Postgraduate Certificate
Personality and Eating Disorders
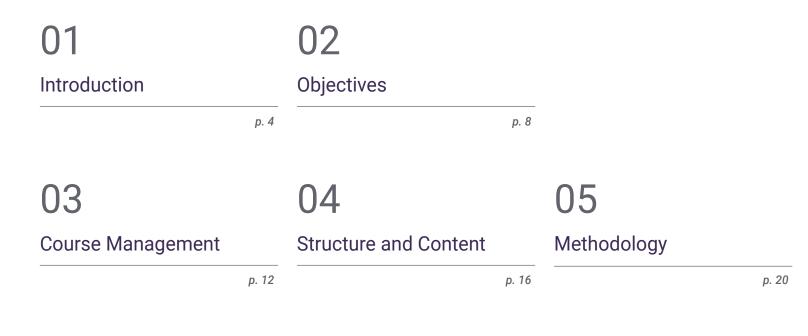
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Postgraduate Certificate
Personality and Eating Disorders

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

Website: **www.techtitute.com/us/nutrition/postgraduate-certificate/personality-eating-disorders**

Index

01
Introduction

Personality is a psychological construct, which refers to a dynamic set of psychic characteristics of an individual. These characteristics have a lot to do with the emergence of eating disorders, so it is very important for nutrition professionals to know which of these traits define which patients are most likely to suffer from this type of pathology, and the most effective ways to work with them. This knowledge will make the student into a much more competent nutritionist with the skills to carry out their work in diverse environments with greater guarantees of success.

Thanks to this complete Postgraduate Certificate, you will start to intervene in patients with eating disorders in a much better way, since you will know the specific characteristics of their personality"

Individual traits play an important role in the development of eating disorders. ¿Are some people more prone to suffer from them than others? ¿Does gender have any part to play? ¿And cultural aspects?

In fact, it is estimated that, per 100,000 inhabitants, 30 to 40 women between 15 and 25 years of age will typically suffer from an eating disorder. There really is a growing cultural shift in the concern with food and thinness. Studies carried out in the USA in 1978 showed that 45% of housewives went on a diet every year; that 56% of women between 25-54 years of age went on a diet; that 76% of women who went on a diet did so more for aesthetic reasons than for health reasons.

Until 1950 there were about 200 recorded cases of AN. Today, there are hundreds of thousands. Social phenomena may explain the possible risk of the incidence of AN. The increasing liberation of women has sometimes paradoxically led some of them to reject feminism and becoming adults, longing to be children in the face of the difficult struggle of AN against the needs of dependency.

In the USA, billions of dollars are spent annually on dieting and 1 in 10 girls suffer from an eating disorder. One in every 250 teenage girls has AN. At least 3.5 million people, predominantly women, are suffering from bulimia.

Taking into consideration all the above data, this Postgraduate Certificate will focus on providing the professional with the skills and knowledge to intervene and work with patients with eating disorders, establishing the action plan according to the characteristics of their personality.

In addition, the strategies, tools and skills that the nutritionist will develop by completing this Postgraduate Certificate are compatible with any model that they are applying in their daily practice, so they will be able to incorporate them to many more situations.

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

- The development of more than 50 case studies presented by experts in Personality and Eating Disorders
- The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- Exercises where the self assessment process can be carried out to improve learning
- An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- 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

Start today a high level training packed with multimedia material that will help you grow and position yourself within the industry"

"*The best teaching team and the best syllabus will help you in the process of becoming a prestigious nutritionist*"

You are just one click away from immersive training that will take your professional skills to another level.

By training here you will achieve notable improvements in your professional practice.

The teaching staff includes nutrition professionals who bring their experience to this training 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 training programmed to train 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 throughout the program. To do so, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Personality and Eating Disorders.

02
Objectives

This complete Postgraduate Certificate was created with the objective of achieving the development of theoretical and practical learning in the nutritionist, in order to gain a rigorous and effective command of the study of the personality traits of patients with eating disorders. In this way, the nutritionist will be able to understand how to deal correctly with eating disorders in a way that helps the patient, not only from the nutritional point of view, but also from the psychological point of view. These acquired competencies will help the professional to successfully enter the labor market.

