

Postgraduate Diploma Psychological Intervention in Eating Disorders





Postgraduate Diploma Psychological Intervention in Eating Disorders

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

Acceso web: www.techtute.com/pk/psychology/postgraduate-diploma/postgraduate-diploma-psychological-intervention-eating-disorders

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01

Introduction

More and more people of all ages suffer from some type of eating disorder. Therefore, it is vital that the professional knows how to detect and treat them at a psychological level. In addition, the perspective of Eating Disorders has changed in the last thirty years, as many sectors of the population suffer from eating disorders. And this occurs in both women and men. This program offers the professional the latest tools and techniques to intervene psychologically in this type of disorders, so that they can face the contemporary challenges of this clinical area.





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This Postgraduate Diploma presents the latest advances in Psychological Intervention to be able to know and proceed appropriately when facing these eating behavior disorders"

One of the most complex processes faced by Psychology is to intervene in Eating Disorders. Fortunately, in recent years there have been developments in the approach to these disorders, so that the professional now has new tools with which to treat their patients therapeutically.

As such, this Postgraduate Diploma in Psychological Intervention in Eating Disorders has been commissioned to collect all these advances to offer them to the psychologist. In this way, at the end of this program, they will have the best techniques to treat patients suffering from this type of disorders. Likewise, throughout the qualification they will be able to delve into issues such as the comorbidity of personality disorders and Eating Disorders.

The psychologist will be able to update, in addition, from a completely online teaching method, designed especially for working professionals, since it adapts to their personal circumstances. In addition, they will have at their disposal a highly qualified and prestigious teaching staff and numerous multimedia resources to speed up their learning process.

This **Postgraduate Diploma in Psychological Intervention in Eating Disorders** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of more than 50 practical cases presented by experts in Psychological Intervention in Eating Disorders
- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ Exercises where the self-assessment process can be carried out to improve learning
- ♦ An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- ♦ 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



Psychological Intervention in this type of Disorders has evolved a lot in the last years. This program gives you access to the most recent developments"

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TECH's 100% online methodology will allow you to update your knowledge without interrupting your professional work"

Its teaching staff includes health professionals belonging to the field of psychology, who bring to this specialization the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, through which the Psychologist must try to solve the different professional practice situations that arise during the course. For this reason, they will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of psychology with extensive teaching experience.

We have a highly regarded international teaching faculty" Don't t miss this opportunity and enroll now.

Eating Disorders are one of today's major social concerns. Get up to date and enhance your prestige as a psychologist.



02

Objectives

This Postgraduate Diploma in Psychological Intervention in Eating Disorders has as its main goal to update the professional psychologist, so that they can respond effectively to these conditions, according to the latest scientific evidence, thanks to the knowledge that will transmit the prestigious faculty of this qualification.





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Reach all your professional goals thanks to this Postgraduate Diploma, which will bring you up to date in the intervention of these disorders that are so widespread nowadays”



General Objectives

- ♦ Describe the fundamentals of psychodiagnosis of Eating Disorders
- ♦ Conduct reports as a health professional or within the Eating Disorders setting
- ♦ Describe the different sub-specialties in the field of eating disorders
- ♦ Identify the family profiles of eating disorders
- ♦ Describe the workings of the mind within the context of eating disorders
- ♦ Develop intervention procedures in eating disorders
- ♦ Use multidisciplinary protocols to guide the psychosocial intervention of eating disorders
- ♦ Research into studies on eating disorders
- ♦ Apply instruments to discriminate between simulation and lying, as well as to know how to contain the emotional state of the patient performing
- ♦ Explain from the code of ethics the procedures used to help with Eating Disorders



Make the most of this opportunity and take the step to get up to date on the latest developments in Psychological Intervention in Eating Disorders”





Specific Objectives

Module 1. Psychological Intervention in Eating Disorders

- ♦ Describe the structure of the intervention process
- ♦ Acquire the skills to perform the intervention according to the patient's profile
- ♦ Manage stressful situations that may arise in the process
- ♦ Refer and detect abnormalities in this type of patients
- ♦ Ensure that the professional is trained to intervene in these disorders

Module 2. Psychosocial Aspects of Eating Disorders

- ♦ Incorporate the intervention into a multidisciplinary framework
- ♦ Review with standardized protocols the entire procedure
- ♦ Incorporate the process into the framework of a welfare society framed in the needs of aesthetics and current stylistic orders

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, who belong to the field of psychology, and who bring the experience of their work to this specialization. In this way, the professionals will be able to update their knowledge based on great specialists who have effectively put into practice the techniques that will be taught in this qualification.





