

61874 - Innovative techniques for psychological interventions

Syllabus Information

Academic year: 2024/25

Subject: 61874 - Innovative techniques for psychological interventions

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

Degree: 557 - Master's in General Sanitary Psychology
654 - 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 for students to learn, in greater depth, the most recent psychological techniques used in the treatment protocols of different psychotherapeutic approaches. Students will understand the logic of their use, how they are applied and in what contexts and clinical profiles. 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 look 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.

2. Learning results

- The student is able to differentiate and apply the different evaluation models in the field of General Health Psychology.
- The student is able to recognize and apply the different techniques and procedures derived from the different evaluation models to address behavioral disorders and psychological factors associated with health problems.
- The student is able to design, develop and, where appropriate, supervise and evaluate psychological intervention plans and programs, based on the psychological evaluation and the individual and social variables concurrent in each case.
- The student knows how to develop and apply an effective psychological intervention program in relation to the designed program.
- The student knows how to evaluate the results of the psychological intervention program.
- The student is able to carry out a critical analysis of the results of a psychological intervention program and define proposals for improvement.

3. Syllabus

Unit 1. Therapies based on psychological acceptance

Unit 2. Mindfulness-based therapeutic approaches

Unit 3. Therapeutic approaches based on positive psychology

Unit 4. Information and Communication Technologies applied to clinical and health psychology

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).

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).

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 10 - Reduction of Inequalities