

## 25922 - Psychopathology and intervention techniques II

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 25922 - Psychopathology and intervention techniques II

**Faculty / School:** 301 -

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:** 3

**Semester:** Second Four-month period

**Subject Type:** Compulsory

**Module:**

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

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

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

In the subject Psychopathology and Therapeutic Interventions II, we will employ a participative methodology, using the Problem-Based Learning methodology as referent. We will stimulate critical thinking, by analyzing and discussing about the usefulness of the different theoretical approaches to therapy. This way, our purpose is to help student to choose the theoretical approach that fits better their goals in their future work as psychologists.

#### 4.2.Learning tasks

Lecture sessions: 30 hours (3 ECTS)

Practice sessions (case studies, general design of therapeutic interventions): 30 hours (3 ECTS)

#### 4.3.Syllabus

UNIT I. Introduction to systems of psychotherapy

1. Introduction and history of the different systems of psychotherapy

UNIT II. Depth Psychology

2. Psychoanalysis (Freud)

3. Individual Psychology (Adler)

UNIT III. Discovering contingencies

4. Behavior Modification (First wave of Behavior Therapies)

5. Behavior Therapy and Cognitive Therapies (Second wave of Behavior Therapies: Beck, Ellis)

6. Acceptance-Based therapies (Third wave of Behavior Therapies: Hayes, Kohlenberg, Linehan)

UNIT IV. Searching for meaning

7. Client-centered therapy (Rogers)

8. Gestalt Therapy (Perls)

UNIT V. Beyond the individual: the family as a unity

9. Family/Systemic Therapy

#### **4.4.Course planning and calendar**

It will be specified at the beginning of the semester

#### **4.5.Bibliography and recommended resources**

- Feixas Viaplana, Guillem. Aproximaciones a la psicoterapia : una introducción a los tratamientos psicológicos / Guillem Feixas, M<sup>a</sup> Teresa Miró . 18<sup>a</sup> imp. Barcelona : Paidós, 2010
- Frankl, Viktor Emil. El hombre en busca del sentido último : el análisis existencial y la conciencia espiritual del ser humano / Viktor E. Frankl . Barcelona [etc.] : Paidós, D.L. 2009
- Freud, Sigmund. Psicopatología de la vida cotidiana / Sigmund Freud ; [traductor Luis López-Ballesteros y de Torres] . [1a ed., 11 reimp.] Madrid : Alianza Editorial, 1985
- Pérez Álvarez, M.. Tratamientos psicológico / Mariano Pérez Álvarez. Madrid : Uiversitas, 1996
- Pérez Álvarez, M. La psicoterapia desde el punto de vista conductista / M. Pérez Álvarez. Madrid : Biblioteca Nueva, 1996
- Skinner, Burrhus Frederic. Más allá de la libertad y la dignidad / B.F. Skinner ; trad. de Juan José Coy . Barcelona : Martínez Roca, D.L. 1998
- Valdivia-Salas, S., y Páez, M. (2019). Aceptación psicológica. Qué es y por qué se fomenta en terapia. Madrid: Pirámide.