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Learn from leading professionals the latest advances in Psychological Intervention in Eating Disorders”

Management



Dr. Gascón Martín, Laura

- ♦ Health psychologist and director of the Talavera de la Reina Evaluation and Psychotherapy Center
- ♦ Forensic and Legal Psychology Specialist
- ♦ Psychologist of Courts 1 and 2 of Toledo
- ♦ Coordinator in Toledo of the emergency intervention and psychological assistance plan
- ♦ Coordinator of the national gender violence plan of the Society for Time-Limited Psychotherapies
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Adult Psychotherapy Expert



Aguado Romo, Roberto

- ♦ President of the European Institute for 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 postgraduate studies teacher.
- ♦ President of the European Institute of Time-Limited Psychotherapies
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

Professors

Dr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of the Hospital Quirón in Marbella
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master's Degree in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming
- ♦ Specialist in Clinical Hypnosis and Relaxation

Dr. Fernandez, Angel

- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ 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

- ♦ Doctorate in Psychology, University of Castilla-La Mancha
- ♦ Health Psychologist.
- ♦ Lecturer in the Department of Psychology at the UCLM
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies. Specialist in Clinical Hypnosis and Relaxation

Dr. Otero, Verónica

- ♦ European specialist psychologist in Psychotherapy at the CEP health center in Bilbao
- ♦ Head of the children and youth area of intervention with PTL in the CEP of Bilbao
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Child and Adolescent Specialist

Dr. Zabala Baños, María Carmen

- ♦ PhD in Psychology, University of Castilla La Mancha
- ♦ Health Psychologist. Master's Degree in Clinical and Health Psychology
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Psychosocial and Work Rehabilitation Specialist
- ♦ Specialist in Clinical Hypnosis and Relaxation

04

Structure and Content

This Postgraduate Diploma in Psychological Intervention in Eating Disorders is composed of 2 specialized modules through which the psychologist will be able to delve into issues such as the role of personality in Eating Disorders, comorbidity in Eating Disorders and social pressure, risk groups, factors such as the socioeconomic position of the family or the psychopathology of the macrocontext and impact on ED, etc.





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The most comprehensive, in-depth and advanced content in Eating Disorders is found in this refresher program"

