactic tools, including explanatory videos and interactive summaries"*





## Specific Objectives

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- Analyze the emergence of the term "Eating Disorders" and explore the historical evolution that has influenced its understanding
- Describe changes in the societal perception of EDs and recognize key scientific advances related to these disorders
- Define global statistics on the incidence of EDs, identifying population groups most affected and assessing factors influencing their prevalence
- Identify factors contributing to childhood onset of EDs and explore changes in prevalence during adolescence and the transition to adulthood
- Assess differences in prevalence between males and females, considering gender aspects in the presentation and diagnosis of EDs, as well as their influence in special groups
- Recognize long-term medical and psychological complications of EDs, assessing their impact on quality of life, daily functioning and untreated mortality risks

# 03

# Course Management

For the formation of the faculty for the Postgraduate Certificate in Development of Eating Disorders, TECH has carefully selected the most outstanding specialists in the field. Each faculty member has an extensive and recognized professional background, backed by significant experience in the field of eating disorders. These experts will bring a unique combination of theoretical and practical knowledge, ensuring that professionals obtain comprehensive, high quality knowledge





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*A specialist syllabus and top-level teaching materials are the key to a successful career”*

## Management



### Ms. Espinosa Sánchez, Verónica

- ♦ Coordinator of the Psychology Service of the Hospital de Los Valles
- ♦ Accredited Expert by the Judiciary Council of the Educator
- ♦ Psychological Advisor to Patients in Medical Surgical Procedures in APP Veronica Espinosa
- ♦ Specialist in Cognitive Psychotherapy by the Albert Ellis Institute of New York
- ♦ Professional Master's Degree in Management and Human Talent Management from the Rey Juan Carlos University
- ♦ Neuropsychologist, Catalunya Open University
- ♦ Clinical Psychologist from the Catholic Pontificia University of Ecuador

## Professors

### Ms. Moreno, Melissa

- ♦ Specialist in Nutrition
- ♦ Laboratory Technician from the Faculty of Life Sciences (ESPOL)
- ♦ Degree in at Nutrition and Dietetics, Escuela Superior Politécnica del Litoral
- ♦ Author of the book *Healthy eating and carbohydrate counting for people with Type I Diabetes*

### Ms. Cucalón, Gabriela

- ♦ Nutritionist at the Gabriela Cucalon Nutrition Center
- ♦ Certificate of completion of professional skills training in Intuitive Eating
- ♦ Certification in Eating Disorders from the University of Jalisco
- ♦ Master of Science in Human Nutrition from Drexel University
- ♦ Degree in Human Nutrition from Universidad San Francisco of Quito
- ♦ Author of the book *Healthy eating and carbohydrate counting for people with Type I Diabetes*



# 04

# Structure and Content

This university program will offer nutritionists a unique opportunity to explore in depth the evolution of these disorders. Throughout the curriculum, graduates will be immersed in the analysis of changes in the social perception of EDs, understanding their transformation over time. In addition, the identification and understanding of key scientific advances related to these eating disorders will be highlighted. This comprehensive approach will provide professionals with an updated and critical perspective, equipping them with fundamental tools to address these challenges in their professional practice







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*Expand your competencies for the approach to patients with Vigorexia thanks to TECH and to its complete study method: Relearning"*

## Module 1. Development of Eating Disorders

- 1.1. Etymology of Eating Behavior Disorders (EDs)
  - 1.1.1. Origin of the term "Eating Disorders"
  - 1.1.2. Eating Disorders in Today's Clinical Setting
  - 1.1.3. Evolution of the Understanding of EDs Over Time
- 1.2. Eating Disorders over Time
  - 1.2.1. Historical Milestones in the Identification and Understanding of EDs
  - 1.2.2. Changes in the Social Perception of EDs Over Time
  - 1.2.3. Scientific Advances that have Contributed to the Understanding of EDs
- 1.3. Epidemiology
  - 1.3.1. Global Statistics on the Incidence of EDs
  - 1.3.2. Most Affected Population Groups and their Geographical Distribution
  - 1.3.3. Factors Influencing the Variability in the Prevalence of EDs
- 1.4. Prevalence of EDs in Adolescents and Young Adults
  - 1.4.1. Specific Data on Prevalence in Age Groups
  - 1.4.2. Changes in Prevalence during Adolescence and the Transition to Adulthood
  - 1.4.3. Factors that may Contribute to Childhood Onset of EDs
- 1.5. Social and Psychological Impact of EDs
  - 1.5.1. Effects on Interpersonal and Family Relationships
  - 1.5.2. Consequences on Quality of Life and Emotional Well-Being
  - 1.5.3. Stigma and Discrimination Associated with EDs
- 1.6. Gender Differences in the Manifestation of EDs and Special Groups
  - 1.6.1. Exploration of Differences in Prevalence between Men and Women
  - 1.6.2. Gender Considerations in the Presentation and Diagnosis of EDs
  - 1.6.3. Influence of Gender Norms on the Manifestation of EDs
  - 1.6.4. EDs in Special Groups
    - 1.6.4.1. Eds in Athletes
    - 1.6.4.2. Normalization of Risky Behavior
    - 1.6.4.3. Bigorexia
    - 1.6.4.4. Orthorexia
    - 1.6.4.5. EDs in Pregnancy



