

# Postgraduate Certificate

## Comorbidities of Eating Disorders with Other Psychopathologies



## Postgraduate Certificate

### Comorbidities of Eating Disorders with Other Psychopathologies

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

Website: [www.techtute.com/us/psicology/postgraduate-certificate/comorbidities-eating-disorders-psychopathologies](http://www.techtute.com/us/psicology/postgraduate-certificate/comorbidities-eating-disorders-psychopathologies)

# 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

One of the major concerns of individuals is related to food control. In this context, some carry out all kinds of harmful practices when they consider that they will help them lose weight. An example of this is that they skip meals with any kind of excuse. This is an alarming situation, as it is a symptom of an eating disorder. However, it carries the risk of suffering from other related pathologies such as depression. Therefore, it is necessary that they seek the help of mental health professionals to find solutions to remedy their situations. In view of this, TECH has developed a course to delve deeper into the coexistence of ED and other psychopathologies. And all with a 100% online methodology.



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*You will acquire a comprehensive view of the interactions between EDs and pathologies such as mood disorders throughout this exhaustive program"*

Far from being resolved, EDs are getting worse and worse. A recent report showed that there are more than 28,000 young people with Anorexia and Bulimia in European countries such as Spain. For this reason, families often turn to mental health experts to try to find a solution to these common pathologies. In this sense, psychologists have the duty to have a deep knowledge of EDs and their comorbidity with other diseases. Only then will they be able to provide comprehensive and effective care to people struggling with these disorders. In this way, the prognosis for recovery and quality of life of patients will improve.

To support these experts with such work, TECH has implemented a pioneering course aimed at early detection and accurate diagnosis. Under the guidance of an experienced faculty, students will acquire specific knowledge to identify diseases such as Impulse Control disorders. The curriculum will delve into the development of cognitive and behavioral therapies to address the comorbidity of impulsivity and ED. In addition, the curriculum will address the underlying causes (which may be related to past traumas, self-image issues, etc.) to achieve a more effective therapeutic approach.

It should be noted that this academic itinerary stands out for using the revolutionary methodology of *Relearning*. TECH is a pioneer in this teaching system is based on the reiteration of the most important contents to guarantee a natural learning process capable of lasting in the students' memory. Thus, the only thing they will need is a device with Internet access to expand their knowledge and become a university expert in Comordities of Eating Disorders with other Psychopathologies. In that sense, this program has a variety of multimedia resources such as interactive summaries with which the students will couple to their practice the skills required to excel in a growing field.

This **Postgraduate Certificate in Comorbidities of Eating Disorders with other Psychopathologies** 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 Psychology, Nutrition, Dietetics, etc...
- ♦ 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.



*Do you want to specialize in the comorbidities of eating disorders with bipolarity? Achieve it in 6 weeks with this complete program"*



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*You will reinforce your key knowledge through the innovative Relearning methodology for an effective assimilation of the subject"*

The program's teaching staff includes professionals from the field 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. To do so, they will be assisted by an innovative interactive video system created by recognized experts.

*You will improve patients' quality of life by solving their insomnia problems with the most appropriate strategies.*

*Learn more about the relationship between ED and kleptomania with this cutting-edge program.*



# 02

## Objectives

Through 180 hours of learning, students will understand the importance of a comprehensive approach to the comorbidity of EDs with other psychopathological disorders (such as obsessive-compulsive spectrum disorders). In this way, students will assess and identify these conditions accurately and early. They will also employ therapeutic approaches based on scientific evidence in order to enrich their professional practice.







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*Update your knowledge in  
Eating Disorders through  
innovative multimedia content”*



## 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

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*As it is an online Postgraduate Certificate, you will be able to combine your studies with the rest of your daily activities”*





## Specific Objectives

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- ♦ Assess the comorbidity of Bipolar, Cyclothymia and other mood disorders with EDs
- ♦ Determine the bidirectional relationship between Depression and Eating Disorders (EDs), identifying shared symptoms and differences in the diagnosis of the two conditions
- ♦ Analyze the interaction between Anxiety and EDs, identifying common types of Anxiety associated with these disorders
- ♦ Recognize comorbidity with borderline personality disorders and other personality types, analyzing their relationships with EDs
- ♦ Associate the relationship between substance abuse and EDs, identifying shared risk factors and differences in comorbidity, and developing intervention strategies
- ♦ Compare the prevalence of self-injury and suicide in patients with ED, identifying risk and protective factors in cases of comorbidity
- ♦ Estimate the importance of a comprehensive approach to the comorbidity of EDs with other psychopathological disorders





03

# Course Management

TECH maintains a philosophy based on providing quality education within everyone's reach. Under this premise, it has brought together an excellent teaching staff specialized in Eating Disorders. This is a guarantee for those students who wish to update their knowledge. In addition, the graduates will acquire new competences that they will incorporate with immediate effect to their labor praxis.





