

Postgraduate Certificate

Evidence-Based Psychological and
Psychopharmacological Intervention
in Patients with ED



Postgraduate Certificate

Evidence-Based Psychological and Psychopharmacological Intervention in Patients with ED

- » 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/evidence-based-psychological-psychopharmacological-intervention-patients-ed

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

Coaching has become an effective tool for Eating Disorders (EDs). This method of support has many advantages, including setting realistic eating-related goals. It can also help patients maintain focus on their recovery and even help improve their self-esteem. In this context, psychologists should obtain high communication skills. In this way, they will be able to apply them to their technical therapies, such as positive reinforcement and celebrating small achievements, to encourage users. Faced with this reality, TECH has developed specialization for psychologists to employ effective procedures to motivate patients, making them strive to achieve their goals.





“

Do you want to enhance communication in family dynamics? This innovative program will give you the keys to achieve it"

To avoid patient resistance and abandonment of pharmacological treatments, mental health professionals need to transmit their knowledge in a simple way. In this regard, experts need to control the types of psychotropic drugs used in the treatment of EDs, as well as their mechanisms of action. In this way, they will be able to prescribe the most appropriate treatments for pathologies such as personality disorders, among which schizophrenia stands out.

With the aim of providing specialists with a deeper understanding of the various treatments, TECH implements an innovative 100% online program. Under the supervision of an experienced teaching team, the academic itinerary will provide strategies to promote the acceptance of thoughts and emotions during therapies.

In addition, the syllabus will analyze in depth the considerations in the prescription of psychotropic drugs. Therefore, graduates will be able to evaluate both the safety and efficacy of pharmacotherapy in EDs. The program will also delve into Cognitive Behavioral Therapy, through which students will develop intervention plans and specific changes.

It should be noted that the program is supported by the revolutionary *Relearning* teaching system. This method consists of the repetition of key content, which will ensure that students have a natural and progressive learning.

At the same time, it mixes the learning process with real situations so that knowledge is acquired in a natural and progressive way, without the extra effort.

In this sense, the only thing that students will need to see their contents expanded is an electronic device with Internet access, since the schedules and evaluation chronograms can be planned on an individual basis. In addition, they will be able to access the Virtual Campus at any time of the day and enjoy a library full of audiovisual resources to reinforce their knowledge, including explanatory videos, interactive summaries and infographics.

This **Postgraduate Certificate in Evidence-Based Psychological and Psychopharmacological Intervention in Patients with EDs** 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



You will be a Coaching expert in just 6 weeks! Bet on TECH and broaden your professional horizons"

“

You will delve into the practice of mindfulness and help your patients overcome stressful situations”

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. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will be able to evaluate the efficacy and safety of pharmacotherapy in EDs.

Thanks to the Relearning system used by TECH you will reduce the long hours of study and memorization.



02

Objectives

This program will enable students to address a variety of motivational techniques and strategies aimed at facilitating patient recovery.

In this way, graduates will develop tactics through social support therapies, which will include family, friends and other groups. In this sense, students will learn innovative procedures such as creative dance movement therapies.



“

You will have access to a library full of multimedia resources in different audiovisual formats”



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



*You will learn through real cases
and by solving complex situations
in simulated learning environments”*





Specific Objectives

- Understand the principles of motivational interviewing in the context of Eating Disorders (EDs), developing therapeutic skills to foster motivation and change in patients
- Evaluate the types of psychotropic drugs used in the treatment of EDs, considering indications, prescription and the efficacy and safety of pharmacotherapy
- Establish the principles of humanistic therapies and their application in EDs, promoting self-acceptance and self-reflection in the patient and evaluating the effectiveness of these therapies
- Analyze the role of the family in the treatment of ED, exploring the approach of third generation therapies and applying specific strategies to involve the family
- Clarify the benefits and dynamics of group therapies in EDs, analyzing types of therapeutic groups and examples of successful programs
- Explore creative therapies, dance movement therapy and coaching as new treatments in EDs, broadening the spectrum of therapeutic approaches
- Understand the stages of recovery in EDs, evaluate factors that influence successful recovery, analyze the process of adaptation and behavioral change, and explore strategies for relapse prevention and long-term maintenance

03

Course Management

In its commitment to offer the highest quality of education, TECH has selected a high-level teaching staff. Each of these professionals has an extensive professional background, which has allowed them to be part of prestigious health institutions. In this sense, they have achieved extraordinary results in the management of patients affected by EDs and their respective associated medical difficulties. In this way, students will have the guarantees they require to specialize in a sector that offers multiple job opportunities.





