

61874 - Innovative techniques for psychological interventions

Syllabus Information

Academic year: 2023/24

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

The main objective of this subject is to provide students with a deeper understanding of some of the therapeutic approaches that have emerged in recent decades in the field of Behavioural Therapies to address the shortcomings observed by clinicians with respect to traditional treatment techniques. While these new approaches do not break with the above, they depart from their underlying premises and philosophies to place greater emphasis on health promotion (as opposed to disease treatment), and intervention on vulnerabilities common to different psychopathologies. It is also intended that students develop a critical sense regarding their use and results. Through this subject, students will be able to understand that psychology is a science in motion and that new clinical knowledge must be generated to improve psychological treatments. Students will also learn to search for evidence on the efficacy, effectiveness and efficiency of some of the most current psychological techniques, being aware that this is achieved through a process of accumulation of information over time.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement. Goal 3: Health and well-being. Goal 4: Quality education. Goal 5: Gender equality. Goal 10: Reduction of inequalities

2. Learning results

- The student will acquire, develop and put into practice a concept of integral health in accordance with the guidelines established by the WHO.
- The student will have an in-depth knowledge of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
- The student will have an in-depth knowledge of the psychological nature of human behavioural disorders.
- The student will have an in-depth knowledge of the psychosocial factors associated with health problems and disease.
- The student will have an in-depth knowledge of the biological and psychosocial factors associated with health problems and disease, especially those related to mental health.
- The student will have an in-depth knowledge of the different models of evaluation and intervention in the field of General Health Psychology, as well as the techniques and procedures derived from them for the approach to behavioural disorders.
- The student will be able to design, develop and, if necessary, supervise and evaluate psychological intervention plans and programmes according to the psychological assessment and the individual and social variables involved in each case.
- The student will be able to carry out activities for the promotion of and education for individual and community psychological health.

3. Syllabus

Unit 1. Information and Communication Technologies applied to clinical and health psychology.

Unit 2. Therapeutic approaches based on positive psychology

Unit 3. Therapies based on psychological acceptance

Unit 4. Mindfulness-based therapeutic approaches

4. Academic activities

1. Lectures: 12 hrs.
2. Practical classes (analysis of case studies, videos, role-playing, etc.): 8 hours.
3. Classroom lectures by experts in the content of the subject: 10 hrs.

5. Assessment system

1. Written test (grade from 0 to 10) at the end of the term. The grade may account for 60% of the final grade. The test may contain multiple choice, short answer or essay questions (to be determined at the beginning of the term).
2. Continuous work (grade from 0 to 10). The grade may account for about 40% of the final grade. The resulting grades may be derived from practice reports, preparation of individual and/or group work, attendance to conferences or lectures related to the content of the subject, among other activities that will be determined by the person in charge of the subject. The grade obtained in this section will only count for the final grade provided that the student has passed the written test (minimum 3 out of 6 points in the case that this test adds up to 6 points).

Students will be able to carry out the continuous assessment activities as long as class attendance is not below 80% of the teaching hours of the subject.

In any case, the student is entitled to a global assessment of the subject in which they may opt for the maximum grade (up to 10 points).