

# Postgraduate Certificate

## Anxiety and its Disorders



## Postgraduate Certificate Anxiety and its Disorders

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

Website: [www.techtitute.com/pk/psychology/postgraduate-certificate/anxiety-disorders](http://www.techtitute.com/pk/psychology/postgraduate-certificate/anxiety-disorders)

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01

# Introduction

Several factors affect people, especially women and young people, who suffer from anxiety. After the pandemic crisis of 2020, according to a study published in The Lancet, there were 76 million people with this disorder and an increase in the need for people to turn to psychology professionals to help them overcome it. This 100% online program provides students with a comprehensive knowledge of this and other associated disorders through quality multimedia teaching materials and a specialized teaching team, which will guide them during the 6 weeks of this program.



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*A Postgraduate Certificate that gives you the opportunity to update your knowledge with the help of a specialized teaching team”*

The Psychology professionals who take this Postgraduate Certificate will have a syllabus with innovative multimedia resources, which will give them the opportunity to improve their knowledge about Anxiety and its Disorders with a theoretical and practical approach. All this, thanks to the simulation of real clinical cases presented by the specialized teaching team with extensive experience in dealing with patients suffering from this type of disorders.

Therefore, it is a program where students can update their knowledge on risk factors, genetic predisposing to stress, coping style, the latest techniques for evaluation, as well as the progress achieved and scientifically proven with cognitive-behavioral intervention or psychopharmacological therapies used more effectively for the treatment of anxiety. In addition, students have access to a library with complementary didactic material, which may be used to extend the content of the syllabus of this course.

Undoubtedly, it is a good opportunity for all psychology professionals who want to update their knowledge in a comfortable way, since you only need a computer, tablet or cell phone with internet connection to access to this program. Thus, students can connect at any time of the day to consult the entire syllabus, since there are no sessions with fixed schedules and, therefore, they can distribute the teaching load according to their needs. In addition, the Relearning system, used by TECH in all its programs, will help reduce the long hours of study, which are more common in other teaching methods. A high-level program with which you can study without neglecting other professional or personal areas of your life.

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

- ♦ Practical cases presented by experts in Psychology
- ♦ 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



*A Postgraduate Certificate that will keep you up to date with the latest developments related to the treatment of Anxiety and its Disorders”*

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*The multimedia content brings you closer to the latest advances in Cognitive-Behavioral techniques for the treatment of anxiety”*

The program’s teaching staff includes professionals from the 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.

*A program that you can access from an electronic device with internet connection at any time of the day.*

*The simulation of practical cases will allow you to get closer to the reality of the patients with anxiety and apply it in consultations.*





# 02

# Objectives

Upon completion of this postgraduate certificate, the psychology professionals will have achieved their objective of renewing and updating their knowledge about Anxiety and its Treatments. To this end, the teaching team will cover, throughout the 150 teaching hours of this program, the main concepts and fundamentals, as well as the most widespread and recent bases in their treatments. The faculty experts will accompany the students throughout this program to achieve their goals.





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*A program that will allow you to upgrade your knowledge about anxiety and patient assessment”*



## General Objectives

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- ◆ Acquire complete and comprehensive education in Clinical and Health Psychology
- ◆ Provide the students with the conceptual and theoretical knowledge of Clinical and Health Psychology
- ◆ Differentiate illness from health
- ◆ Know the psychological models in Clinical and Health Psychology
- ◆ Conduct psychological evaluations
- ◆ Design prevention protocols for health psychology and health promotion
- ◆ Know the aspects that affect clinical practice
- ◆ Manage the knowledge, skills, techniques, resources, and strategies needed to perform clinical practice
- ◆ Understand professional guidelines for good practice within the psychology profession





## Specific Objectives

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- ◆ Understand the bases of anxiety and other disorders stemming from it
- ◆ Know and internalize the basis of their treatment
- ◆ Learn the fundamentals of evaluation of this type of disorders



*A postgraduate certificate that will allow you to internalize the bases of anxiety and the most advanced treatments currently applied"*

# 03

## Structure and Content

This program has been developed by a highly qualified teaching team with experience in dealing with patients with anxiety. All this is reflected in a syllabus with comprehensive content about anxiety disorders, assessment techniques and the most effective treatments. All this with a syllabus that is fully accessible from the first day and with case studies provided by the faculty so that students get the knowledge closest to the reality present in clinical practice. Likewise, the Relearning system will allow you to expand your knowledge in a more natural and progressive way.





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*A 100% online program compatible  
with quality teaching and your family  
and/or professional responsibilities”*

## Module 1. Anxiety and its Disorders

- 1.1. What is Anxiety? What is Stress?
  - 1.1.1. Introduction and Definition of the Concepts of Anxiety and Stress
  - 1.1.2. Theories on Stress
- 1.2. Neuroanatomy of Anxiety Disorders
  - 1.2.1. Biological Principles of Anxiety
  - 1.2.2. Neuroanatomy of Anxiety
- 1.3. Factors that Predispose a Person to Stress
  - 1.3.1. Risk Factors
  - 1.3.2. Genetic Factors
  - 1.3.3. Stressful Situations
- 1.4. Coping Styles
  - 1.4.1. Different Coping Styles
  - 1.4.2. Assessment Tools
- 1.5. Endogenous and Exogenous Anxiety
  - 1.5.1. Basis of Endogenous and Exogenous Anxiety
  - 1.5.2. Evaluation and Treatment of Anxiety
- 1.6. Cognitive-Behavioral Intervention
  - 1.6.1. Basis of Cognitive-Behavioral Intervention
  - 1.6.2. Cognitive-Behavioral Techniques for Anxiety Treatment
- 1.7. Pharmacological Intervention
  - 1.7.1. Psycho-Pharmacology Therapy for Anxiety Treatment
  - 1.7.2. Types of Drugs





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*An online program with which you can keep up to date of the latest developments in psychopharmacological therapies to treat anxiety”*



04

# 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

What should a professional do in a given situation? 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 the psychologist experiences 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 in the psychologist's professional 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. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist 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.

Our 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, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 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 our 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.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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.





05

# Certificate

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





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*Successfully complete this program and receive your Postgraduate Certificate without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Anxiety and its Disorders** contains the most complete and up-to-date 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 certificate 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 Anxiety and its Disorders**

Official N° of Hours: **150 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online treatment

development languages

virtual classroom

**tech** technological  
university

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