“

You will have access to a curriculum designed by an expert teaching staff in Psychology, which will guarantee you a successful learning process”

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

Mr. Andrade Rommel

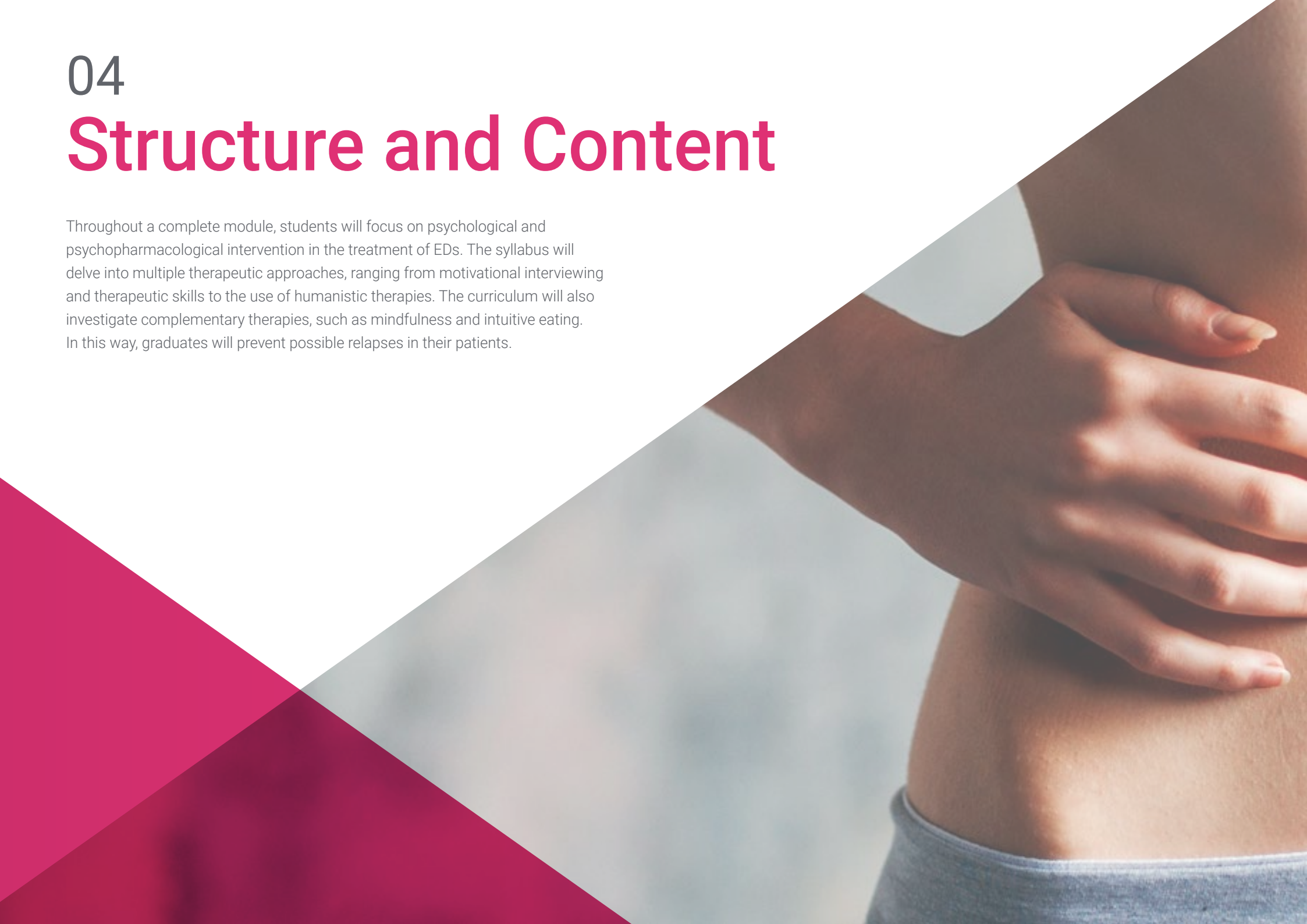
- ♦ Therapist of Personality Disorders and Eating Disorders at Institución Dialéctica Terapia
- ♦ Medical specialist in psychiatry from the University of Antioquia
- ♦ Epidemiologist from Universidad CES
- ♦ Specialist in Dialectical Behavioral Therapy from FORO Foundation and Behavioral Tech
- ♦ Specialist in Eating Disorders Management by FORO Foundation and Oxford University
- ♦ Specialist in Transference-based psychotherapy from TFP Chile



04

Structure and Content

Throughout a complete module, students will focus on psychological and psychopharmacological intervention in the treatment of EDs. The syllabus will delve into multiple therapeutic approaches, ranging from motivational interviewing and therapeutic skills to the use of humanistic therapies. The curriculum will also investigate complementary therapies, such as mindfulness and intuitive eating. In this way, graduates will prevent possible relapses in their patients.





