

Postgraduate Certificate

Comprehensive Multidisciplinary
Transdiagnostic Treatment



Postgraduate Certificate Comprehensive Multidisciplinary Transdiagnostic Treatment

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

Website: www.techtute.com/us/psychology/postgraduate-certificate/comprehensive-multidisciplinary-transdiagnostic-treatment

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01

Introduction

One of the main advances that have taken place in Clinical Psychology is the Transdiagnostic Approach.. Experts in the health field agree that this perspective applied to Eating Disorders facilitates the prevention and early detection of these pathologies. It also serves to reduce stigma and promotes efficiency in research. In this context, it is vital that psychologists have an in-depth knowledge of the most effective therapeutic techniques in order to subsequently develop individualized intervention strategies. For this reason, TECH has developed a pioneering program for the effective treatment of EDs. This will provide experts with the necessary tools for therapeutic intervention. In addition, it is taught in a 100% online modality to provide flexibility to students.



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You will identify the main risk factors for relapse in EDs and employ optimal therapies”

In the context of eating disorders, it is essential for psychologists to address meal avoidance through assertiveness. Likewise, health professionals should delve into the specific cases of their patients in order to apply the most appropriate strategies. Among them, exposure therapy stands out: it is based on exposing patients to the source of their anxiety, either through an object or a distressing thought. In this way, users learn techniques to confront their fears and control the thoughts that produce feelings of distress. In this regard, it is essential for specialists to master tactics for managing medical comorbidities during the treatment of EDs.

To respond to this need, TECH implements a program where students will update their knowledge in the diagnosis of EDs. The syllabus will allow students to acquire a transdiagnostic point of view, which will allow them to understand the underlying mechanisms of the disorders. In this way, the program will address the most effective treatments to treat common pathologies such as vigorexia or orthorexia. Likewise, the program will delve into interdisciplinary collaboration in treatments: psychologists, physicians and nutritionists must work together to ensure the well-being of their patients. Finally, the academic itinerary will offer strategies for fall prevention and wellness maintenance.

On the other hand, TECH focuses on efficiency. Therefore, it relies on the Relearning system to provide vital support to the professional. This method consists of repeating key concepts throughout the program, thus allowing graduates to acquire the necessary knowledge in TCA without the extra effort of memorizing. In addition, the virtual platform will be available 24 hours a day, 365 days a year. Therefore, it will make it easier for the student to log in, download the syllabus and test it anywhere in the world.

This **Postgraduate Certificate in Comprehensive Multidisciplinary Transdiagnostic Treatment** 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 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



You will apply techniques designed to actively engage families and bring about changes in dynamics."

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Address the most effective procedures for treating feeding resistance with this program”

The program's teaching staff includes professionals from the industry who contribute their work experience to this 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.

You will master the most advanced scaling tools to determine the severity of pathologies.

You will learn valuable lessons through real cases in simulated learning environments.



02 Objectives

This program will allow students to treat EDs from a transdiagnostic and multidisciplinary perspective. In this way, students will delve into different nutritional managements, which will allow them to design balanced diets and address dietary resistance in a meaningful way. They will also nourish their knowledge with various assessment tools to determine the severity of their patients. They will also recognize the importance of mindfulness and emotional self-regulation in the treatment of these mental pathologies.





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An intensive professional growth program that will allow you to intervene in a sector Psychological with a growing demand for professionals”



General Objectives

- ♦ 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



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"





Specific Objectives

- Understand the fundamental principles of the transdiagnostic approach to in the treatment of Eating Disorders (EDs)
- Recognize the crucial role of health professionals in comprehensive treatment, fostering interdisciplinary collaboration and understanding the specific roles of each specialist in the treatment of eating disorders
- Acquire skills for nutritional assessment in patients with EDs, planning adapted and balanced diets, and addressing resistance to eating effectively
- Establish the different levels of care, from outpatient to intensive treatment, and apply criteria for selecting the appropriate level including ongoing assessment of severity
- Define medical and psychological parameters for the identification of critically ill patients, using assessment tools and scales, and fostering collaboration between professionals to establish a diagnosis of critical illness

03

Course Management

This program has a faculty of the highest level, with extensive professional experience in the psychological field. These experts will offer students the most effective strategies for both clinical and nutritional management of patients. In addition, through the academic itinerary, students will approach specific therapies such as acceptance therapy. In this way, graduates will experience a leap in their professional careers and will continue to provide the best services to the public.



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Update your knowledge with the support of a faculty of the highest professional level"

Management



Ms. Espinosa Sánchez, Verónica

- ♦ 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



04

Structure and Content

This curriculum will provide students with the most up-to-date scientific evidence to manage critical cases of Eating Disorders. With the support of a veteran faculty, the curriculum will discuss in detail tactics for the management of medical comorbidities during ED treatments. The program will also delve into the planning of balanced and tailored diets. In addition, the program will encourage collaboration between different professionals to establish accurate diagnoses of the most severe patients.



