

# 31230 - Intervention Techniques and Psychological Treatments

## Syllabus Information

**Academic year:** 2024/25

**Subject:** 31230 - Intervention Techniques and Psychological Treatments

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

**Degree:** 613 - Degree in Psychology

**ECTS:** 6.0

**Year:** 4

**Semester:** First semester

**Subject type:** Compulsory

**Module:**

### 1. General information

The subject aims to train students in the theoretical knowledge, fundamentals and procedures of intervention of behavioural therapies of different generations. As a final year subject, it is understood that the students will master, to a greater or lesser degree, the learning processes of psychological assessment, with special emphasis on functional analysis, as well as concepts related to psychopathology, both clinical and theoretical. The main objectives of the subject are detailed below::

- A. To know the concept, characteristics and models on which behavioural therapies are based.
- B. To know the process of intervention in therapy
- C. To know the different areas of application of the procedures
- D. To master essential therapeutic skills in the field of intervention

### 2. Learning results

- To recognize the main techniques proposed by behavioural therapies for the treatment of psychopathologies.
- To recognize the theoretical and experimental foundations on which each of the techniques of behavioural therapies are based
- To produce a treatment proposal for psychopathologies from the perspective of behavioural therapies

#### GENERAL SKILLS

CG03 - Showing interpersonal relationship skills

CG04 - Recognize the different theoretical perspectives on the topics being worked on, comment on conclusions and make decisions

CG07 - Act with creativity, research and professional communication culture

CB2 - That students know how to apply their knowledge to their work or vocation in a professional manner and possess the skills that are usually demonstrated through the development and defence of arguments and problem solving within their area of study

CB3 - That students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific or ethical issues.

CB4 - That students are able to convey information, ideas, problems and solutions to both specialized and non-specialized audiences.

CB5 - That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy

#### SPECIFIC SKILLS

CE02 - To plan the evaluation of psychological programs and/or interventions, selecting the appropriate indicators and techniques

SC05 - To design and apply a psychological intervention strategy/plan, depending on the contexts or service demanded

CE06 - To respond and act appropriately and professionally, taking into account the attitudes and values of the profession, as well as its ethical and deontological code, in each and every one of the intervention processes

CE07 - To prepare technical reports, both oral and written, on the results of the evaluation process, research or services demanded, respecting the ethical commitment required for the dissemination of psychological knowledge

CE08 - To use the different documentary sources in psychology, show a mastery of the strategies necessary to access information and assess the need to update the documentation

### 3. Syllabus

#### UNIT 1: FUNDAMENTALS OF PSYCHOTHERAPY

- 1.1. The nature of the psychological and its implication in psychotherapy
- 1.2. Psychological disorders as natural or interactive types
- 1.3. Evidence-based, empirically validated treatments and the great psychotherapy debate

## **UNIT 2: CHARACTERIZATION OF BEHAVIORAL THERAPIES**

- 2.1- Assumptions and objectives of behavioural therapies
- 2.2- Observation and measurement of behaviour
- 2.3- Functional analysis of behaviour

## **UNIT 3: APPLIED BEHAVIOR ANALYSIS MODEL**

- 3.1- General characteristics of applied behaviour analysis
- 3.2- Techniques derived from operant conditioning

## **UNIT 4. NEOBEHAVIORAL-MEDIATED MODEL**

- 4.1- General characteristics of mediational behaviourism
- 4.2- Techniques derived from classical conditioning

## **UNIT 5. COGNITIVE-BEHAVIORAL MODEL**

- 5.1- General characteristics of cognitivism
- 5.2- Techniques derived from social learning

## **UNIT 6. CONTEXTUAL MODEL**

- 6.1- General characteristics of functional contextualism
- 6.2- Third generation therapies

## **4. Academic activities**

In order to facilitate the acquisition of the competences foreseen for this subject, the following activities have been arranged:

Explanatory classes which will have a lecture format. This activity is aimed at showing students the main contents, both from a conceptual and methodological point of view, of each of the sections of the syllabus.

The explanatory classes will constitute the starting point for the development of each of the topics, which can then be approached from other perspectives or with a different intensity, in the different training activities proposed.

Practical classes and seminars where, in small groups, it will be possible to deepen in aspects covered in the theoretical presentations, approaching different theoretical models, clinical cases, etc

As far as possible, an eminently participative methodology will be followed, using as a reference a methodology derived from problem-based learning to stimulate critical thinking, analysis and discussion of the validity of different therapeutic strategies.

## **5. Assessment system**

Students must demonstrate that they have achieved the expected learning results by means of the following assessment activities.

Evaluation by examination. There will be a final exam to be developed, consisting of a 30-multiple choice question test

with three answer options. Every two errors will result in the elimination of one success. Questions will come from the syllabus topics developed in class. The exam will account for 60% of the final grade.

Practical test. The student will receive an evaluation of the activity developed during the term in the practical classes . Attendance and completion of 80% of the practical sessions will be considered as a criterion for passing the practical part of the subject. This part will account for 40% of the final grade

The final grade of the subject will be the result of the weighted average of both evaluations, provided that the student has passed both parts. In any case, students will be entitled to a global evaluation on all the contents of the subject in which they may opt to the maximum grade.

## **6. Sustainable Development Goals**

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