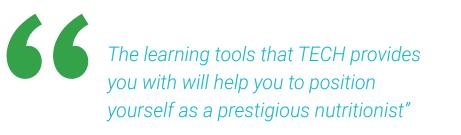*If your objective is to acquire an in depth training, then this is the right Postgraduate Certificate for you"*

General Objectives

- Manage specific intervention protocols for different situations being able to develop their own protocols adapted to the variable and changing situation of the emergency

- Master self protection measures and strategies for responders that guarantee the safety of the student in the event of an intervention

- Design intervention techniques with responders and be able to conduct a post emergency group session

- Develop skills for handling equipment in emergency situations

- Understand and put into practice the first aid guidelines to manage the most frequent physical pathologies in a crisis intervention

The learning tools that TECH provides you with will help you to position yourself as a prestigious nutritionist"

Specific Objectives

- Identify the most appropriate set of instruments for each case
- Analyze the implications for each one of the patients
- Verify the implication within the professional framework of psychologists
- Address new perspectives of psychological assessment of these disorders
- Development of the diagnostic itinerary both from the D.S.M. 5 as well as by ICD-10
- Be comfortable with the basics of the patient's right and the psychologist's code of ethics
- Identify the divergent points between digital and analog communication
- Reflect on the patient's subjective mobilizing factors
- Structure appropriate assessment protocols according to the ages and the area to be assessed
- Describe the structure of the intervention process
- Acquire the skills to carry out an intervention according to the profile of the patient
- Manage stressful situations that may arise during the appraisal process
- Refer and detect abnormalities in this type of patients
- Ensure that the professional is trained to intervene in these disorders

03
Course Management

This university offers students a first class teaching staff made up of experts and specialists in various areas related to eating disorders, especially in the area of personality and its interaction with these pathologies. This team are well known in the profession and are professionals with years of teaching experience who have come together to help students boost their career. To this end, they have developed this program with recent up to date information in the field that will allow you to train and increase your skills in this sector.

By studying at TECH, you will have the luxury of learning from the best professionals in the industry"

Management

Dr. Gascón Martín, Laura

- Health psychologist and director of the evaluation and psychotherapy center of Talavera de la Reina
- Specialist in Forensic and Legal Psychology
- Psychologist of Courts 1 and 2 of Toledo
- Coordinator in Toledo of the emergency intervention and psychological assistance plan
- Master in Time-Limited Psychotherapy and Health Psychology
- Expert in Adult Psychotherapy
- Director of the Expert in Psychodiagnosis and Legal Expertise by the European Institute of Time-Limited Psychotherapies
- Coordinator of the national gender violence plan of the Society for Time-Limited Psychotherapies

Coordination

Mr. Aguado Romo, Roberto

- President of the European Institute of Time-Limited Psychotherapy
- Psychologist specializing in Clinical Psychology
- European specialist in Psychotherapy from the EFPA
- Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- Director of the scientific journal Psinapsis
- Master's Degree in Clinical and Health Psychology from the Spanish Society of Psychosomatic Medicine and Health Psychology
- Tutor of the Basic Psychology course at the UNED

Professors

Dr. Benito de Benito, Luis
- Medical Specialist of the digestive system
- Physician Hospital San Chinarro and specialist in Endoscopy
- Master's Degree in Time-Limited Psychotherapy and Health Psychology. Lecturer at Navarra University

Mr. De Dios González, Antonio
- Director of Avatar Psychologists
- Director of the Psychology Department of Quirón Hospital of Marbella
- Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- Transpersonal Therapist by the Spanish School of Transpersonal Development
- EFT Specialist by the World Center for EFT
- Master's Degree in Neuro-Linguistic Programming (NLP) from Richard Bandler's Society of Neuro-Linguistic Programming
- Specialist in Clinical Hypnosis and Relaxation

