

# Internship Program

## Psychological Intervention in Eating Disorders



**tech** global  
university

Internship Program  
Psychological Intervention  
in Eating Disorders

# Index

01

Introduction

---

*p. 4*

02

Why Study an  
Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the  
Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 16*

07

Certificate

---

*p. 18*

# 01

## Introduction

Eating disorders are a mental health problem that affects a large number of people worldwide. Today, these disorders have become a major concern for health professionals due to their increasing prevalence and the serious health problems they can cause. In this sense, Psychological Intervention in Eating Disorders is a topic of great relevance today, therefore, this practical program in Psychological Intervention in Eating Disorders of TECH is presented as a unique and effective learning option for Psychology professionals. With a duration of 3 weeks, it offers a different practical experience that allows students to apply the most relevant advances in the area. In addition, you will be guided by expert tutors ensuring a quality program and the acquisition of the necessary skills for the care of these disorders in the clinical setting.

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*Enjoy an intensive 3-week stay in a prestigious center and update yourself on the latest procedures to grow professionally"*





Psychological intervention in eating disorders has experienced great advances in recent years, with the incorporation of increasingly relevant and effective intervention models. For those interested in updating themselves on the latest advances in this area, TECH's Internship Program in Psychological Intervention in Eating Disorders is an excellent option.

One of the topics of study of the training is the intervention in personality and psychotic disorders from the most relevant models, which allows students to learn about the latest trends and approaches to intervention in these disorders, applying the knowledge acquired in their professional practice.

Another important topic is Psychotic Psychopathology, which allows students to delve deeper into the symptoms and characteristics of psychotic disorders, which will enable them to establish a more accurate diagnosis and apply the most appropriate intervention techniques.

The training also includes questionnaires and tests used in the diagnosis of psychosis and personality disorders, providing students with valuable tools for the evaluation of their patients and the identification of their specific needs.

Finally, the clinical interview with the psychotic patient and personality disorders is another important topic of study, which allows students to develop clinical skills for working with patients in complex and difficult situations.

All this can be done in a real context in a renowned clinical center inside or outside the national territory with the possibility of choosing the one that best suits your requirements. In this way, you will combine quality education with daily practice alongside multidisciplinary specialists during a 3-week on-site stay.

# 02

## Why Study an Internship Program?

TECH's Internship Program in Psychological Intervention in Eating Disorders is the ideal option for those psychology professionals looking to stay up to date on the latest intervention techniques and procedures in this area. Lasting three weeks, this hands-on training offers students the opportunity to work with real patients in prestigious clinical settings, guided by tutors who are experts in the field. In this way, students will acquire essential knowledge and skills to establish an appropriate link in conducting the psychodiagnosis, manage the interferences that occur in the intervention, and design an appropriate action plan for the patient. In addition, this practical training will allow them to develop competencies to establish an appropriate link in conducting the psychodiagnosis and to acquire skills for intervention according to the patient's profile.



*TECH is the only university that offers you the possibility of entering into real clinical environments and maximum demand to deepen, with the help of the best specialists, in the latest advances in Psychological Intervention"*

### **1. Updating from the latest technology available**

The Internship Program in Psychological Intervention in Eating Disorders will allow students to update their knowledge with the latest technology available in the field of Psychology. Specialists will be able to access state-of-the-art technological resources, such as real-time health monitoring, and apply the latest techniques and methods in their daily practice to provide the best possible care to their patients.

### **2. Gaining In-Depth Knowledge from the Experience of Top Specialists**

This program gives students the opportunity to deepen their learning through the experience of the best specialists in the field. Thus, they will have the opportunity to learn from highly qualified teachers with extensive experience in psychological intervention, which will allow them to apply the knowledge acquired in their professional practice and improve their performance in this field of psychology.

### **3. Entering first-class professional environments**

TECH offers students the opportunity to access prestigious clinical settings in the field of Psychology. The institution makes a careful selection of available internship centers to ensure that specialists have access to rigorous, demanding and comprehensive environments, applying the latest scientific theses and postulates in their work methodology.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

TECH's Internship Program in Psychological Intervention in Eating Disorders offers an innovative and practical approach to learning that allows students to access the most advanced procedures in the field of psychological intervention and apply them in their professional practice in just 3 weeks. This new 100% hands-on learning model offers a unique opportunity for psychology professionals looking to improve their skills and stay current in their field.

