

# Postgraduate Diploma

## Clinical and Pharmacology of Psychosomatic Disorders





## Postgraduate Diploma Clinical and Pharmacology of Psychosomatic Disorders

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

Website: [www.techtitute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-clinical-pharmacology-psychosomatic-disorders](http://www.techtitute.com/in/psychology/postgraduate-diploma/postgraduate-diploma-clinical-pharmacology-psychosomatic-disorders)

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# 01

# Introduction

Current knowledge shows the remarkable influence of the psychological aspect in Biochemistry and Central Neurology. There are numerous investigations that support the possibility of worsening or improving medical conditions depending on the mental situation of the patient. In this sense, psychosomatic disorders such as Insomnia, Headaches or Fibromyalgia affect daily performance and undermine well-being, so it is essential to manage the best clinical and pharmacological options in this regard. Therefore, this program is unique in the presentation of the latest pharmacology protocols designed for the psychologist in the treatment of these disorders. A specialization that covers a great need and that the student will study in a comfortable 100% online format.



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*This Postgraduate Diploma is unique in the presentation of the current pharmacological protocols for the treatment of Psychosomatic Disorders”*

Cognitive style, the way reality is represented and, above all, the ability to naturally express emotions are fundamental elements in improving or worsening a psychosomatic condition. In this condition, patients suffer from significant physical symptoms that cannot be explained by an organic cause alone. In this way, the psychological factor is established as a causal component.

In this regard, more and more psychologists highly trained in pharmacological intervention in psychosomatic disorders are required, since the frenetic activity of today's society has increased the frequency of diseases of this nature. This TECH Postgraduate Diploma is a response to this situation, delving into the psychosomatic clinic and its relationship with the patient's emotional system.

A necessary specialization that students can study from home, with a learning methodology where they will set their own deadlines. In fact, they will have access from the beginning to a large digital library of resources on the subject 24 hours a day. To enjoy all this and take the definitive step in their professional careers, all they need is internet connection.

This **Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Case studies presented by experts in Psychological Intervention in Psychosomatic Disorders
- ♦ 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



*This Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders contains the most complete and up-to-date program on the market"*

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*This Postgraduate Diploma will be the best investment you make, satisfying a current need that will help thousands of patients”*

*Increase your confidence in decision-making by updating your knowledge with this Postgraduate Diploma.*

*Don't miss the opportunity to update your knowledge in Intervention in Psychosomatic disorders with the cognitive-behavioral model to improve your patient care.*

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.



# 02

# Objectives

The main objective of this Postgraduate Diploma is the development Successful of theoretical and practical learning, so that the psychologist can master Clinical and Pharmacology of Psychosomatic Disorders in a practical and rigorous way. At the same time, the program seeks to catapult psychology professionals to success in their careers by increasing their employability through a global perspective with the latest knowledge in the field.







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*This updating program will provide a sense of security in the performance of the psychologist's praxis, helping you to grow personally and professionally”*



## General Objectives

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- Explain the relation between psychic conflict and its psychosomatic expression
- Train as a specialist in to identify the aspects of the psyche that do not allow emotional expression by psychological means
- Recognize the natural stressors that affect the different systems that make up our organism
- Compare the behavior of bodily disorders the basic patient conflicts
- Train as part of a multidisciplinary team with the ability to intervene and improve psychosomatic disorders
- Explain the biochemical functioning of the affected system, as well as the antidotes for improvement



*Delve into the psychosomatic clinic and its relationship with the patient's emotional system"*





## Specific Objectives

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### Module 1. Fundamentals of Psychosomatic Medicine

- ♦ Manage the psychosomatic clinic and its relationship with the patient's emotional system
- ♦ Describe all the research done in the last twenty years

### Module 2. Clinical Practice in Psychosomatic Disorders

- ♦ Achieve greater diagnostic accuracy by performing psychosomatic and psychological equivalents
- ♦ Discern between the relationships of the nervous, endocrine and immune systems
- ♦ Identify technology that is effective in the improvement of psychosomatic disorders
- ♦ Develop joint protocols with other specialists

### Module 3. Pharmacological Intervention in Psychosomatic Disorders

- ♦ Deploy interventions that do not require cognitive activity
- ♦ Control psychosocial stressors that unbalance the affected system

# 03

# Course Management

TECH has brought together for the Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders a teaching team of prestigious psychologists with extensive experience in dealing with patients with psychosomatic disorders. Their extensive know-how is reflected in this Program to offer of professionals in psychologists the most up-to-date learning in the field. Furthermore, thanks to its proximity, students will be able to quickly resolve any doubts that may arise regarding the content of this 100% online program.





