

Academic Year/course: 2022/23

## 25941 - Cognitive and behavioural therapies

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 25941 - Cognitive and behavioural therapies

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

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:**

**Semester:** Second Four-month period

**Subject Type:** Optional

**Module:**

## 1. General information

### 1.1. Aims of the course

#### Specific objectives:

1. Differentiate between psychopathology of adults and children and/or adolescents, so that the second is not a mere "downward" extension of the first and understanding that the child is constantly evolving, so diagnoses are not always They will be static or permanent.
2. Know the main diagnostic systems and develop a critical spirit for their application to particular cases.
3. Theoretical understanding of the importance of psychological evaluation and its practical application to the various contexts in which it will be developed in future professional practice.
4. Knowledge of the variety of psychological disorders in childhood, beyond the most common pathologies.
5. Incorporate a broad view of the techniques for diagnosing child psychopathologies.

These approaches and objectives are aligned with the following **Sustainable Development Goals** (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the results of Subject learning provides training and competence to contribute to some extent to its achievement. And those that are considered appropriate with the official wording (indicated below) will be incorporated.

? Objective 3: Health and well-being. Understand that the priority objective for the child psychologist is to work for the health and well-being of children and adolescents.

? Objective 4: Quality education. Use the tools within our reach: master classes, teamwork in practical cases, use of ICT to obtain more information and relate it to the variables involved in full child health.

? Objective 5: Gender equality. Detect different treatments for boys and girls with the same pathology, under-diagnosis for social or economic reasons. Equality in the class and in the evaluation process of male and female students.

## 2. Learning goals

## 3. Assessment (1st and 2nd call)

## 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 content of the program will be given following the model of theory sessions and following problem-solving methodology.

The teacher's theoretical explanations are combined with practice sessions in groups, to facilitate the acquisition of skills and abilities by the student.

In all the assignments, it will be valued that the student includes the APA format as well as references of relevant publications.

**Note:** In the event that for health security reasons changes in teaching arise, the following modifications may be carried out:

1. The classes will be adapted to the online format (classes through Google Meet or another platform approved by Unizar).
2. Moodle will be used as the preferred way to exchange material. Scientific articles, case studies, Power Point presentations and links to various resources will be provided.
3. The communication between student and teacher will be carried out by email and / or meetings by Google Meet or other tools approved by the university.

### 4.2. Learning tasks

The program offered to the student to help achieve the expected results includes the following activities

- Theory sessions
- Practice sessions in groups, dealing with:

Expansion of aspects of psychopathologies treated in class by students.  
Design an interview and formulate initial hypotheses.  
Differential diagnosis of cases  
Exercises of search of information.  
Viewing of scientific videos related to the subject.  
Assignments on the latest advances in psychopathology.

### 4.3. Syllabus

UNIT 1. Normal and pathological psychological development in childhood. Major and minor psychopathological problems and their causes.

UNIT 2. Conceptual constitution of child psychopathology.

UNIT 3. Classification and diagnostic process in Child Psychopathology.

UNIT 4. Sleep disorders.

UNIT 5. Abuse and sexual abuse in childhood.

UNIT 6. Problems in the development of sexuality in children and adolescents.

UNIT 7. Language disorders in childhood.

UNIT 8. Disorders of stereotyped and self-injurious movements.

UNIT 9. Learning disorders.

unit 10. Drug addiction in childhood and adolescence

### 4.4. Course planning and calendar

- Theory sessions in a large group during the 2nd semester.
- Compulsory practice sessions in the 2nd semester
- Examination of theory at the end of the semester.
- Submission of assignments from practice sessions as they are finished.

#### EVALUATION SYSTEM:

The theoretical evaluation will be made through a partial exam consisting of 40 test questions.

In the final mark, the practices carried out during the course will count for 50% in the grade. In order to calculate the average final mark, it is necessary to pass both of them.

Active participation in class may increase the final grade.

#### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?id=4644>