#### **5. Expanding the Boundaries of Knowledge**

TECH gives students the opportunity to expand their horizons and update their knowledge by working alongside the best professionals in top level hospitals in different parts of the world. This is a unique opportunity that only a leading digital university like TECH can offer, giving students the opportunity to broaden their perspectives and experience professional practice in an international and multicultural context.



*You will have full practical immersion  
at the center of your choice"*

# 03

## Objectives

The objective of the Internship Program is that the student is updated in the most cutting-edge diagnostic and therapeutic procedures in a practical way, through a hospital stay in a center of high scientific quality and technological innovation, guided by recognized experts and with a rigorous clinical and academic approach.



### General Objectives

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- ♦ Learn the most advanced techniques and current scientific postulates in Psychological Intervention in Eating Disorders to apply them effectively in clinical practice
- ♦ Develop skills to apply the most effective methods in the treatment of Eating Disorders, endorsed by a team of prestigious experts in the area
- ♦ Acquire a deep knowledge of the most common cases in the clinical setting of Eating Disorders, in order to be able to make a specific and personalized approach in each case







## Specific Objectives

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- ♦ Acquire knowledge about the evolution and current situation of Eating Disorders
- ♦ Teach the student the psychodiagnostic instruments approved by scientific research
- ♦ Develop competencies to establish an appropriate link in the performance of psychodiagnosis and to manage the interferences that occur in the intervention
- ♦ Discriminate the most appropriate battery of instruments for each case and structure appropriate evaluation protocols according to the ages and the area to be evaluated
- ♦ Analyze the implications of each patient and verify the involvement within the professional framework of the psychologist
- ♦ Reflect on the subjective mobilizing factors of the patient and the role of the family in the psychological treatment
- ♦ Identify the main characteristics of a patient with an eating disorder and design an action plan for the patient in case of relapse
- ♦ Describe the structure of the intervention process and acquire the skills to perform the intervention according to the patient's profile
- ♦ Incorporate the intervention into a multidisciplinary framework and review the entire procedure with standardized protocols
- ♦ Incorporate the process into the framework of a welfare society framed in the needs of aesthetics and current stylistic orders

# 04

## Educational Plan

The Internship Program consists of a three-week stay at a prestigious center, where students will have the opportunity to work alongside associate specialists for eight hours a day, Monday through Friday. During this period, students will be able to observe and participate in the care of real patients with eating disorders, under the guidance of a team of reference professionals in the field of Psychological Intervention. In addition, students will be able to learn and apply the most innovative diagnostic and therapeutic procedures for each patient, allowing them to acquire state-of-the-art skills and knowledge in the field of clinical psychology.

In this training proposal, of a completely practical nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of psychological care in areas and conditions that require a high level of qualification, and are oriented to the specific training for the exercise of the activity, in an environment of safety for the patient and high professional performance.

An exclusive opportunity for students who will have the chance to learn from the best professionals in the sector, in a multicultural and technologically advanced environment, which will allow them to acquire updated and globally applicable knowledge and skills.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of fitness counselling (learning to be and learning to relate).





The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Psychological Intervention in Eating Disorders</b>	Conduct individual therapy sessions with patients with eating disorders
	Develop and implement specific psychological intervention programs for each type of eating disorder
	Practice therapeutic behavior modification techniques to treat eating disorders
	Observe and participate in group therapy sessions for patients with eating disorders
<b>Clinical features and manifestations of eating disorders</b>	Conduct clinical interviews with patients with eating disorders
	Observe and analyze the different clinical manifestations of eating disorders
	Participate in the evaluation and follow-up of patients with eating disorders
	Analyze and discuss real clinical cases related to eating disorders
<b>Psychodiagnosis and assessment of Eating Disorders</b>	Conduct psychological testing to assess for the presence of eating disorders
	Analyze and discuss the results of psychological tests used in the evaluation of eating disorders
	Participate in the preparation of clinical reports related to eating disorders
	Practicing diagnostic evaluation in patients with eating disorders
<b>Attention to the family in Eating Disorders</b>	Conduct therapy sessions with family members of patients with eating disorders
	Observing and analyzing family dynamics in patients with eating disorders
	Participate in the development of intervention programs aimed at the family of patients with eating disorders
	Develop skills for the care and support of the family of patients with eating disorders

# 05

## Where Can I Do the Internship Program?

This Internship Program in Psychological Intervention in Eating Disorders in clinical centers of international reference offers multiple advantages for students. These centers provide a unique opportunity to work with patients from different cultures and socioeconomic backgrounds, which enriches their experience and enhances their ability to adapt. In addition, students will have the opportunity to learn from the best professionals in the field in a multicultural and technologically advanced environment, which will allow them to acquire updated and globally applicable knowledge and skills.