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*Students will launch their professional careers under the guidance of a teaching team that is a referent in the management of patients with psychosomatic disorders”*

## Management



### Dr. Aguado Romo, Roberto

- ◆ President of the European Institute of Time-Limited Psychotherapy
- ◆ Psychologist in private practice
- ◆ Researcher in Time Limited Psychotherapy
- ◆ Guidance team coordinator for many schools
- ◆ Author of several books on Psychology
- ◆ Communicator and expert in Psychology in the media
- ◆ University courses and studies teacher
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Specialist in Clinical Psychology
- ◆ Selective Dissociation Targeting Specialist

## Professors

### Dr. Fernandez, Angel

- ◆ Director of the Evaluation and Psychotherapy Center of Madrid
- ◆ European specialist psychologist in Psychotherapy from the EFPA
- ◆ Health Psychologist
- ◆ Master's Degree in Clinical and Health Psychology
- ◆ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ◆ Author of the TEN technique
- ◆ Head of studies on the Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ◆ Specialist in Clinical Hypnosis and Relaxation

### Dr. Martínez Lorca, Manuela

- ◆ Health Psychologist
- ◆ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ◆ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ◆ Specialist in Clinical Hypnosis and Relaxation
- ◆ Degree in Psychology
- ◆ Doctor of Medicine



**Dr. Gandarias Blanco, Gorka**

- ◆ Psychologist specialized in Psychotherapy and Gestalt Therapy. Director of the URASKA clinical center
- ◆ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ◆ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ◆ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ◆ Degree in Psychology. Deusto University
- ◆ Master's Degree in Time-Limited and Health Psychotherapy
- ◆ International Master's Degree in Clinical and Health Psychology
- ◆ Diploma in Gestalt Therapy
- ◆ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)

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# Structure and Content

The structure of the contents has been designed by a team of professionals experienced in the implications of training in daily psychological praxis. Therefore, the syllabus offers an answer to the current situation of this specialization in order to be able to act before the patient with mental pathology, always with the commitment to quality teaching through new educational technologies. In this sense, TECH uses the innovative practical method of Relearning so that the student enjoys a much more natural learning cycle and successfully assimilates the concepts of the subjects.







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*Enjoy the most natural learning experience you've ever known while specializing to excel in your field”*

## Module 1. Fundamentals of Psychosomatic Medicine

- 1.1. The Soma-Psyche Unit
- 1.2. Functional Symptom, Conversion and Disease
  - 1.2.1. Psychosomatic Orientation in Psychology
  - 1.2.2. Liaison Psychology
- 1.3. Resurgence of a New Discipline: Health Psychology
  - 1.3.1. Disciplinary Delimitation
- 1.4. The Alexithymia Construct
  - 1.4.1. Historical Review of the Concept
  - 1.4.2. Features
  - 1.4.3. Etiological Hypotheses
  - 1.4.4. Assessment
  - 1.4.5. Processing Emotional Stimuli in Alexithymia
- 1.5. Psychosomatic Patients
  - 1.5.1. Psychosomatic Disease Components and Characteristics
  - 1.5.2. Processes and Dynamics of Psychosomatic Disease
  - 1.5.3. Ways Psychosomatic Disorders Manifest
- 1.6. Stress and Psychosomatics Disorders
- 1.7. Personality and Psychosomatics
- 1.8. Psychosocial Aspects of Psychosomatic Disorders
- 1.9. Psychosomatic Processes: A Defense Mechanism for Integrity?
- 1.10. Intermediate Neurophysiological, Neuroendocrine, Immunological and Psychic Mechanisms

## Module 2. Clinical Practice in Psychosomatic Disorders

- 2.1. Approach to Psychosomatic Disorders
  - 2.1.1. Managing Bonding in Psychosomatic Patients
- 2.2. Intervention Objectives Set by Time-Limited Psychotherapy
- 2.3. Assessing Psychosomatic Disorders
  - 2.3.1. Active Interview
  - 2.3.2. The Hypnotic State Assessment Questionnaire (HSAQ)
- 2.4. Self-Recording Conscious Emotional Bonding
- 2.5. K.A.V.-103 Questionnaire
- 2.6. Logotype Test
- 2.7. Rorschach Test
- 2.8. Max Lüscher Color Test