Dr. Fernandez, Angel
- European specialist psychologist in Psychotherapy from the EFPA
- Health Psychologist
- Master's Degree in Clinical and Health Psychology
- Director of the Evaluation and Psychotherapy Center of Madrid
- Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- Author of the TEN technique
- Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health clinica
- Specialist in Clinical Hypnosis and Relaxation

Dr. Kaisser, Carlos
- Otolaryngology medical specialist
- Head of the Otolaryngology department at Segovia General Hospital
- Member of the Royal Academy of Medicine of Salamanca
- Master's Degree in Time-Limited Psychotherapy and Health Psychology. Expert in Psychosomatic Medicine

Dr. Martínez-Lorca, Manuela
- Doctorate in Psychology from the University of Castilla-La Mancha
- Health Psychologist
- Lecturer at the Department of Psychology at the UCLM
- Master's degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy. Specialist in Clinical Hypnosis and Relaxation

Dr. Otero, Verónica
- European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- Master's Degree in Time-Limited Psychotherapy and Health Psychology
- Child and Adolescent Specialist

Dr. Zabala-Baños, María Carmen
- PhD in Psychology, University of Castilla La Mancha
- Health Psychologist. Master's Degree in Clinical and Health Psychology
- Master in Time-Limited Psychotherapy and Health Psychology
- Specialist in Psychosocial and Occupational Rehabilitation in Mental Health, UCLM. European psychology specialist in psychotherapy
- Specialist in Clinical Hypnosis and Relaxation

04
Structure and Content

The structure of the contents has been designed by a team of professionals who recognize the implications that training has on daily practice, who are aware of the relevance of current training in eating disorders, and who are committed to quality teaching using new educational technologies. In this way, the physician will be able to achieve success in their daily work, being fully confident that they have the most complete and up to date knowledge in the industry.

"The student will have at access to a complete bank of contents that will be the main basis and theoretical support for their work"

Module 1. Personality and Eating Disorders

Increase your professional opportunities by studying at TECH and you will see how your career starts to take off"

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.

"

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.

"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.

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
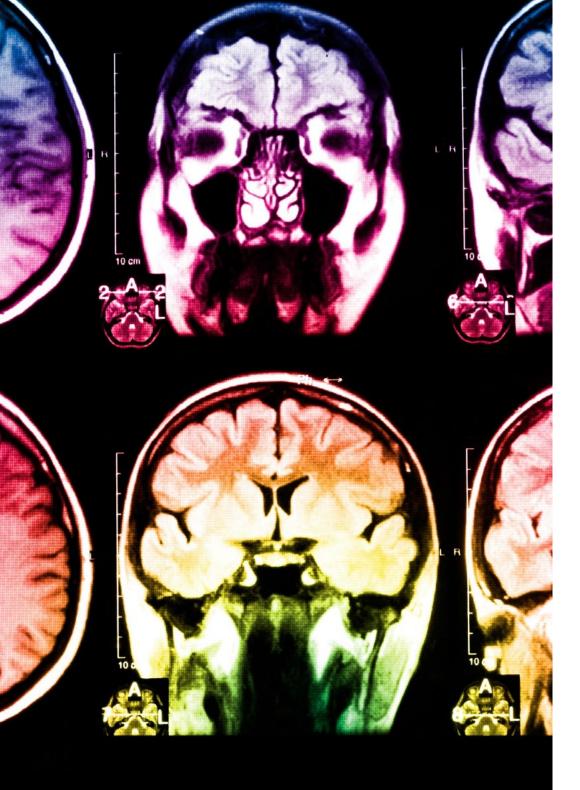
08 competencies testing (retesting)

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 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.

20%

15%

15%

3%

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 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.

Certificate

The Postgraduate Certificate in Personality and Eating Disorders guarantees students, in addition to the most rigorous and up to date education, access to a certificate issued by TECH Technological University.

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

This **Postgraduate Certificate in Personality and Eating Disorders** contains the most complete and up to date scientific program 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 diploma 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 Personality and Eating Disorders**

Official Nº of hours: **200 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Personality and Eating Disorders

This is a qualification awarded by this University, equivalent to 200 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

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

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

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