

# 61874 - Innovative techniques for psychological interventions

## Syllabus Information

**Academic Year:** 2020/21

**Subject:** 61874 - Innovative techniques for psychological interventions

**Faculty / School:** 301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 557 - Master's in General Sanitary Psychology

**ECTS:** 3.0

**Year:** 1

**Semester:** First semester

**Subject Type:** Optional

**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)

Theoretical contents: 60% total grade. Written exam containing various item formats (true/false; multiple choice; short answer).

Practical contents: 40%. Case studies analyzed during the semester.

Note: in case the sanitary alert led to distance learning recommendations, the evaluation would be carried out by using online platforms such as Moodle, Google Meets or similar.

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

### 4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on a participative 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.

Note: in case the sanitary alert led to distance learning recommendations, the methodology will be adapted to online systems such as Moodle, Google Meets or similar.

### 4.2.Learning tasks

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

### **4.3.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. Group interventions for the persistent emotional dysregulation treatment (Dialectical-Behavioral Therapy and Systems Training for Emotional Predictability and Problem Solving (STEPPS)).

Topic 4. Acceptance-based therapies

Topic 5. Mindfulness-based therapies

### **4.4.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.

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

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=61874&Identificador=C70632>