

Academic Year/course: 2021/22

## 61875 - Personality, health and vulnerability to psychopathology

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 61875 - Personality, health and vulnerability to psychopathology

**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

### 2. Learning goals

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

### 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 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.

**Note:** In the case of changing the on-site format classes to online format classes because of health security reasons we will be able to do the following adaptations:

1. We will adapt the theoretical and practice classes to an online format (through Google Meet or another platform adopted by Unizar).
2. We will use Moodle as a main way to exchange material. We will add research articles, clinical cases, ppt presentations and links to contents of interest.
3. The tutorials will be conducted through email and/or Google Meet or another platform adopted by Unizar).

#### 4.2. Learning tasks

The course includes the following learning tasks:

1. Theoretical classes (15 h). 1,5 ECTS
2. Practical classes (10 h). 1 ECTS
3. Oral presentations (5 h). 0,5 ECTS

#### 4.3. Syllabus

##### **Module 1: What is the transdiagnostic approach?**

1. Crisis of the categorical diagnosis model.
2. What is the transdiagnostic approach? Examples:
  - 2.1. Eating disorders

## 2.2. Emotional disorders (ED)

### **Módulo 2: Personality, vulnerability & emotional disorders.**

1. Introduction
2. Similarities between ED
3. Underlying temperamental structure of the ED
4. ED nature
  - 4.1. Etiological and maintenance transdiagnostic constructs in ED
  - 4.2. The role of the emotional regulation in ED
5. Dimensional diagnosis of ED
6. Changes in neuroticism
7. Neuroticism and health
8. Prevention and treatment of neuroticism

### **Module 3: Case formulation from the unified protocol approach.**

1. Assessment and case formulation from the Unified Protocol.

### **Module 4: Unified protocol for the transdiagnostic treatment of ED session by session**

### **Module 5: Other emotional regulation based interventions**

1. Dialectical Behavioral Therapy for the treatment of Borderline Personality Disorder
2. Systems Training for Emotional Predictability & Problem Solving (STEPPS) for skill training in borderline Personality Disorder

## **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=61875&Identificador=C70633>