

Academic Year/course: 2021/22

25941 - Cognitive and behavioural therapies

Syllabus Information

Academic Year: 2021/22

Subject: 25941 - Cognitive and behavioural therapies

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

Degree: 270 - Degree in Psychology

ECTS: 6.0

Year: 2 and 4 and 3

Semester: Second Four-month period

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process that has been designed for this subject is based on the following:

The content of the program will be given following the model of theory sessions and following problem-solving methodology.

The teacher's theoretical explanations are combined with practice sessions in groups, to facilitate the acquisition of skills and abilities by the student.

In all the assignments, it will be valued that the student includes the APA format as well as references of relevant publications.

Note: In the event that for health security reasons changes in teaching arise, the following modifications may be carried out:

1. The classes will be adapted to the online format (classes through Google Meet or another platform approved by Unizar).
2. Moodle will be used as the preferred way to exchange material. Scientific articles, case studies, Power Point presentations and links to various resources will be used.
3. The communication between student and teacher will be carried out by email and / or meetings by Google Meet or other tools approved by the university.

4.2. Learning tasks

The program offered to the student to help achieve the expected results includes the following activities

- Theory sessions
- Practice sessions in groups, dealing with:

Expansion of aspects of psychopathologies treated in class by students.
Design an interview and formulate initial hypotheses.

Differential diagnosis of cases
Exercises of search of information.
Viewing of scientific videos related to the subject.
Assignments on the latest advances in psychopathology.

4.3. Syllabus

UNIT 1. Normal and pathological psychological development in childhood. Major and minor psychopathological problems and their causes.

UNIT 2. Conceptual constitution of child psychopathology.

UNIT 3. Classification and diagnostic process in Child Psychopathology.

UNIT 4. Sleep disorders.

UNIT 5. Eating disorders

UNIT 6. Abuse and sexual abuse in childhood.

UNIT 7. Problems in the development of sexuality in children and adolescents.

UNIT 8. Language disorders in childhood.

UNIT 9. Disorders of stereotyped and self-injurious movements.

UNIT 10 Grief in the child and adolescent.

unit 11. Drug addiction in childhood and adolescence

4.4. Course planning and calendar

- Theory sessions in a large group during the 2nd semester.
- Compulsory practice sessions in the 2nd semester
- Examination of theory at the end of the semester.
- Submission of assignments from practice sessions as they are finished.

EVALUATION SYSTEM:

The theoretical evaluation will be made through a partial exam consisting of 40 test questions.

In the final mark, the practices carried out during the course will count for 50% in the grade. In order to calculate the average final mark, it is necessary to pass both of them.

Active participation in class may increase the final grade.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?id=4644>