

61885 - Therapeutic basic skills training for general health psychologists

Syllabus Information

Academic year: 2024/25

Subject: 61885 - Therapeutic basic skills training for general health psychologists

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

Degree: 654 - Master's in General Sanitary Psychology

ECTS: 6.0

Year: 1

Semester: First semester

Subject type: Compulsory

Module:

1. General information

This course is intended to provide training in the development of skills that allow contextualizing professional practice in the context of a helping relationship. To this end, the course focuses on basic interpersonal communication skills, the ability to manage emotions in the social and health context, and emotional and communicative skills in teamwork. It also deals with appropriate and accurate feedback, dialogue and support, and the main skills that should be trained for an efficient and effective therapeutic relationship. The general health psychologist must know and know how to use information and communication technologies for different professional purposes (relationships with other professionals, obtaining information, dissemination of knowledge and research results...). Likewise, in this subject, issues related to the fundamentals of bioethics and methods of deliberation in professional practice are addressed.

2. Learning results

- The student knows how to place the professional performance within the health framework, i.e., knows the structure, organization, functions and competencies of the health psychologist.
- The student knows how to recognize and differentiate the competencies of other specialist professionals.
- The student shows knowledge of the criteria for referral to other specialist professionals.
- The student knows the current regulations and legislation on the protection of patient data.
- The student respects, in his/her professional practice, the obligations and responsibilities related to the confidentiality of information and the protection of patients' personal data.
- The student is able to put into practice a concept of integral health, where the biopsychosocial components of health are included, according to the guidelines established by the WHO.
- The student is able to identify the different explanatory models of health and disease from the biopsychosocial perspective.
- Recognize the risk and protective factors involved in health from an integral perspective.
- Identify the specific aspects associated with health throughout the life cycle and be able to apply this concept in the different areas of general health psychology.
- The student knows how to act according to an integral concept of health.
- The student knows how to apply the methods of deliberation in the exercise of professional practice as a general health psychologist.
- The student knows how to apply the fundamentals of bioethics in professional practice in accordance with current legislation and regulations.
- The student is able to show interpersonal communication skills such as active listening.
- The student is able to recognize the emotions of patients, family members and caregivers, as well as the professional himself/herself, in situations of problem identification, evaluation, diagnosis, intervention and psychological follow-up.
- The student is able to analyze and manage verbal and non-verbal communication of the participants in an interaction situation.
- The student is able to communicate, in an empathic way and at the right time, the results of the assessment and diagnostic process and of the intervention approach.
- The student knows the main information and communication technologies in the health care setting.
- The student knows how to apply information and communication technologies in the health care setting.
- The student knows how to use information and communication technologies to obtain information and communication between professionals.
- The student shows emotional, communicative and interpersonal skills within a team and in different multidisciplinary groups.
- The student knows how to argue and justify before other specialists the decisions and professional proposals assumed.

3. Syllabus

Unit 1. Initial questions about the work of the General Health Psychologist.

Unit 2. The therapeutic relationship: skills for bonding with the patient.

Unit 3. Communication skills of the General Health Psychologist.

Unit 4. First sessions: development of the psychological interview.

Unit 5. Strategies for managing emotions.

Unit 6. Mobilization through the therapeutic relationship.

Unit 7. Overcoming obstacles during the intervention process.

Unit 8. Specific skills for working with children.

Unit 9. Skills for the organization of clinical information.

Unit 10. Other necessary practical skills.

4. Academic activities

The general activities that will be carried out during the course will be:

- 1) Expository classes. The professor exposes the basic notions of a subject by means of the use of diagrams or illustrations.
- 2) Practical activities of cases and problems. The students work actively on materials proposed by the professor (simulation programs, models, videos...), reinforcing the concepts explained in the lectures.
- 3) Directed academic activities
- 4) Tutorials
- 5) Presentation of work
- 6) Evaluation

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) at the end of the four-month period. The grade will account for 60% of the final grade. The test may contain multiple choice questions, short questions or questions to be developed.
- Continuous work (grade from 0 to 10). The grade will be 40% of the final grade. It will consist of the delivery of:
Practice reports, elaboration of individual and/or group work or in the identification of the communicative and therapeutic resources implemented by the PGS during a session (20%).
Recording of an initial interview with a "fictitious patient". The application of the most common therapeutic skills in psychotherapy will be evaluated (20%).
The student must achieve at least half of the maximum possible score in each of the parts 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
- 5 - Gender Equality