

61883 - Evidence-based psychological treatments in childhood-adolescence and adults

Syllabus Information

Academic year: 2024/25

Subject: 61883 - Evidence-based psychological treatments in childhood-adolescence and adults

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

Degree: 654 - Master's in General Sanitary Psychology

ECTS: 6.0

Year: 1

Semester: Second semester

Subject type: Compulsory

Module:

1. General information

The main objective of this course is to deepen the knowledge and application of the psychological treatment techniques that are considered of choice for the treatment of the most prevalent behavioral disorders and clinical problems during childhood-adolescence and adulthood.

2. Learning results

- The student is able to differentiate and apply the different assessment 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 assessment models for the approach of behavioral disorders and psychological factors associated with health problems.
- The student is able to design, develop and if necessary supervise and evaluate psychological intervention plans and programs, depending 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 perform a critical analysis of the results of a psychological intervention program and define proposals for improvement.
- The student is able to carry out activities of promotion and education for individual and community psychological health.
- The student knows how to select the most suitable program according to the needs detected and the demand.
- The student knows how to plan and manage the different programs selected.
- The student is able to carry out activities of promotion and education for individual and community psychological health planned in the programs.

3. Syllabus

Block 1. Introduction to Empirically Validated Psychological Treatments (EVPT)

Block 2. EVPT in childhood and adolescence:

Topic 1. Characteristics of psychological interventions with children and adolescents

Topic 2. EVPT in anxiety disorders

Topic 3. EVPT in childhood depression

Topic 4. EVPT in attention deficit disorders (with or without hyperactivity)

Topic 5. EVPT in disruptive, impulse control and behavioral disorders

Topic 6. EVPT for sleep-wakefulness disorders

Block 3. EVPT in adults:

Topic 1. EVPT for depressive disorders

Topic 2. EVPT for generalized anxiety disorder

Topic 3. EVPT for panic disorder and agoraphobia

Topic 4. EVPT for social anxiety disorder

Topic 5. EVPT for obsessive-compulsive disorder

4. Academic activities

The program offered to the student to help him/her achieve the expected results includes the following activities:

1. expository classes
2. Analysis and resolution of practical cases
3. Information search and cooperative work
4. Reading of articles or documents related to the content of the course.
5. Oral presentations by the students and/or role plays and simulations on the application of the different treatment techniques.
6. Presentations in class by professionals linked to groups related to the content of the course.

5. Assessment system

The student must demonstrate that he/she has achieved the expected learning outcomes through the following evaluation activities:

- Written test (grade from 0 to 10) on the theoretical content. The grade will account for 60% of the final grade. The test will contain multiple choice questions.
- Continuous work (grade from 0 to 10). The grade will be 40% of the final grade. The resulting grades may be derived (to be decided by the faculty at the beginning of the course) from the delivery of practice reports, preparation of individual and/or group work, oral presentations, among other activities to be determined by those responsible for the course.

Students must achieve at least half of the maximum possible score in each of the parts in order to be able to add them up.

In any case, students will have the right to a global evaluation on all the contents of the course in which they will be able to opt for the maximum grade (up to 10 points). This evaluation will take place in the official final exam and consists of a written test with multiple choice and/or short answer questions that refer to the theoretical and practical-applied contents of the subject.

6. Sustainable Development Goals

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