- 2.9. Cardiovascular
  - 2.9.1. Hypertension and Arterial Hypotension
  - 2.9.2. Personality Profiles Common to Cardiovascular Disorders
  - 2.9.3. Ischemic Heart Disease
    - 2.9.3.1. Angina Pectoris
    - 2.9.3.2. Acute Myocardial Infarction
    - 2.9.3.3. Cardiac Arrhythmias
- 2.10. Respiratory Function
  - 2.10.1. Bronchial Asthma
  - 2.10.2. Tobacco Use
- 2.11. Digestive Tract
  - 2.11.1. Vomiting
  - 2.11.2. Gastroduodenal Ulcer
  - 2.11.3. Diarrhea
  - 2.11.4. Spasmodic Colitis (Irritable Colon)
  - 2.11.5. Ulcerative Colitis and Crohn's Disease
  - 2.11.6. Liver and Bladder Pathology

## Module 3. Pharmacological Intervention in Psychosomatic Disorders

- 3.1. Benzodiazepine Medication
  - 3.1.1. Long Term Action
  - 3.1.2. Immediate Action
  - 3.1.3. Short Term Action
  - 3.1.4. Ultra Short-Term Action
- 3.2. Antidepressive Drugs
  - 3.2.1. Tricyclics
  - 3.2.2. Tetracyclics
  - 3.2.3. SSRIs
  - 3.2.4. SNRIs
  - 3.2.5. Non-Selective 5-HT Reuptake Inhibitors
  - 3.2.6. NA Reuptake Inhibitors
  - 3.2.7. Antagonists and 5-HT Reuptake Antagonists / Inhibitors
  - 3.2.8. DA-NA Reuptake Inhibitors
  - 3.2.9. Agomelatine



- 3.3. M.A.O.I
- 3.4. Euthymizing Drugs
  - 3.4.1. Lithium
  - 3.4.2. Valproic Acid
  - 3.4.3. Carbamazepine
  - 3.4.4. Lamotrigine
  - 3.4.5. Tipiramate
  - 3.4.6. Oxacarbazepine
  - 3.4.7. Gavapentin
  - 3.4.8. Vigabatrin
  - 3.4.9. Levetiracetam
- 3.5. Antipsychotic Drugs
- 3.6. Classic Neuroleptics
  - 3.6.1. Haloperidol
  - 3.6.2. Chlorpromazine
  - 3.6.3. Levomepromazine
  - 3.6.4. Flufenazide
  - 3.6.5. Pipotiazide
  - 3.6.6. Zuclopenthixol
- 3.7. Atypical Neuroleptics
  - 3.7.1. Clozapine
  - 3.7.2. Olanzapine
  - 3.7.3. Risperidon
  - 3.7.4. Quetiapine
  - 3.7.5. Ziprasidone
  - 3.7.6. Aripiprazole

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# 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.



06

# Certificate

The Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

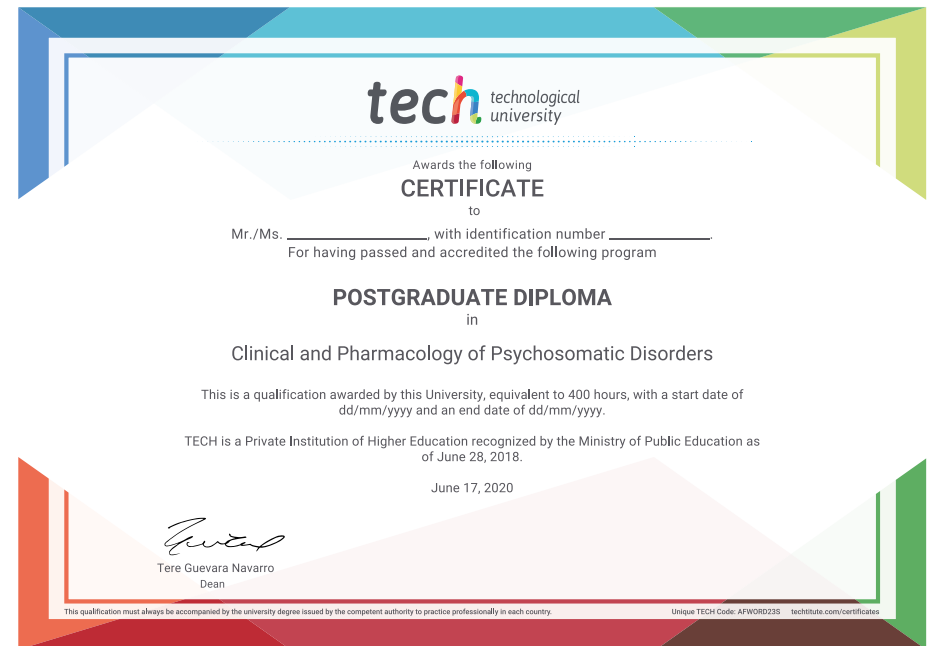
This **Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Clinical and Pharmacology of Psychosomatic Disorders**

Official N° of Hours: **400 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  
online training  
development language  
virtual classroom



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