

31226 - Psychotherapy Systems

Syllabus Information

Academic year: 2024/25

Subject: 31226 - Psychotherapy Systems

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

Degree: 613 - Degree in Psychology

ECTS: 6.0

Year: 3

Semester: Second semester

Subject type: Compulsory

Module:

1. General information

This subject belongs to the area of Personality, Evaluation and Psychological Treatment of the Degree in Psychology. It offers an introduction to the context and logic of the different models of psychological intervention, with the general objective of providing students with the knowledge to relate this subject to a broader structure of psychological knowledge; and with the particular objective of initiating students in the necessary strategies to define the model of psychological intervention that they will adopt during their future clinical practice.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), specifically, the learning activities planned in this subject will contribute to the achievement of Objective 3.4 of Goal 3, Objectives 4.3 and 4.4. of Goal 4, and Objectives 5.1 and 5.c of Goal 5.

2. Learning results

Upon completion of the subject, the student will be able to:

1. Have a deeper knowledge of the main models of psychological intervention: Psychoanalysis, Psychotherapy Behavioural, Humanistic/Existential/Phenomenological Therapies, and Family-Systemic Therapy.
2. Be familiar with the design of psychological interventions for specific disorders, setting objectives and procedures.
3. Know the historical context, general characteristics, rules of application, fields of application, and advantages and limitations of intervention model.

3. Syllabus

BLOCK I. Introduction to psychological therapies.

Unit 1. Introduction and history of psychological therapies.

BLOCK II. Depth psychology.

Unit 2. Psychoanalysis (Freud).

Unit 3. Individual psychology (Adler).

BLOCK III. The discovery of contingencies.

Unit 4. Behaviour modification (First Generation Behavioural Therapies).

Unit 5. Cognitive-behavioural therapy (Second Generation Behavioural Therapies).

Unit 6. Contextual therapies (Third Generation Behavioural Therapies).

BLOCK IV. The search for the person.

Unit 7. Client-centred therapy (Rogers).

Unit 8. Gestalt Therapy (Perls).

BLOCK V. Beyond the individual: the family as a unit.

Unit 9. Family-systemic therapy.

4. Academic activities

This subject will follow an eminently participative methodology, using as a reference the flipped class methodology to stimulate critical thinking, analysis and discussion of the validity of the different theoretical approaches

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

- Activities for the development of theoretical content (lectures, presentation and discussion of models): 30 hours (3 ECTS).
- Practical activities (case analysis, preliminary design of psychological treatments, video viewing of therapeutic sessions): 30 hours (3 ECTS).

5. Assessment system

The student must demonstrate achievement of the intended learning results through the following assessment activities:

- Written test at the end of the term: it may represent around 60% of the final grade (to be determined at the beginning of the subject). The test may contain true/false, multiple choice (3 answer alternatives), short answer, or essay questions.
- Continuous work: it may represent around 40% of the final grade (to be determined at the beginning of the subject) and involves the completion of activities, practice reports, discussion on a topic of interest, etc. . In order for this grade to be taken into account in the final grade, students must pass the written test with at least 5 out of 10 points.

In any case, students will have the right to take a single global evaluation on the date foreseen in the official exam calendar.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 5 - Gender Equality