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*You will have access to the most updated information and under the maximum scientific rigor of authentic professionals of Psychology”*

## 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. Zuniga, Antonella

- ♦ Specialist in Clinical Psychology
- ♦ Behavioral Analyst at the Autism Society of North Carolina
- ♦ Master's Degree in Eating Disorders from the European University of Madrid
- ♦ Clinical Psychologist from the Catholic Pontificia University of Ecuador
- ♦ Member of the Ecuadorian Association of for Psychologists

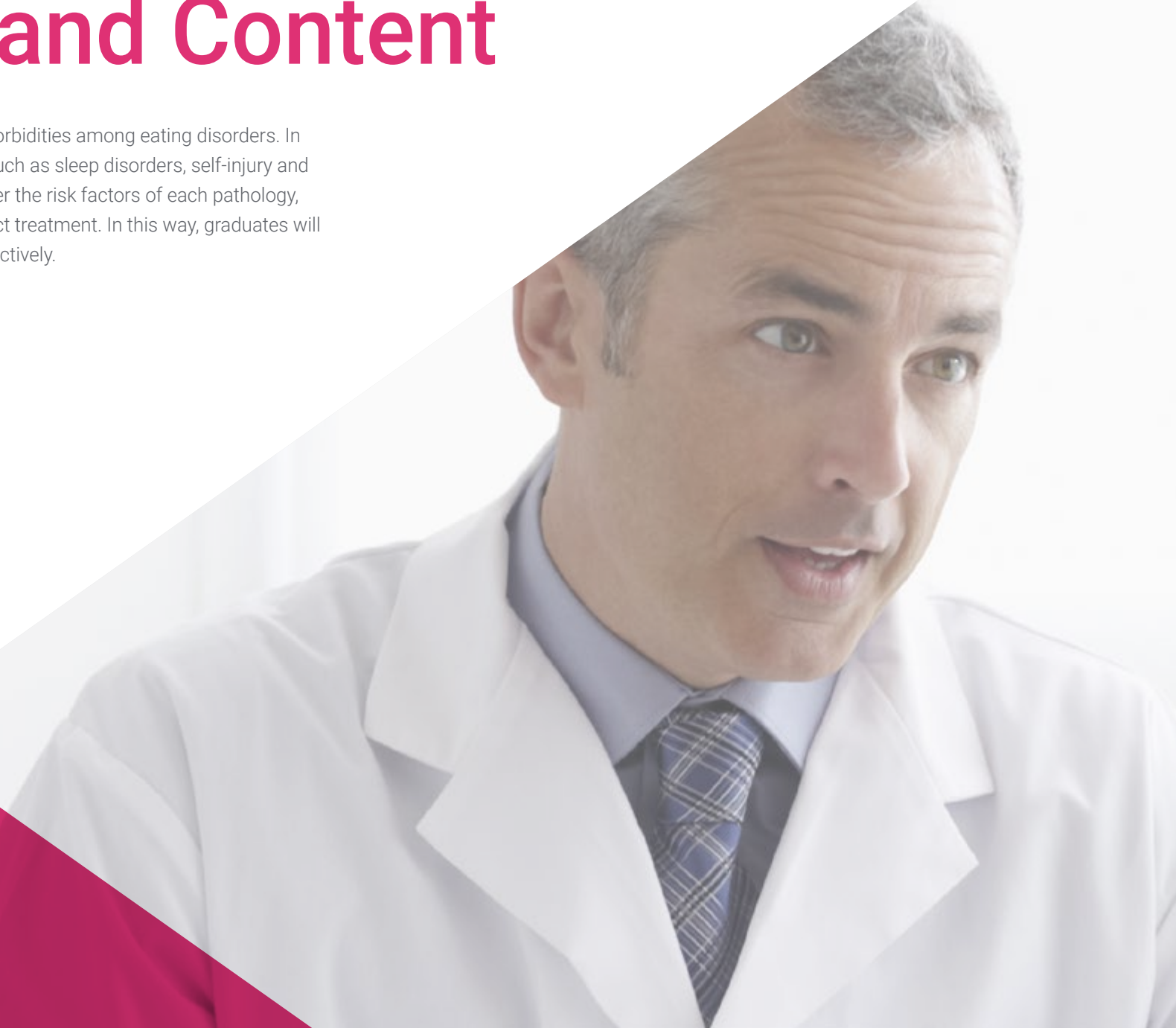




# 04

## Structure and Content

This program delves into the most frequent comorbidities among eating disorders. In this sense, the syllabus will address conditions such as sleep disorders, self-injury and even suicides. To this end, the curriculum will offer the risk factors of each pathology, emphasizing different approaches for their correct treatment. In this way, graduates will be able to address these comorbidities more effectively.

