



Year : 2018/19

## **25943 - Humanist Therapy**

### **Syllabus Information**

<b>Academic Year:</b>	2018/19
<b>Subject:</b>	25943 - Humanist Therapy
<b>Faculty / School:</b>	301 -
<b>Degree:</b>	270 - Degree in Psychology
<b>ECTS:</b>	6.0
<b>Year:</b>	
<b>Semester:</b>	Four-month period
<b>Subject Type:</b>	Optional
<b>Module:</b>	

### **General information**

#### **Aims of the course**

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

#### **Recommendations to take this course**

#### **Learning goals**

#### **Competences**

#### **Learning goals**

#### **Importance of learning goals**

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

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

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

#### **Methodological overview**

The learning process that is designed for this subject is based on:

1. The methodology used will be expository and participatory

2. The theoretical and practical content will be presented by the teacher with questions, discussions, debates and public sharing of opinions to reach conclusions

3. Cooperative learning methodology will be used, based on problem-solving of real clinical cases

## **Learning tasks**

**The program that the student is offered to help achieve the expected results includes the following activities:**

1. Lectures where the teacher will present the basic concepts about a topic (30 hours)
2. Analysis of case studies where students will practice the concepts learned (40 hours)
3. Cooperative work (10 hours)

## **Syllabus**

### **Topic 1. Techniques based on Classical Conditioning**

1.1. Relaxation and breathing

1.2. Systematic Desensitization

1.3. Exposure Techniques

1.4. Aversive Procedures

### **Topic 2. Techniques based on Operant Conditioning**

2.1. Shaping, fading and chaining

2.2. Reinforcing tabs

2.3. Contingency Contract

2.4. Biofeedback

2.5. Social Skills Training

### **Topic 3. Cognitive and Self-Control Techniques**

3.1. Cognitive Therapy

3.2. Rational Emotive Therapy

3.3. Self-Control Methods

3.4. Troubleshooting Training

### **Topic 4. Therapies based on Acceptance and Mindfulness**

4.1. Acceptance and Commitment Therapy

4.2. Functional Analytic Psychotherapy

4.3. Depression Therapy based on Mindfulness

4.4. Couples Therapy

4.5. Dialectical Behavior Therapy

## Course planning and calendar

Sessions, presentation of works, the program content and the literature recommended shall be specified at the beginning of the course 2018-2019 by the teacher

## Bibliography and recommended resources

### BASIC REFERENCES:

- Labrador Encinas, Francisco Javier. Manual de técnicas de modificación y terapia de conducta / Francisco J. Labrador, Juan Antonio Cruzado, Manuel Muñoz . Madrid : Pirámide, D.L. 2008

### COMPLEMENTARY REFERENCES:

- Olivares Rodríguez, José. Técnicas de modificación de conducta / José Olivares Rodríguez, Francisco Xavier Méndez Carrillo . 2a. ed., rev. Madrid : Biblioteca Nueva, 1999
- Wilson, Kelly G.. Terapia de aceptación y compromiso (ACT) : un tratamiento conductual orientado a los valores / Kelly G. Wilson, Ma. Carmen Luciano Soriano . Madrid : Pirámide, D.L. 2002
- Vallejo Pareja, Miguel Angel. Manual de terapia de conducta / Miguel A. Vallejo Pareja . Madrid : Dykinson, 1998
- Guía de tratamientos psicológicos eficaces. I , Adultos / coordinadores Marino Pérez Alvarez ... [et al.] . [1ª ed.] Madrid : Pirámide, D. L. 2003
- Guía de tratamientos psicológicos eficaces. II , Psicología de la salud/ coordinadores Marino Pérez Alvarez ... [et al.] . Madrid : Pirámide, D.L.2003