

25924 - Psychology of personality II

Syllabus Information

Academic Year: 2020/21

Subject: 25924 - Psychology of personality II

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

Degree: 270 - Degree in Psychology

ECTS: 6.0

Year: 3

Semester: Second Four-month period

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

The subject and its expected results respond to the following approaches and objectives:

If there is a subject in which clinical psychology still has a long way to go, it is that of the effective treatment of personality disorders. This may be due to a lack of understanding of the characteristics of unrecognized personalities, that is, their origin, or the vital paths that make them probable. The aim of this course is to familiarize the student with the problems of the contexts that make the development of adapted personalities and maladaptive personalities probable, in order to provide them with the knowledge and skills to recognize useful contributions and to consider the design of research/intervention programs aimed at a definition that would allow us to be more effective in the treatment of problematic personalities.

1.2.Context and importance of this course in the degree

Personality Psychology II is an mandatory subject that belongs to the block of subjects that the area of knowledge of "Personality, Evaluation and Psychological Treatment" teaches in the Degree of Psychology, in its Clinical Psychology itinerary. Given the current structure of the degree and the sequence of subjects that make up the clinical psychology itinerary, in this subject an introduction is made to the concept of healthy vs. dysfunctional personalities and the contexts that make them probable, with the general objective of providing the student with the knowledge that allows him/her to relate this subject to a broader structure of psychological knowledge; and the particular objective of initiating the student with the necessary strategies to identify problematic contexts that could lead to the development of problematic personalities.

1.3.Recommendations to take this course

The student must have passed the basic subjects, especially Personality Psychology I and must be initially familiar with the main basic psychological processes (such as attention, memory, motivation, etc.), as well as with the bases of psychobiological functioning and the methodology usually used in psychological research of an experimental and basic nature.

2.Learning goals

2.1.Competences

(29) Be able to describe and measure psychological variables such as personality, intelligence, aptitudes, etc., cognitive, emotional, psychobiological and behavioural processes.

(30) Be able to plan and conduct an interview.

(32) Know, select and administer the techniques of evaluation, diagnosis and psychological intervention in their possible fields of application.

2.2.Learning goals

In order to pass this course, the student must demonstrate the following results...

Describe the fundamental characteristics of personality disorders.

Identify the risk factors and specific vulnerabilities for each personality disorder according to the different conceptual approaches to them.

Know the different approaches to the development of healthy or adapted personalities vs. pathological personalities.

To know the different dimensions that are worked on to classify personality and its relationship with health and illness.

2.3.Importance of learning goals

The study of personality is the cornerstone of human understanding. Once formed, and regardless of the processes of modulation and variation to which it is subjected, personality is the factor that filters and skews information processing and other basic processes. The professional of psychology in general, and clinical in particular, should be aware of the aspects that contribute to the adequate formation of the normal personality, and at what point and through which processes, the process of normal formation can be altered.

3.Assessment (1st and 2nd call)

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

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

Written test (grade from 0 to 10) at the end of the term: it may mean around 60% of the final grade (to be determined at the beginning of the course). The test may contain true/false, multiple choice, short answer, or development questions.

Continuous work (grade from 0 to 10): this may be around 40% of the final grade (to be determined at the beginning of the course) and involves carrying out various activities and/or writing reports and/or discussing a topic of particular interest, etc. In order for this score to be taken into account in the final mark, the student must pass the written test by reaching at least 5 out of 10 points.

Note: In the event that, for health safety reasons, a change is considered in the teaching from classroom-based to blended learning, the following modifications may be made in the evaluation of the course:

1. The written test will be taken by telematic means with a specific time frame (e.g. through Moodle). The control of the student body during the test will be done through the Google Meet application or other platforms approved by the university.
2. Work done on an ongoing basis during the course will be delivered individually through the Moodle tool.

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The learning process that has been designed for this subject is based on the following:

The Personality Psychology II course will follow an eminently participative methodology, using as a reference the problem-based learning methodology to stimulate in the student critical thinking, analysis and discussion of the validity of the different theoretical approaches, and in short, the development of the necessary strategies to define the model they will adopt in their professional practice.

Note: In the event that, for health safety reasons, a change is proposed in teaching from face-to-face to semi-presential or non-presential, the following modifications may be carried out

1. Classes will be adapted to the telematic format.
2. Moodle will be used as the preferred way of exchanging material and theoretical and practical explanations. Scientific articles, case studies, Power Point presentations and links to various content of interest will be published.
3. Additionally, videos of different theoretical topics will be recorded with visual support through Power Point presentations or online classes can be given through Google Meet or other tools approved by the University.
4. Mentoring will be carried out through email and/or meetings via Google Meet or other tools approved by the University.

4.2.Learning tasks

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

Master classes

Oral presentations by the student

Case analysis

Design of experimental preparations (real and/or virtual) to study some aspect of personality

Viewing audiovisual material

Attendance at conferences and lectures related to personality (if given during the teaching period)

Participation in scientific experiments (if they occur during the teaching period)

Theoretical classes: 2 hours/week

Practical classes: 2 hours/week/group

4.3.Syllabus

APPROXIMATE SUBJECT MATTER:

BLOCK I. Personality Disorders

Topic 1. Normal and Pathological Personality: General Considerations

Theme 2: Group A Personality Disorders: paranoid, schizoid, schizotypal

Theme 3: Group B Personality Disorders: antisocial, borderline, histrionic, narcissistic

Theme 4: Group C Personality Disorders: avoidant, dependent, obsessive-compulsive

BLOCK II. Other processes related to personality disorders

Theme 5: Personality and psychological vulnerability

Theme 6: The role of emotional regulation

Theme 7: Assessment and diagnosis of personality disorders

Theme 8: Interventions in personality disorders

4.4.Course planning and calendar

Calendar of face-to-face sessions and presentation of coursework:

It will be specified at the beginning of the course, as well as the programme of contents and the recommended bibliography

- Theoretical classes in large groups: 2h/week in the 2nd term
- Theory exam: at the end of the second term.
- Compulsory practical classes: 2h/week in the 2nd term

The timetables and key dates of the course can be consulted on the website of the Faculty of Social and Human Sciences (<http://fcsh.unizar.es/>).

4.5.Bibliography and recommended resources

- Barlow, David H. Psicopatología / David H. Barlow, V. Mark Durand . 3a. ed. Australia [etc.]: Thomson, D.L.2003
- Belloch Fuster, Amparo y Fernández Álvarez, Héctor (2010). Tratado de Trastornos de la Personalidad. Madrid: Síntesis
- Bermúdez Moreno, José. Psicología de la personalidad: Teoría e investigación / José Bermúdez Moreno, Ana María Pérez García, Pilar Sanjuán Suárez . 1ª ed., 5ª reimpr. Madrid : UNED, 2003
- Caballo, Vicente (2004). Manual de trastornos de la Personalidad: descripción, evaluación y tratamiento. Madrid: Síntesis
- Caballo, V., Salazar, I. y Carrobes, J.A. (2017). Manual de psicopatología y trastornos psicológicos, 2ª Edición. Madrid: Pirámide
- García-Palacios, A., Navarro-Haro, M.V. (2016). Terapia Dialéctica Comportamental. Madrid: Síntesis
- Oldham, John M., Skodol, Andrew E., Bender, Donna S., Gabbard, Glenn O. (2007). Tratado de los trastornos de la personalidad. Barcelona [etc.]: Elsevier Masson, D.L.