

31241 - Counselling and Psychological Assessment

Syllabus Information

Academic year: 2024/25

Subject: 31241 - Counselling and Psychological Assessment

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

Degree: 613 - Degree in Psychology

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

The aim of this subject is to introduce the student to the psychological advice and counselling approach. This discipline is based on the establishment of a helpful relationship centered in the person, oriented both to solve psychological problems and interpersonal difficulties and to promote healthy behaviors. The subject will focus on the clinical model of advice and counselling and specially in two types of techniques, those oriented to not provide psychological treatment and the techniques characteristic of the cognitive behavioral therapy.

2. Learning results

To know the history and objectives of the psychological advice and counselling approach

To differentiate the different psychological advice and counselling fields

To learn how to identify when is not recommended a psychological intervention

To learn how to explain that is not recommended a psychological intervention

To recognize the most common techniques from the cognitive behavioral therapy to treat psychological disorders

To know the theoretical and experimental foundations on which the cognitive behavioral therapy techniques are based

To know how to use the most common techniques proposed by the cognitive behavioral therapy.

To recognize the ethical implications of the clinical psychology techniques and interventions

3. Syllabus

Theme 1. Introduction to the Psychological advice and counselling

Theme 2. Recommendation of no psychological intervention

Theme 3. Introduction to the Cognitive Behavioral Therapy

Theme 4. Problem solving

Theme 5. Motivation for change

Theme 6. Psychoeducation

Theme 7. Functional analysis

Theme 8. Mindful emotion awareness

Theme 9. Cognitive flexibility

Theme 10. Interoceptive and emotional exposure

Theme 11. Behavioral activation

Theme 12. Relapse prevention

4. Academic activities

The general activities to be carried out during the term will be as follows: 1) Explanatory classes. The professional/ tutor/ teacher explains the basic notions of a subject through the use of diagrams or illustrations; 2) practical activities of cases and problems. The student works actively on materials proposed by the teacher/professional/ tutor (simulation programs, clinical cases, videos...), reinforcing the concepts explained in the lectures; 3) Directed academic activities; 4) Presentation of work; 5) Invited experts; 6) Evaluation.

5. Assessment system

Assessment of the theoretical part: 60% of the final note (up to 6 points). The exam will be composed of 30 questions

with three response choice. It will be applying the formula: $S-E/(n-1)$, being S: number of successes; E: number of errors; n: number of alternatives of each question.

Assessment of the practical part: 40% of the final note (up to 4 points). Through the following assessment activities:

2.1. 30% (up to 3 points) through short questions in the final exam.

2.2. 10% (up to 1 point) through the continued assessment over the practical classes. Students will be able to obtain up to 1 point through the response to 4 F/T questions at the end of the class. It will be chosen 10 practical classes of the subject to sum 0.1 each one. The 0,1 will be sum only if three of the four questions are correct. To benefit from the continued assessment students must assist at least 80% of the practical classes.

To pass the subject students must overcome parts (1) and (2.1), that is, to obtain 3 points from part (1) and 1,5 from part (2.1). In case some of these two parts are not overcome, the overcome part will be kept one call.

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). This global evaluation will consist of an objective test with multiple choice questions and a test of the practical part of the subject.

6. Sustainable Development Goals

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