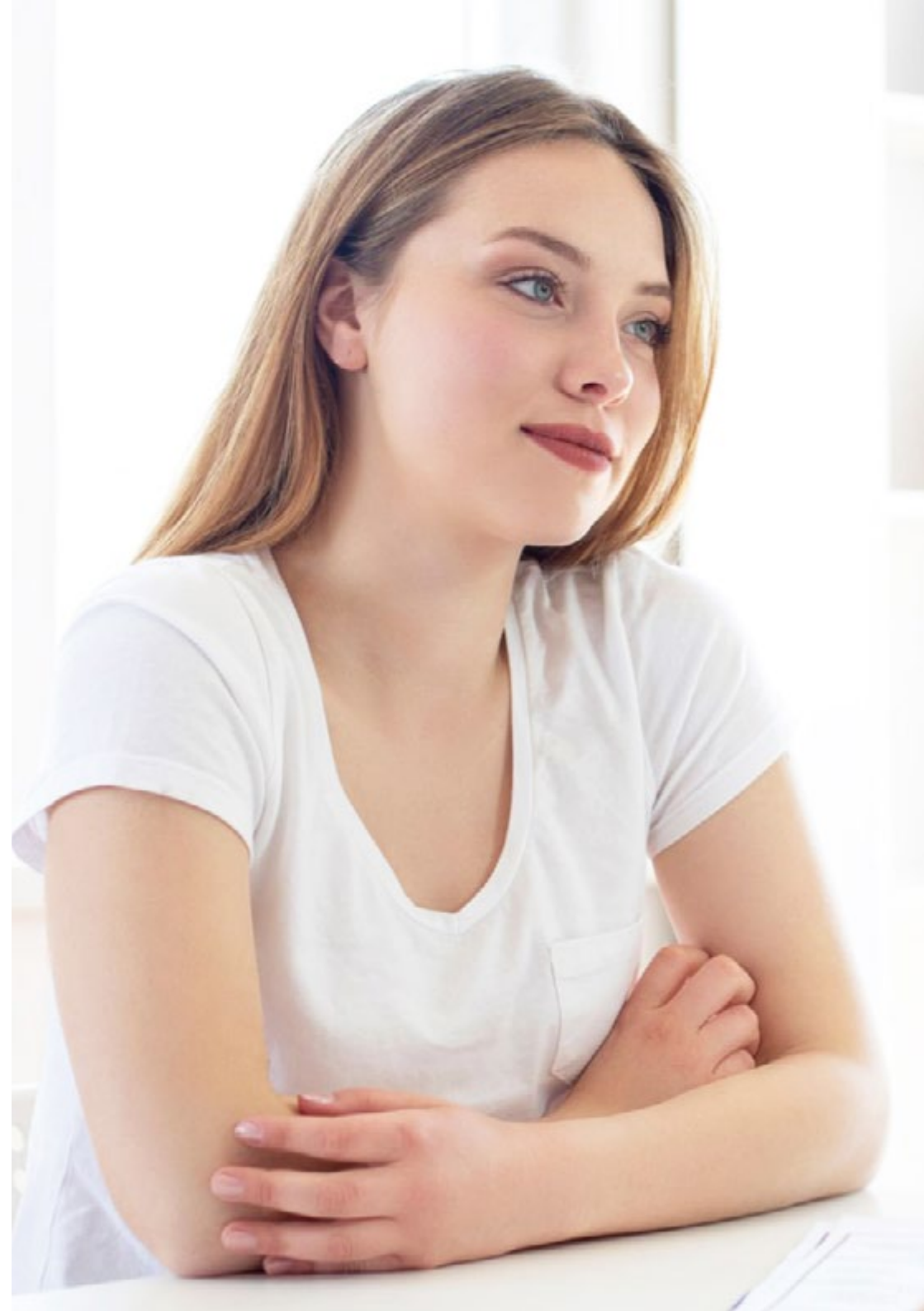


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*You will be prepared to perform successful therapeutic approaches aimed at patients with self-injury comorbidity”*

## Module 1. Comorbidities of Eating Disorders with Other Psychopathologies

- 1.1. Depression and Eating Disorders
  - 1.1.1. Bidirectional Relationship between Depression and EDs
  - 1.1.2. Shared Symptoms and Differences in Diagnosis
  - 1.1.3. Intervention Strategies in Cases of Comorbidity
- 1.2. Anxiety and Eating Disorders
  - 1.2.1. Interaction between Anxiety and EDs
  - 1.2.2. Types of Anxiety Commonly Associated with EDs
  - 1.2.3. Therapeutic Approach for Anxiety and ED Comorbidity
- 1.3. Mood Disorders in EDs
  - 1.3.1. Comorbidity of Bipolar Disorders and EDs
  - 1.3.2. Cyclothymia and its Relationship with Eating Disorders
  - 1.3.3. Strategies for Management of Comorbidity between Mood Disorders and EDs
- 1.4. Personality Disorders and ED
  - 1.4.1. Comorbidity of Borderline Personality Disorders and EDs
  - 1.4.2. Other Personality Disorders and their relationship with EDs
  - 1.4.3. Specific Therapies to Treat Personality and ED comorbidities
- 1.5. Eating and Substance Abuse Disorders
  - 1.5.1. Relationship between Substance Abuse and EDs
  - 1.5.2. Risk Factors and differences in Comorbidities
  - 1.5.3. Treatment Approaches for Patients with EDs and Substance Abuse Comorbidity
- 1.6. Impulse-Control and Eating Disorders
  - 1.6.1. Comorbidity of Disorders such as Kleptomania and EDs
  - 1.6.2. Impulsivity and its Role in Compulsive Eating in EDs
  - 1.6.3. Cognitive and Behavioral Therapies to Address Impulsivity and ED comorbidity
- 1.7. Sleep Disorders and EDs
  - 1.7.1. Insomnia and Difficulties Sleeping in ED Patients
  - 1.7.2. The Role of Eating Disorders in Sleep Disorders
  - 1.7.3. Treatment Strategies to Improve Sleeping in ED Patients
- 1.8. Self-Harm and Suicide in Comorbidity with EDs