*From the hand of the best experts, advance in an exclusive practical program".*





The student will be able to do this program at the following centers:



Psychology

### Hospital HM Modelo

Country: Spain City: La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Rosaleda

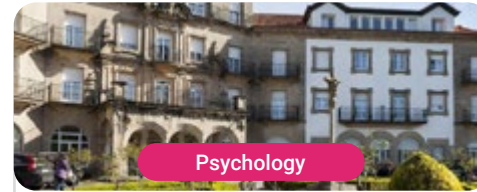
Country: Spain City: La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Psychology

### Hospital HM La Esperanza

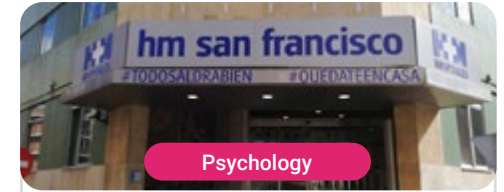
Country: Spain City: La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Psychology

### Hospital HM San Francisco

Country: Spain City: León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Trauma Nursing



Psychology

### Hospital HM Regla

Country: Spain City: León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Psychology

### Hospital HM Montepríncipe

Country: Spain City: Madrid

Address: Av. de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Psychology

### Hospital HM Torrelodones

Country: Spain City: Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Hospital HM Sanchinarro

Country: Spain City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Psychology

### Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Psychology

### Policlínico HM La Paloma

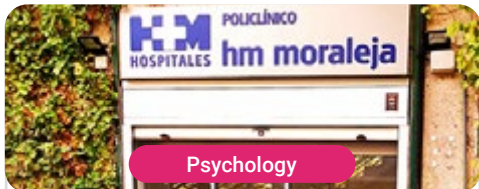
Country	City
Spain	Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Psychology

### Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Psychology

### Policlínico HM Sanchinarro

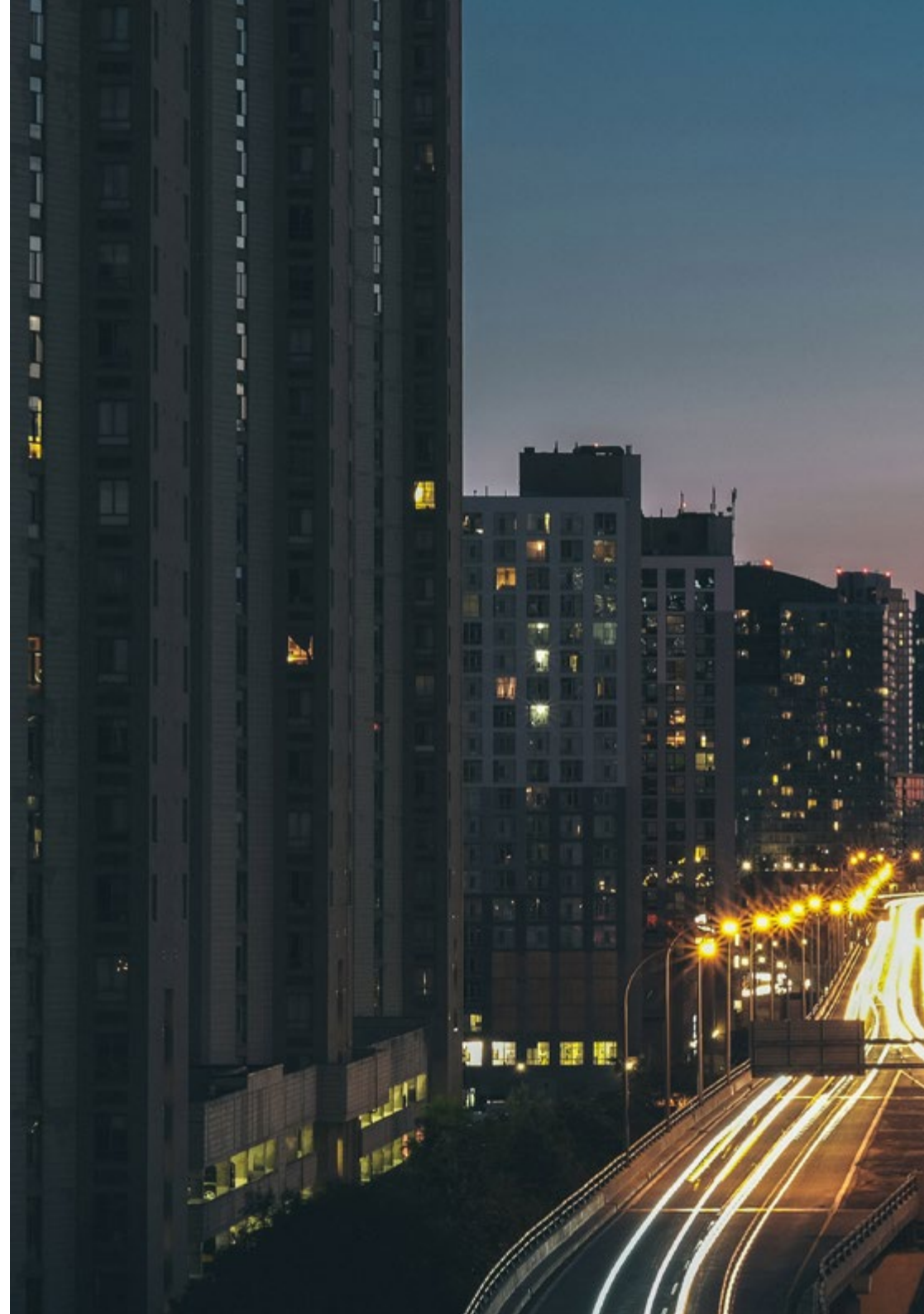
Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department





