

Postgraduate Certificate

Phytotherapy of Nervous System Affections





Postgraduate Certificate Phytotherapy of Nervous System Affections

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-nervous-system-affections

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

Currently, the presence of patients with stress, anxiety and sleep disorders is more common, both in children and adolescents as well as in the elderly. However, studies carried out on plants such as valerian and chamomile have revealed elements that contribute to alleviate these disorders. These advances represent great support for nutritionists, since they enable them to integrate medicinal herbs in the diet of their patients, improving the treatment of various conditions. That is why TECH has developed this 100% online program that provides professionals with a broadening of their competence in topics such as Phytotherapy in the treatment of depression and cognitive disorders. This program also allows access to its content, at any time of the day, from an electronic device with an internet connection.





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With TECH you will treat anxiety and sleep disorders using medicinal plants in the nutritional planning of your patients”

There are many products on the market aimed at treating anxiety, stress or depression. However, the problem is that many of the conventional treatments for these conditions often have unwanted side effects or can generate long-term dependence. This is where Phytotherapy offers a solution from the nutritional environment.

The incorporation of medicinal plants in the field of Nutrition has become essential to address problems affecting the Nervous System that are so frequent nowadays. For this reason, nutritionists must keep up to date in this field, since food can be used as a means to incorporate healing flowers and therefore improve the quality of life of patients. In this regard, this 100% online program will provide the professional with an exhaustive update on the most relevant concepts to treat these pathologies from the phytotherapeutic field.

In this way, you will have the opportunity to delve into the application of herbal remedies as a therapy to mitigate anxiety and use herbal therapies in individuals with cognitive disorders. Furthermore, it is a program that adapts to the needs of the Nutrition specialists, as it gives them total freedom to coordinate their daily activities, whether personal or work-related, with those of their daily activities. A flexible methodology, combined with the Relearning method, which allows the student to remember concepts in the long term without having to invest long hours of study.

This **Postgraduate Certificate in Phytotherapy of Nervous System Affections** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ◆ Practical case studies are presented by experts in Phytotherapy
- ◆ The graphic, schematic, and practical contents which 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



Treat disorders such as stress and asthenia from nutritional Phytotherapy and increase your quality of care"

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With this 100% online program you will delve into the latest advances in the treatment for depression through medicinal herbs"

In just 6 weeks you will implement healing herbs into your patients' diet to effectively treat headaches.

You will use in your daily practice the most effective medicinal herbs to treat your patients' cognitive disorders.

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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.

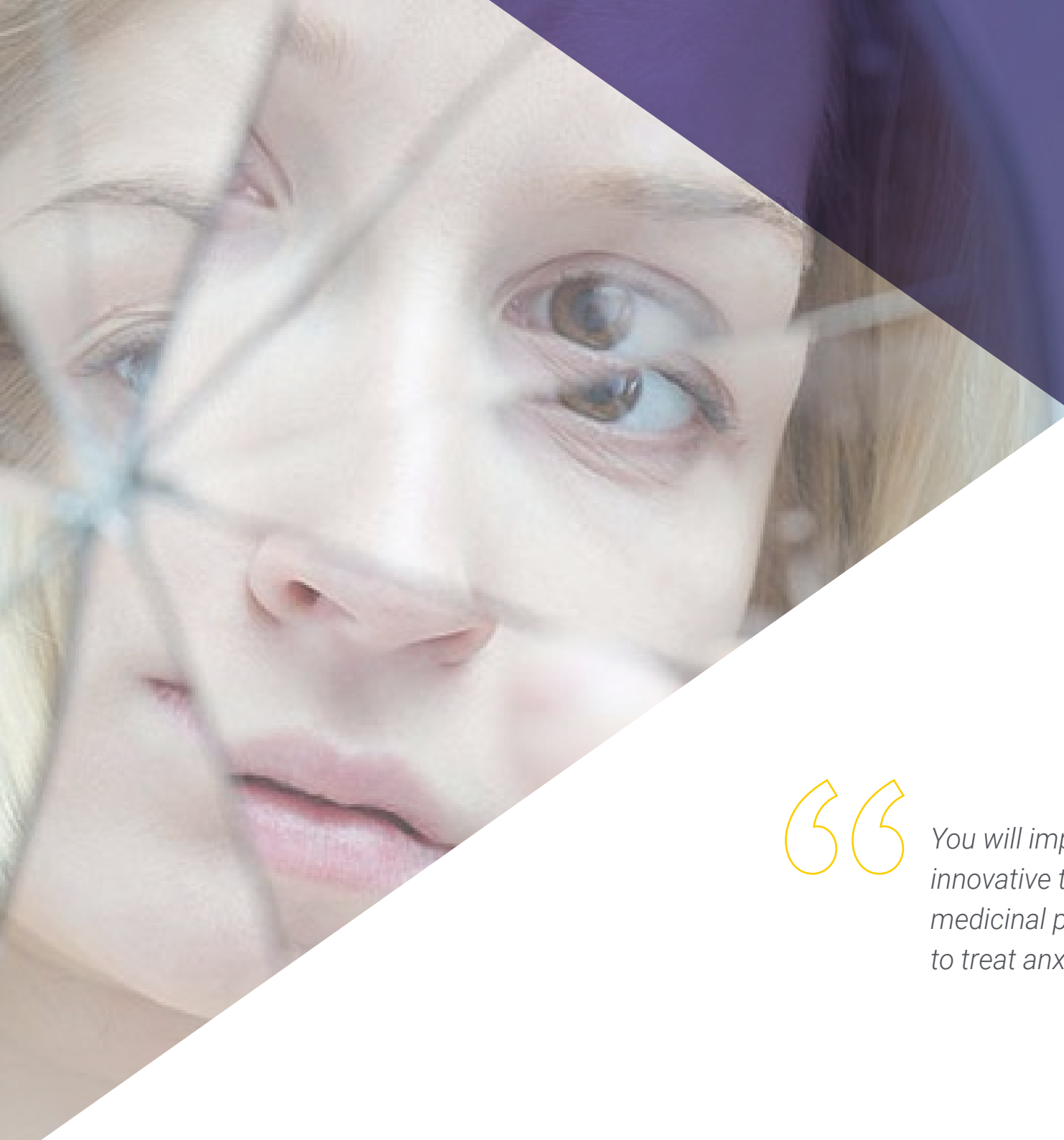
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced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