Module 1. Personality and Eating Disorders

- 1.1. Admission Criteria in Anorexia Nervosa
 - 1.1.1. Persistent Weight Loss in Less Than Three Months
 - 1.1.2. Severe Water and Electrolyte Disorders
 - 1.1.3. Cardiac Arrhythmias
 - 1.1.4. Outpatient Treatment Failure
 - 1.1.5. Overt Refusal to Eat
- 1.2. Admission Criteria in Bulimia Nervosa
 - 1.2.1. Self-Harm Idea
 - 1.2.2. Severe Depression Associated With Delirious Activity
 - 1.2.3. Toxic Psychosis
 - 1.2.4. Binge Eating and Uncontrollable Vomiting
 - 1.2.5. Medical Complications
 - 1.2.6. Family Incompetence
- 1.3. Criteria for Admission to Day Hospital in Anorexia and Bulimia Nervosa
 - 1.3.1. Serious Malnutrition
 - 1.3.2. Somatic Complications
 - 1.3.3. Absence of Family Support
 - 1.3.4. Episodes of Voracity and Vomiting
 - 1.3.5. Not Being Aware of the Disease
- 1.4. Psychological Intervention in the Normalization Phase of Eating Behavior
 - 1.4.1. Awareness of the Disease
 - 1.4.2. Establishing the Therapeutic Relationship.
 - 1.4.3. Nutritional Psychoeducation
- 1.5. Cognitive Restructuring of the Patient
 - 1.5.1. Reduction of Anxiety Levels
 - 1.5.2. Elimination of Obsessive Thoughts
 - 1.5.3. Elimination of Practicing Rituals
 - 1.5.4. Minimize the Risk of Occurrence of Occasional Crises
 - 1.5.5. Encourage Diverting Attention to Other Non-Pathological Areas of the Patient
 - 1.5.6. Prevent the Practice of Purging Behaviors
 - 1.5.7. Dichotomous Thinking
 - 1.5.8. Thought interpretation-Guidance
 - 1.5.9. Catastrophic Visions
- 1.6. Re-nutrition and Replenishment
- 1.7. Acquisition of Resources and Basic Needs of Coping
 - 1.7.1. Self-Esteem Improvement
 - 1.7.2. Social Skills Training
 - 1.7.3. Body Image Work
 - 1.7.4. Relaxation Training
 - 1.7.5. Exposure to the Body in the Mirror
- 1.8. Eliminating Body Image Distortion
 - 1.8.1. Psychomotor Techniques
 - 1.8.2. Silhouette Adjustment Exercises
- 1.9. Relapse Prevention
 - 1.9.1. Preparation for Discharge
 - 1.9.2. Control Sessions
- 1.10. Mediation
 - 1.10.1. Mediator is Present, Does Not Have an Influence
 - 1.10.2. Arbitration Decision-Making by Listening to the Parties
 - 1.10.3. Neutral Evaluation Draw Consequences From the Data Obtained
- 1.11. Coaching and Psychology
 - 1.11.1. Equalities
 - 1.11.2. Differences
 - 1.11.3. Contradictions
 - 1.11.4. Impersonation
 - 1.11.5. Declaring Bankruptcy
 - 1.11.6. Stripping Off the Masks
 - 1.11.7. Re-Engineering Ourselves
 - 1.11.8. Focusing on the Task
- 1.12. Facing Challenges that can be Taken on
 - 1.12.1. Locus of Control
 - 1.12.2. Expectations

- 1.13. Clear Goals
 - 1.13.1. Definition of Where We Are
 - 1.13.2. Definition of Where we Want to Go
- 1.14. Feeding Back on the Activity
 - 1.14.1. Placing the Attitude in Action and not in Anticipatory Thinking
 - 1.14.2. Verbalizing Small Achievements
 - 1.14.3. Be Flexible and Allow for Frustration
- 1.15. Administrative Time
 - 1.15.1. Difference Between Chronological Time and Mental Time
 - 1.15.2. Ability to Do Something at this Time
- 1.16. Conflict Management.
 - 1.16.1. Emotional Management
 - 1.16.2. Saying What I Think, but From HOME Emotions
- 1.17. Dialogue With Beliefs
 - 1.17.1. Self-Dialogue
- 1.18. Emotional Management
 - 1.18.1. Identifying Emotions
 - 1.18.2. Identifying Suitable Emotions
 - 1.18.3. Changing Emotions for Others

Module 2. Psychosocial Aspects of Eating Disorders

- 2.1. Ethnic Eating Disorders
- 2.2. Eating Disorder Spectrum Disorders
- 2.3. Comorbidity in Eating Disorders and Social Pressure
- 2.4. Risk Groups
- 2.5. Psychopathology of the Microcontext and Impact on Eating Disorders
- 2.6. Family's Socioeconomic Position
- 2.7. Autonomy Over the Family
- 2.8. Psychopathology of the Mesocontext and Impact on Eating Disorders
- 2.9. Impact on the Family and the Outside
- 2.10. Abuse and Rape
- 2.11. Deprivation of Attention
- 2.12. Autonomous Self
- 2.13. School
- 2.14. Neighbourhood
- 2.15. Psychopathology of the Macrocontext and Impact on Eating Disorders



A unique, key, and decisive master's degree experience to boost your professional development"

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. 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 Psychological Intervention in Eating 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 Psychological Intervention in Eating 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 Psychological Intervention in Eating Disorders**

Official N° of Hours: **450 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.

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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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Psychological Intervention
in Eating Disorders

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Postgraduate Diploma

Psychological Intervention in Eating Disorders