  - 1.8.1. Prevalence of Self-Harm and Suicide in Patients with EDs
  - 1.8.2. Risk Factors and Protective Factors
  - 1.8.3. Therapeutic Approach for Patients with Comorbidity of Self Harm, Suicide and ED





- 1.9. Obsessive-Compulsive Spectrum Disorders and EDs
  - 1.9.1. Comorbidity of Obsessive-Compulsive Disorders and EDs
  - 1.9.2. Obsessive Symptoms in Patients with EDs
  - 1.9.3. Treatment Strategies for Treating Comorbidity of Obsessive-Compulsive Disorders and EDs
- 1.10. Comorbidity with Post-Traumatic Stress Disorders (PTSD)
  - 1.10.1. Relationship Between Eating Disorders and PTSD
  - 1.10.2. Traumatic Experiences and their Impact on Eating and Body Image
  - 1.10.3. Therapeutic Approaches to Address PTSD and ED comorbidity

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*Interactive summaries of each topic will allow you to dynamically consolidate the more complex concepts of EDs with other psychopathologies”*

05

# Methodology

This 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 assess 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 enabled more than 150,000 psychologists with unprecedented success in all clinical specialties. Our educational 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 education, 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 adapted in 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 assess and re-assess 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 Comorbidities of Eating Disorders with Other Psychopathologies 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 Comorbidities of Eating Disorders with Other Psychopathologies** 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 Comorbidities of Eating Disorders with Other Psychopathologies**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.

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



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