02 Objectives

The main objective of this program is to provide the nutritionist with an update in the competences for the incorporation of Phytotherapy in the therapeutics with their patients. In this way, the specialist will be able to apply the concepts addressed in the program to manage Nervous System disorders from a natural perspective and improving the patient's quality of life. For this purpose, a qualification has been created that allows the expert easy access, from any place and at any time, without time restrictions.





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You will implement the most innovative techniques to integrate medicinal plants into dietary plans to treat anxiety and sleep disorders”



General Objectives

- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patients health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- ♦ Apply theoretical knowledge in daily practice





Specific Objectives

- Understand the Phytotherapy in the Treatment of Anxiety and Sleep Disorders
- Understand the Phytotherapy in the Treatment of Stress and Asthenia
- Understand the Phytotherapy for the Treatment of Depression
- Understand the Phytotherapy in the Treatment of Headaches
- Understand the Phytotherapy in Patients with Cognitive Disorders

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You have clinical case studies provided by the best experts in the field of Phytotherapy”

03

Course Management

To carry out this program, TECH has made a rigorous selection of the faculty that has developed this program. In this way, nutritionists will benefit from a syllabus designed by experts in the phytotherapeutic field. They will offer the most advanced contents under the highest scientific rigor. With all this, the expert who takes this Postgraduate Certificate will be guaranteed to receive a first class update.





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You will have a teaching team that will guide you in the exploration of the most effective techniques in the treatment of stress through phytotherapeutic therapies”

Professors

Dr. García Giménez, María Dolores

- ♦ Pharmacist Expert in Medicinal Plants and Natural Pharmaceuticals
- ♦ Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Seville
- ♦ Teacher of Degree in Pharmacy and Double Degree in Pharmacy and Optics and Optometry of different subjects of the Area of Pharmacology at the Faculty of Pharmacy of Seville.
- ♦ Researcher and Director of several lines of study in the field of Pharmacology and Pharmacognosy
- ♦ Doctor of Pharmacy
- ♦ Degree of Specialist Pharmacist in Medication and Drug Control

Dr. Beltrán Montalbán, Estanislao

- ♦ Section Head of Obstetrics and Gynecology at HUSC in Granada
- ♦ Specialist in Obstetrics and Gynecology
- ♦ Expert of the Gyneco-obstetric Pathology Research Group
- ♦ Associate Professor of Gynecology, Faculty of Medicine. University of Granada
- ♦ Obstetrics and Gynecology Assistant at Mostoles Hospital
- ♦ INFITO consultant
- ♦ Co-author of articles and texts in the area
- ♦ Specialist of the Obstetrics and Gynecology Section. San Cecilio University Hospital
- ♦ Specialist of the Obstetrics and Gynecology Section. University of Granada
- ♦ Speaker at the XIII Congreso de Fitoterapia Ciudad de Oviedo (XIII City of Oviedo Phytotherapy Congress)
- ♦ Spanish Member of of Phytotherapeutic Gynecology, Spanish Association for the Study of Menopause (AEEM), Phytotherapy Working Group of the AEEM and SEGIF Consensus Group in Granada





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

04

Structure and Content

This Postgraduate Certificate offers the most up to date knowledge in the field of Phytotherapy applied to Nervous System disorders. Therefore, the syllabus provides the nutritionist with the opportunity to delve further into the use of medicinal herbs for the treatment of anxiety, stress and headaches. In addition, the entire content of the program is available in a virtual library, where students have access to a wide variety of multimedia resources.