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You will acquire hemodynamic stabilization strategies to help critically ill patients with EDs”

Module 1. Transdiagnostic Multidisciplinary Integrated Treatment

- 1.1. Transdiagnostic Approach in the Therapeutic Management of the Patient
 - 1.1.1. Principles of the Transdiagnostic Approach in the Treatment of EDs
 - 1.1.2. Advantages of an Approach that Transcends Diagnostic Categories
 - 1.1.3. Integration of Transdiagnostic Therapeutic Techniques in Clinical Practice
- 1.2. Interdisciplinary Collaboration in the Treatment of EDs
 - 1.2.1. Role of Health Professionals in Integrated Treatment
 - 1.2.2. Interdisciplinary Collaboration in the Treatment of EDs
 - 1.2.3. Roles and Responsibilities of Psychologists, Physicians, Nutritionists, and Other Health Professionals
 - 1.2.4. Importance of Coordination and Communication between Specialists
- 1.3. Transdiagnostic Treatment: Psychology
 - 1.3.1. Individualized Intervention Strategies
 - 1.3.2. Family Involvement for Changes in Family Dynamics
 - 1.3.3. Benefits and Strategies of Group Therapy in the Transdiagnostic Context
- 1.4. Transdiagnostic Treatment: Nutrition
 - 1.4.1. Nutritional Assessment in ED Patients
 - 1.4.2. Planning of Balanced Diets Adapted to Each Case
 - 1.4.3. Strategies to Address Feeding Resistance
- 1.5. Treatment of Medical Complications
 - 1.5.1 Identification and Management of Medical Conditions Associated with EDs
 - 1.5.2 Comprehensive Evaluation of Physical Health in Patients with EDs
 - 1.5.3. Strategies for the Management of Medical Co-morbidities during the Treatment of EDs
- 1.6. Levels of Treatment and Evaluation of Severity
 - 1.6.1. Outpatient, Inpatient (Day Hospital), Home Hospitalization and IOFT (Intensive Outpatient Family Treatment) levels of care
 - 1.6.2. Criteria for Choosing the Appropriate Level of Treatment
 - 1.6.3. Continuous Severity Evaluation



- 1.7. Critical Patient with ED
 - 1.7.1. Identification of Signs and Symptoms of the Critically Ill Patient in ED
 - 1.7.2. Risks Associated with Critical Condition in EDs
 - 1.7.3. Importance of Immediate Assessment and Care in Critically Ill Patients
- 1.8. Criteria for Determining a Critical Patient
 - 1.8.1. Medical and Psychological Parameters for the Identification of Critically Ill Patients
 - 1.8.2. Assessment Tools and Scales Used in the Determination of Severity
 - 1.8.3. Collaboration between Professionals to Establish a Diagnosis
- 1.9. Clinical and Nutritional Management of the Critically Ill Patient
 - 1.9.1. Hemodynamic Stabilization Strategies in Critically Ill Patients with EDs
 - 1.9.2. Enteral and Parenteral Nutrition as Options in Nutritional Management
 - 1.9.3. Specific Medical and Psychological Interventions for Critically Ill Patients
- 1.10. Strategies for Relapse Prevention and Maintenance of Well-Being
 - 1.10.1. Identification of Risk Factors for Relapse in EDs
 - 1.10.2. Development of Personalized Relapse Prevention Strategies
 - 1.10.3. Importance of Self-care and Ongoing Care to Maintain Mental and Emotional Health after Treatment



No rigid schedules or evaluation timelines: that's what this TECH program is all about". Enroll now!"

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

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. Gervas, 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.

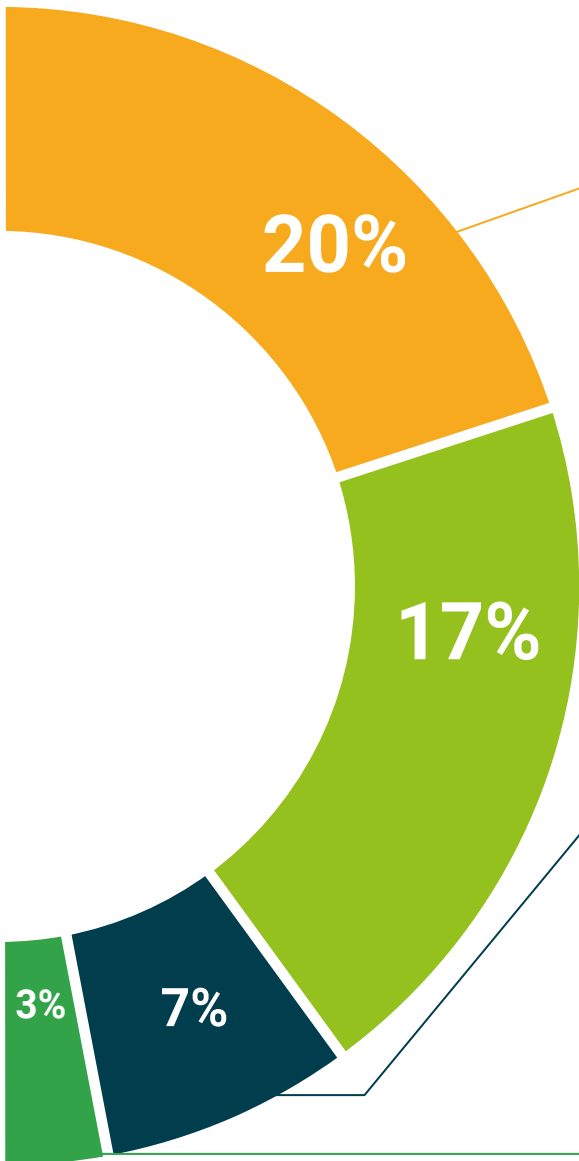
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



06

Certificate

The Postgraduate Certificate in Comprehensive Multidisciplinary Transdiagnostic Treatment 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 Comprehensive Multidisciplinary Transdiagnostic Treatment** 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 Comprehensive Multidisciplinary Transdiagnostic Treatment**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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