- 1.6.4.6. EDs in Diabetes
- 1.6.4.7. ED-DMT1
- 1.6.4.8. EDs in the LGBTI Community
- 1.6.4.9. Chronic Patient Management
- 1.7. Consequences of Not Treating EDs
  - 1.7.1. Long-term Medical and Psychological Complications
  - 1.7.2. Impact on Quality of Life and Daily Functioning
  - 1.7.3. Mortality Risks Associated with Untreated EDs
- 1.8. Barriers to Diagnosis and Treatment of EDs
  - 1.8.1. Common Barriers to Early Identification of EDs
  - 1.8.2. Limited Access to Health Care Services
  - 1.8.3. Stigma and Lack of Public Awareness as Barriers to Seeking Help
- 1.9. Myths and Realities of EDs
  - 1.9.1. Exploration of Common Myths Surrounding EDs
  - 1.9.2. Clarification of Misinterpretations
  - 1.9.3. The Importance of Education and Awareness in Demystifying EDs
- 1.10. Recovery in EDs
  - 1.10.1. Understanding the Nature and Complexity of EDs as Mental Illnesses
  - 1.10.2. Recovery as a Process, an Individual Pathway
  - 1.10.3. Setting Realistic Goals in the Recovery Process
  - 1.10.4. Demystifying the Belief that EDs are Incurable
  - 1.10.5. Factors Influencing Recovery
  - 1.10.6. Recovery Testimonials

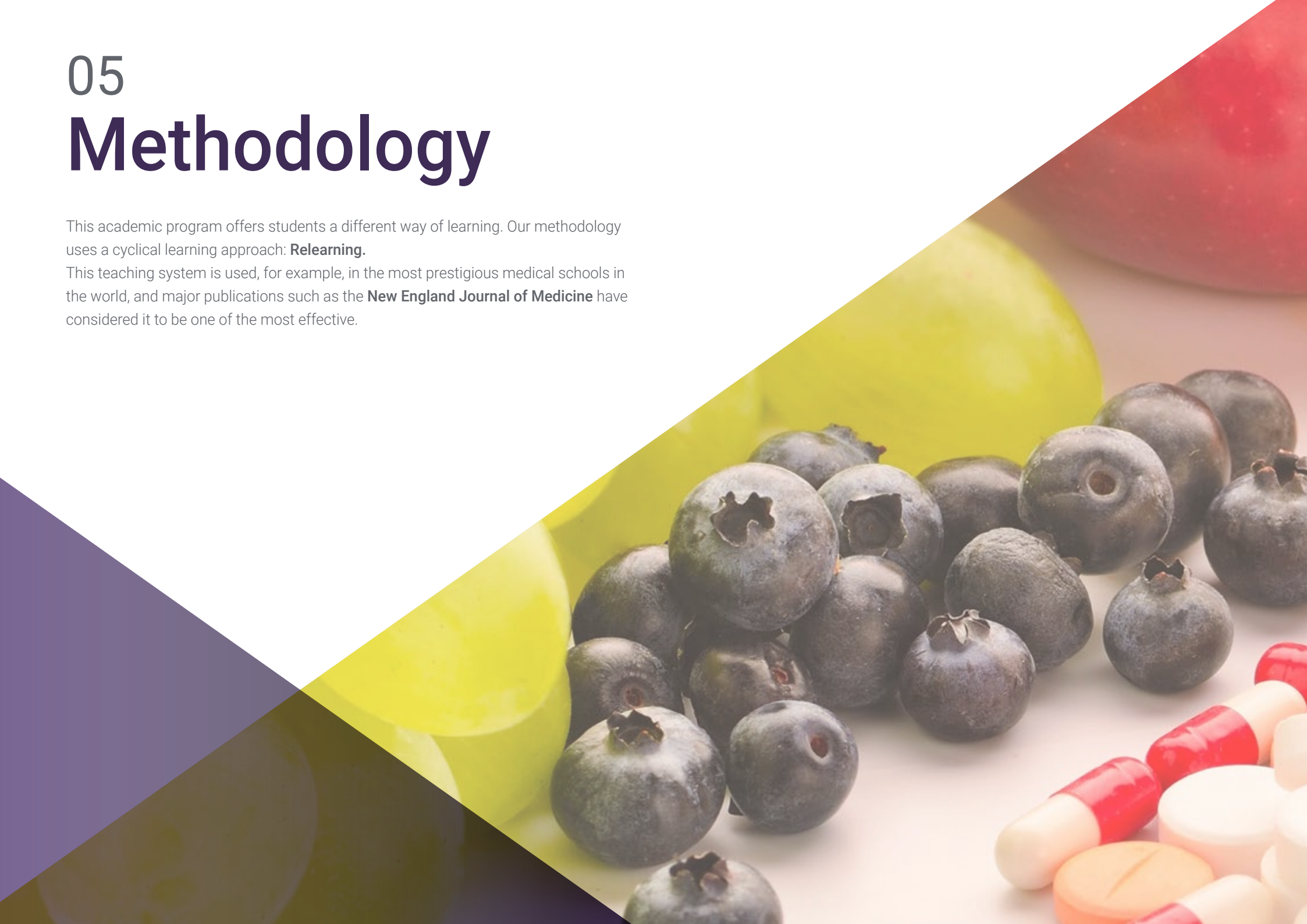
“ *TECH's 100% online methodology will allow you to update your knowledge without interrupting your professional work*”



# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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

## At TECH we use the Case Method

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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

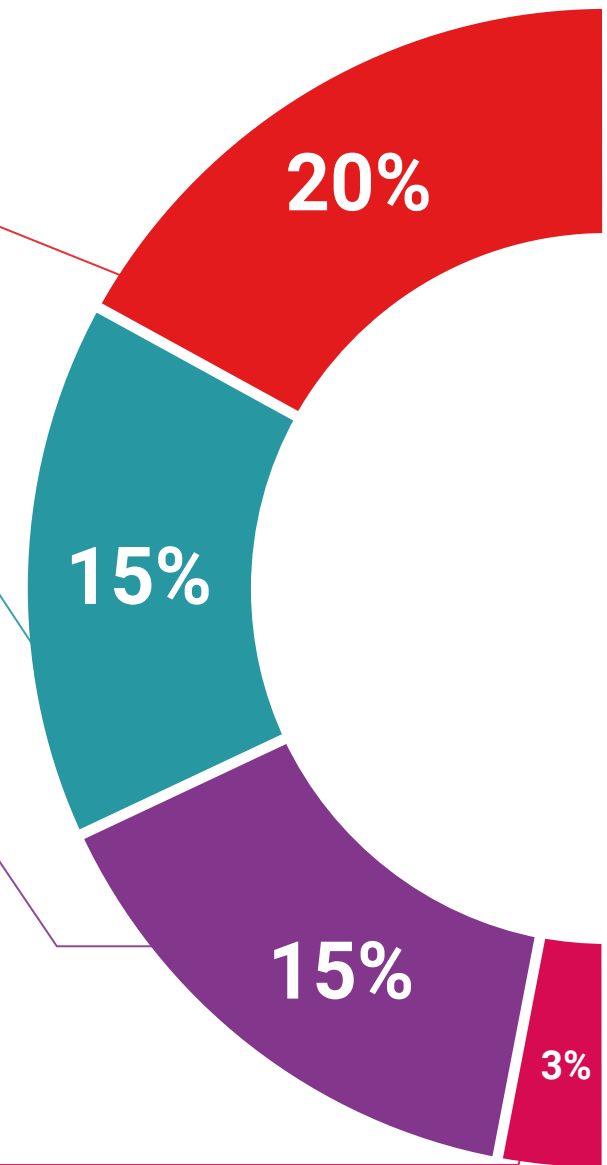
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence 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 Development of Eating Disorders 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 Development of Eating 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: **Postgraduate Certificate in Development of Eating Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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