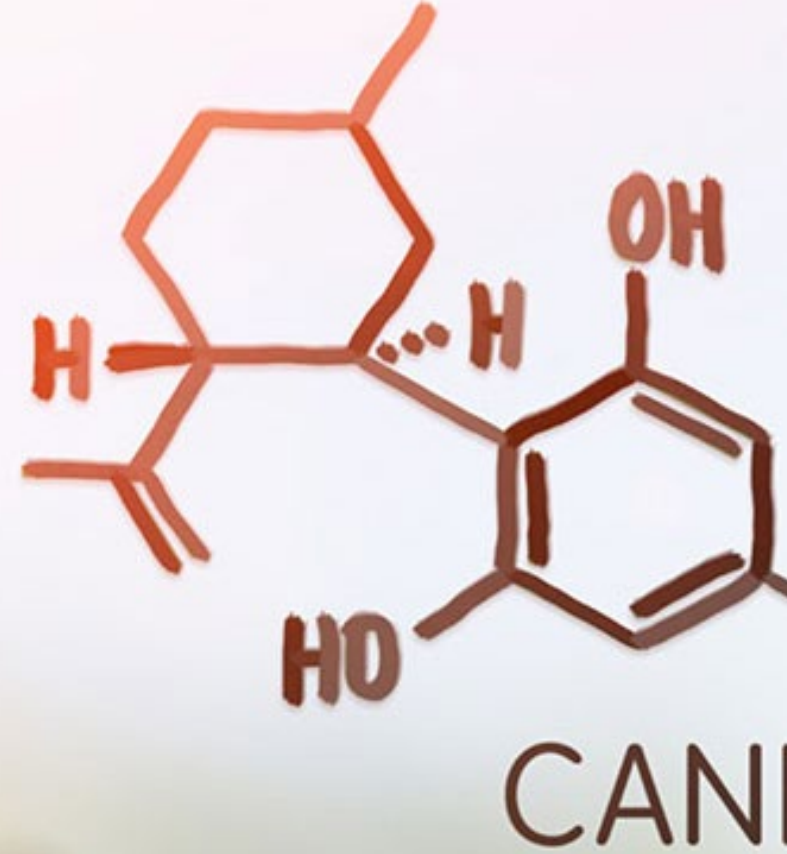


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With the Relearning method you will update your knowledge in a more efficient and effective way”

Module 1. Phytotherapy for Nervous System Disorders.

- 1.1 Phytotherapy in the treatment of Anxiety and Sleep Disorders I
- 1.2 Phytotherapy in the treatment of Anxiety and Sleep Disorders II
- 1.3 Phytotherapy in the treatment of Stress and Asthenia
- 1.4 Phytotherapy for the Treatment of Depression
- 1.5 Phytotherapy in the Treatment of Headaches
- 1.6 Phytotherapy in Patients with Cognitive Disorders