Psychology

### Policlínico HM Virgen del Val

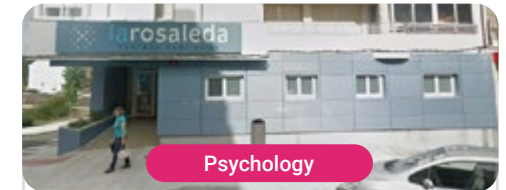
Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Psychology

### Policlínico HM Rosaleda Lalín

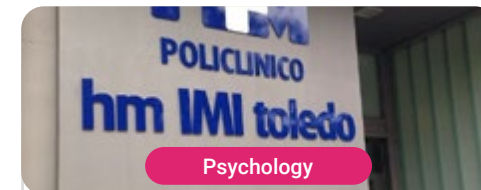
Country	City
Spain	Pontevedra

Address: Av. Buenos Aires, 102, 36500, Lalín, Pontevedra

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Psychology

### Policlínico HM Imi Toledo

Country	City
Spain	Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

# 06

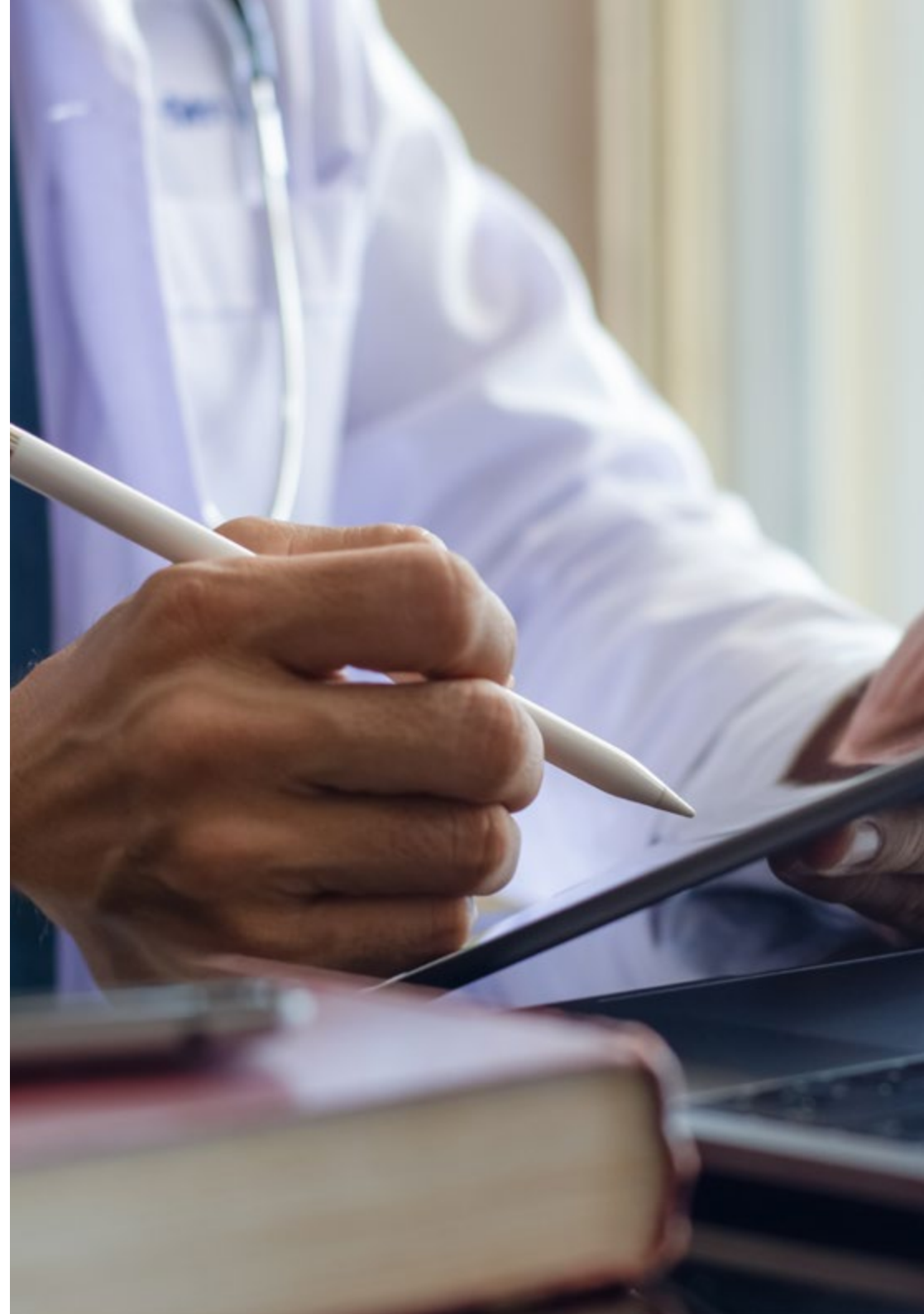
## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This program will allow you to obtain your **Internship Program diploma in Psychological Intervention in 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.

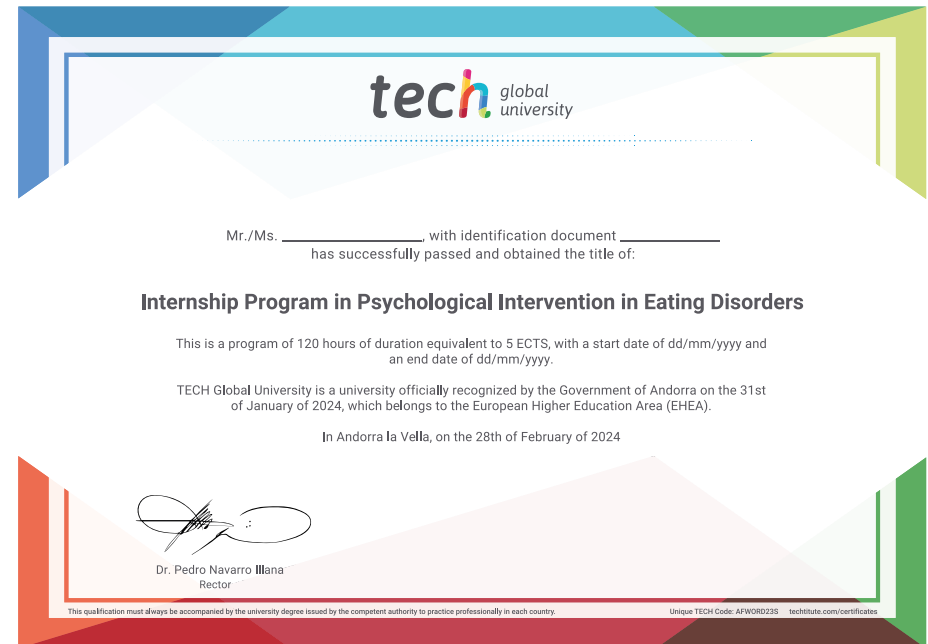
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Psychological Intervention in Eating Disorders**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Accreditation: **5 ECTS**





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Psychological Intervention  
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# Internship Program

## Psychological Intervention in Eating Disorders

