

61874 - Innovative techniques for psychological interventions

Syllabus Information

Academic Year: 2019/20

Subject: 61874 - Innovative techniques for psychological interventions

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 3.0

Year: 1

Semester: First semester

Subject Type: Optional

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on a participative and Problem-Based Learning methodology. Along with the lectures, the students will discuss critical issues, and learn how to express their opinions in public and defend their position in a respectful and constructive manner.

4.2.Learning tasks

The course includes the following learning tasks:

- Lectures
- Case studies
- Information searching and cooperative work
- Reading
- Students' oral presentations
- Viewing of audiovisual material
- Conferences (if available during the semester)
- Visiting experts

4.3.Syllabus

The course will address the following topics:

Topic 1. Information and Communication Technologies in Clinical and Health Psychology

Topic 2. Therapeutic approaches based on Positive Psychology

Topic 3. Group interventions for the persistent emotional dysregulation treatment (Dialectical-Behavioral Therapy and Systems Training for Emotional Predictability and Problem Solving (STEPPS)).

Topic 4. Acceptance-based therapies

Topic 5. Mindfulness-based therapies

4.4.Course planning and calendar

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

4.5.Bibliography and recommended resources

- Blum, N., John, D.S., Pfohl, B. Stuart, S., McCormick, B., ... Black, D. W. (2008). Systems Training for Emotional Predictability and Problem Solving (STEPPS) for Outpatients With Borderline Personality Disorder: A Randomized Controlled Trial and 1-Year Follow-Up. *AJP in Advance*. [AiA:1-11](#) (doi: 10.1176/appi.ajp.2007.07071079)
- García-Palacios, A. y Navarro, M. V. (2016). *Terapia Dialéctica Comportamental*. Madrid: Editorial Síntesis.
- Hayes, S.C.. Acceptance and commitment therapy / S.C. Hayes, strosahl, K.D., Wilson, K.G.. 2ª ed. Madrid : Desclée De Brouwer, 2011
- Hervás, G. : Intervenciones psicológicas para la promoción del bienestar. En Psicología positiva aplicada / G. Vazquez, G. Hervás . Bilbao: Editorial Desclée de Brouwer, 2009.
- Valdivia-Salas, S., y Páez, M. (2019). Aceptación psicológica. Qué es y por qué se fomenta en terapia. Madrid: Pirámide.
- La utilización de las nuevas tecnologías de la información y la comunicación en psicología / Cristina Botella (et al.). En UOC papers: Revista sobre la sociedad del conocimiento, nº 4, marzo 2007. [Monográfico: Intervención en salud en la Red]