

61870 - Evidence-based psychological treatments for adults

Syllabus Information

Academic year: 2023/24

Subject: 61870 - Evidence-based psychological treatments for adults

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 4.0

Year: 1

Semester: Second semester

Subject type: Compulsory

Module:

1. General information

The main objective of the subject is to deepen the knowledge and application of the psychological treatment techniques that are nowadays considered to be the treatment of choice for the most prevalent disorders during adulthood.

These goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results provides training and competence to contribute to some extent to their achievement: Goal 3: Health and well-being; Goal 4: Quality education; Goal 8: Decent work and economic growth.

2. Learning results

- The student will be able to critically analyse and use sources of clinical information.
- The student will be able to formulate working hypotheses in research, collect and critically assess information for problem solving, applying the scientific method.
- The student will have an in-depth knowledge of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
- The student will have an in-depth knowledge of the psychological nature of human behavioural disorders.
- The student will have an in-depth knowledge of the psychosocial factors associated with health problems and disease.
- The student will have an in-depth knowledge of the biological and psychosocial factors associated with health problems and disease, especially those related to mental health.
- The student will have an in-depth knowledge of the different models of evaluation and intervention in the field of General Health Psychology, as well as the techniques and procedures derived from them for the approach to behavioural disorders.
- The student will be able to design, develop and, if necessary, supervise and evaluate psychological intervention plans and programmes according to the psychological assessment and the individual and social variables involved in each case.

The student will be able to carry out activities for the promotion of and education for individual and community psychological health

3. Syllabus

1. Evidence-based psychological treatment (EBPT) for depressive disorders
2. EBPT for generalized anxiety disorder
3. EBPT for panic disorder and agoraphobia
4. EBPT for social anxiety disorder
5. EBPT for specific phobias
6. EBPT for post-traumatic stress disorder
7. EBPT for obsessive-compulsive disorder
8. EBPT for eating disorders
9. EBPT for severe mental disorder

4. Academic activities

Theoretical-practical classes: 40 hours

Theoretical-practical classes where the teacher will combine the presentation of the contents with the analysis and solving of clinical cases as well as with role plays and simulations on the application of various treatment techniques.

Study and preparation of the subject: 30 hours

5. Assessment system

Written test on theoretical content. It will account for 60% of the final grade. The written theoretical test will consist of the development and analysis of clinical cases by means of essay questions.

Continuous work. It will represent 40% of the final grade and will be obtained from the reports and analysis of the cases carried out in the classroom.

The students will be able to carry out the activities corresponding to the continued work as long as the attendance to the classes is not below 80% of the teaching hours of the subject.

In any case, the student is entitled to a global assessment of the subject in which they may opt for the maximum grade (up to 10 points).