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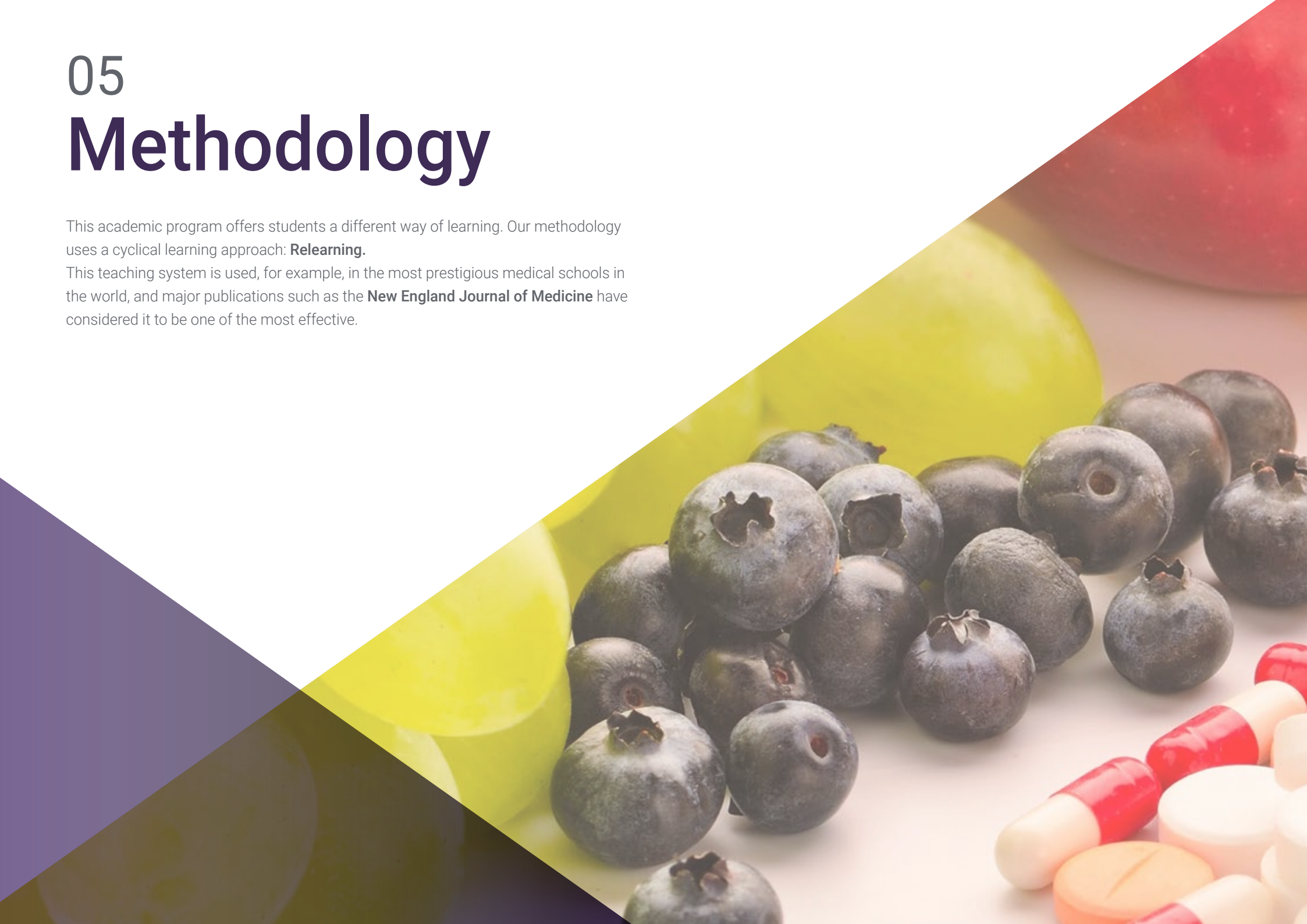
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An educational experience with the most advanced contents of the current panorama in Phytotherapy and presented in innovative multimedia formats"

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 Phytotherapy of Nervous System Affections 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 Phytotherapy of Nervous System Affections** 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.

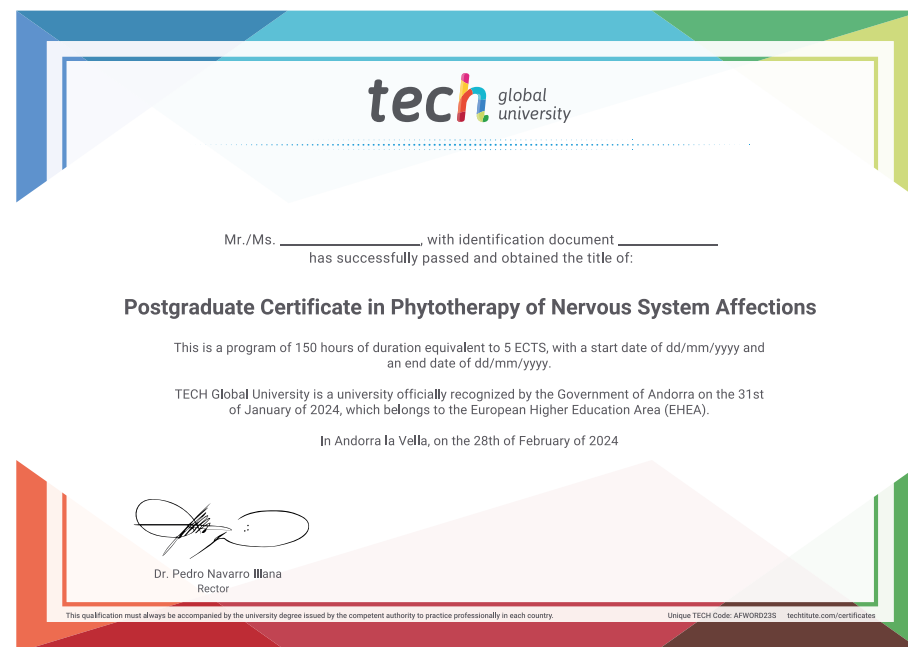
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Phytotherapy of Nervous System Affections**

Modality: **online**

Duration: **6 weeks**

Accreditation: **5 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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