

## 61874 - Innovative techniques for psychological interventions

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	3.0
Year	1
Semester	Half-yearly
Subject Type	Optional
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on a participative and Problem-Based Learning methodology. Along with the lectures, the students will discuss critical issues, and learn how to express their opinions in public and defend their position in a respectful and constructive manner.

#### **5.2.Learning tasks**

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The course includes the following learning tasks:

- Lectures
- Case studies
- Information searching and cooperative work
- Reading
- Students' oral presentations
- Viewing of audiovisual material
- Conferences (if available during the semester)
- Visiting experts

### 5.3.Syllabus

The course will address the following topics:

Topic 1. Information and Communication Technologies in Clinical and Health Psychology

Topic 2. Therapeutic approaches based on Positive Psychology

Topic 3. Acceptance-based therapies

Topic 4. Mindfulness-based therapies

### 5.4.Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class.

### 5.5.Bibliography and recommended resources

- Hayes, S.C.. Acceptance and commitment therapy / S.C. Hayes, Strosahl, K.D., Wilson, K.G.. 2ª ed. Madrid : Desclée De Brouwer, 2011
- Hervás, G. : Intervenciones psicológicas para la promoción del bienestar. En Psicología positiva aplicada / G. Vazquez, G. Hervás . Bilbao: Editorial Desclée de Brouwer, 2009
- La utilización de las nuevas tecnologías de la información y la comunicación en psicología / Cristina Botella (et al.). En UOC papers: Revista sobre la sociedad del conocimiento, nº 4, marzo 2007. [Monográfico: Intervención en salud en la Red]