

## 61869 - Evidence-based psychological treatments for childhood and adolescents

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	3.0
Year	1
Semester	Half-yearly
Subject Type	Compulsory
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. The theoretical and practical content will be presented by the teacher in the form of questions, discussions and public expression of opinions to finally reach conclusions.

Participation and the cooperative learning methodology will be used for problems and solving real clinical cases.

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### 5.2.Learning tasks

The course includes the following learning tasks:

- Lectures where the teacher will present the basic facts about a topic (8h)
- Analysis of case studies where students will practice the concepts learned in lectures (6h)
- Finding information and cooperative work (4h)
- Reading articles or documents related to the course contents (2h)
- Students' oral presentations (2h)
- Class presentations of professionals linked to groups related to the course contents (8h)

### 5.3.Syllabus

The course will address the following topics:

Topic 1. Attachment Behaviour and an update on Empirically Validated Therapies in Anxiety Disorder

Topic 2. An update on Empirically Validated Therapies in Attention Deficit Disorder (with or without hiperactivity)

Topic 3. An update on Empirically Validated Therapies in Mood Disorders and Childhood Depression

Topic 4. An update on Empirically Validated Therapies in Disruptive Disorders, Impulse Control and Behavioral

Topic 5. An update on Empirically Validated Therapies in Sleep Disorders in children and adolescents

Topic 6. An update on Empirically Validated Therapies in Childhood Trauma and Dissociation

Topic 7. Behavior Modification focused on Children

Topic 8. Behavior Modification focused on Adolescents

### 5.4.Course planning and calendar

Further information concerning the timetable, classroom, resources, syllabus, assessment dates and other details regarding this course, will be provided on the first day of class.

### 5.5.Bibliography and recommended resources

#### BASIC REFERENCES:

Ortigosa Quiles, J. M., Quiles Sebastián, M. J. y Méndez Carrillo, F. X. (2003). Manual de psicología de la salud con niños, adolescentes y familia. Madrid: Pirámide

**Título:** MIEDOS EN LA INFANCIA Y LA ADOLESCENCIA (1ª)

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**Editorial:** UNED

**Título:** MANUAL DE PSICOLOGÍA CLÍNICA INFANTIL Y DEL ADOLESCENTE (1)

**Autor/es:** Simón López, Miguel Ángel ; Caballo Manrique, Vicente E.

**Editorial:** EDICIONES PIRÁMIDE, S.A.

**Título:** MANUAL DE PSICOLOGÍA CLÍNICA INFANTIL Y DEL ADOLESCENTE

**Autor/es:** Simón, Miguel Angel ; Caballo, Vicente E.

**Editorial:** PIRÁMIDE

**Título:** ANSIEDAD, MIEDOS Y FOBIAS EN NIÑOS Y ADOLESCENTES

**Autor/es:** Sandín Ferrero, Bonifacio

**Editorial:** Dykinson, S.L. - Libros

**Título:** MANUAL DE TERAPIA DE CONDUCTA EN LA INFANCIA (1<sup>a</sup>)

**Autor/es:** Comeche Moreno, M<sup>a</sup> Isabel ; Vallejo Pareja, Miguel Ángel

**Editorial:** DYKINSON

### COMPLEMENTARY REFERENCES:

- Díaz-Sibaja, M.A., Comeche-Moreno, M.I. y Díaz-García, M.I. (2009). *Programa EDUCA. Escuela de Padres. Educación positiva para enseñar a los hijos*. Ed. Pirámide: Madrid.
- Echeburúa, E., Labrador, F.J., y Becoña, E. (2009). *Adicción a las nuevas tecnologías en adolescentes y jóvenes*. Madrid: Pirámide.
- Ezpeleta, I., y Toro, J. (2014). *Psicopatología del desarrollo*. Madrid: Pirámide.
- Méndez, F.X., Espada, J.P., y Orgilés, M. (2011). *Depresión infantil y adolescente: Psicopatología, evaluación y tratamiento psicológicos*. Madrid: Klinik.

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- Méndez, F.X., Espada, J.P., y Orgilés, M. (2006). *Terapia psicológica con niños y adolescentes. Estudio de casos clínicos*. Madrid: Pirámide.
- Méndez, F.X., Llavona, L.M., Espada, J.P., y Orgilés, M. (2012). *Programa FORTIUS. La fortaleza psicológica y la prevención de las dificultades emocionales*. Madrid: Pirámide.
- Sandín, B. (2013). DSM-5: ¿Cambio de paradigma en la clasificación de los trastornos mentales? *Revista de Psicopatología y Psicología Clínica*, 18, 255-286.