“

You will have access to the most complete and updated scientific program in the academic market. Enroll now!”

Module 1. Evidence-Based Psychological and Psychopharmacological Intervention in Patients with EDs

- 1.1. Motivational Interviewing and Therapeutic Skills in the Management of ED:
A Strategic Dialogue
 - 1.1.1. Principles of Motivational Interviewing in the Context of EDs
 - 1.1.2. Therapeutic Skills to Foster Motivation and Change
 - 1.1.3. Strategies for Strategic Dialogue in the intervention with patients with EDs
- 1.2. Use of Psychopharmaceuticals in ED patients
 - 1.2.1. Types of Psychotropic Drugs Used in the Treatment of EDs and their Mechanisms of Action
 - 1.2.2. Indications and Considerations in the Prescription of Psychotropic Drugs
 - 1.2.3. Evaluation of the Efficacy and Safety of Pharmacotherapy in EDs
- 1.3. Cognitive-Behavioral Therapy in ED Treatment
 - 1.3.1. Fundamentals of Cognitive Behavioral Therapy as applied to EDs
 - 1.3.2. Roles of the Therapist and the Patient in the Intervention
 - 1.3.3. Development of a Specific Intervention and Change Plan
 - 1.3.4. Cognitive and Behavioral Techniques used in Transdiagnostic Treatment
 - 1.3.5. Outcomes and Effectiveness of Cognitive-Behavioral Therapy in patients with EDs
- 1.4. Acceptance and Commitment Therapy (ACT) in the Treatment
 - 1.4.1. Fundamentals of Acceptance and Commitment Therapy and its Application in EDs
 - 1.4.2. Strategies to Promote Acceptance of Thoughts and Emotions in Treatment
 - 1.4.3. Integration of ACT Therapy with Other Approaches in Transdiagnostic Management
- 1.5. Systemic Model
 - 1.5.1. Family Dynamics
 - 1.5.2. Communication within the Family System
 - 1.5.3. Family Roles
 - 1.5.4. Family Therapy
 - 1.5.5. Couples Therapy within the Systemic Approach
- 1.6. *Family-Based Treatment* and Third Generation Therapies
 - 1.6.1. The Role of the Family in the Treatment of EDs
 - 1.6.2. Third-generation Therapy Approach in the Management of EDs
 - 1.6.3. Specific Strategies to Involve the Family and Apply Third-generation Therapies





- 1.7. Complementary Therapies in the Treatment of EDs
 - 1.7.1. Mindfulness and Emotional Self-regulation in the Treatment of the ED
 - 1.7.1.1. Scientific Evidence and Results of Intuitive Eating in Patients with ED
 - 1.7.1.2. Appropriate Time to Start Intuitive Eating and Factors to Consider
 - 1.7.1.3. Effects of Emotional Self-Regulation on Recovery
 - 1.7.1.4. Practical Mindfulness Techniques for Patients
 - 1.7.1.5. Outcomes and Effectiveness of full care in patients with EDs
 - 1.7.2. Group Therapies in the Treatment of EDs
 - 1.7.2.1. Benefits and Dynamic of Group Therapy in EDs
 - 1.7.2.2. Types of Therapeutic Groups and Their Application in Treatment
 - 1.7.2.3. Examples of Successful Group Therapy Programs in the Management of EDs
 - 1.7.2.4. Creation of Support Networks and Therapeutic Communities
- 1.8. New Treatments
 - 1.8.1. Creative Therapies
 - 1.8.2. Dance Movement Therapy
 - 1.8.3. *Coaching*
- 1.9. Phases of Recovery in EDs
 - 1.9.1. Intervention and treatment Stages
 - 1.9.2. Factors that Affect Recovery Success
 - 1.9.3. Adaptation Process and Behavioral Changes and Relapse Prevention Strategies
 - 1.9.4. Maintaining the long-term Recovery
- 1.10. Patient Motivation and Commitment
 - 1.10.1. Quality and Continuity of Treatment
 - 1.10.2. Social Support and Care Networks: Role of Family, Friends, and Support Group in Recovery
 - 1.10.3. Addressing Underlying Factors (Trauma, Coexisting Disorders)

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.



“

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.

“

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 Evidence-Based Psychological and Psychopharmacological Intervention in Patients with ED guarantees students, in addition to the most rigorous and up-to-date education, access to a certificate issued by TECH Global University.



“

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 Evidence-Based Psychological and Psychopharmacological Intervention in Patients with ED** 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 Evidence-Based Psychological and Psychopharmacological Intervention in Patients with ED**

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.



Postgraduate Certificate

Evidence-Based Psychological and
Psychopharmacological Intervention
in Patients with ED

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

Postgraduate Certificate

Evidence-Based Psychological and
Psychopharmacological Intervention
in Patients with ED