

61878 - Internships

Syllabus Information

Academic Year: 2022/23

Subject: 61878 - Internships

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 30.0

Year: 2

Semester: First semester

Subject Type: External Placements

Module:

1. General information

1.1. Aims of the course

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

The objective of external internships is to observe professional practice in the area of Clinical and Health Psychology, in a real, professional and, on many occasions, multidisciplinary context. It allows the implementation of the knowledge acquired, the skills and professional competences of the students and the approach to the world of work.

Therefore, in more detail, the main objectives of the MPGS external internships are:

A. Carry out analysis of the needs and problems of patients with different disorders and psychological and health problems, demonstrating the ability to carry out adequate evaluations of the patient and its context, to propose interventions and to make reports.

B. Discriminate, select and use different technologies and information management methods within the different fields of action of the general health psychologist.

C. Demonstrate mastery of oral and written communication both in professional contexts and in the relationship with the patient and her family.

D. Show ability to work autonomously and in a team.

E. Develop the exercise of work from the ethical and legal responsibility that, where appropriate, derives from the practice of professional practice.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDG) of the University of Zaragoza:

Objective 3: Health and well-being.

Objective 4: Quality education.

Objective 5: Gender equality.

Objective 10: Reduction of inequalities.

Objectives 17: Alliances to achieve the objectives.

1.2. Context and importance of this course in the degree

External internships are mandatory and carry a load of 30 ECTS credits. It involves the completion of 750 hours of practice, of which at least 500 hours are face-to-face in a care center.

Proper use of internships requires the student to update basic knowledge in the field of health and health psychology, as well as to work, in accordance with the instructions of the professional tutor, on the specific contents of the health field in which they perform the internships. practices.

1.3. Recommendations to take this course

Students who want to enroll and take this subject must pass 75% of the theoretical ECTS (36 of the 48 ECTS) taken in the first year of the Master's. Additionally, students are recommended to review the theoretical contents related to the subjects of psychopathology and psychological intervention. Depending on the place where the students will carry out their internship period, their professional tutors may recommend the revision of the theoretical contents that they consider pertinent.

2. Learning goals

2.1. Competences

Upon passing the subject, the student will be more competent to...

CB6 - Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context

CB7 - Apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study

CB8 - Integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments

CB9 - Communicate their conclusions and the knowledge and ultimate reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way

CT1 - Recognize and respect human diversity and understand that psychological explanations may vary across populations and contexts

CT2 - Show an ethical and professional commitment in relation to civic, social and global responsibilities

CT3 - Show interest in continuous learning, updating knowledge and continuing professional training

CE1 - Acquire, develop and put into practice a concept of comprehensive health, where its biopsychosocial components have a place, in accordance with the guidelines established by the WHO

CE2 - Apply the fundamentals of bioethics and the method of deliberation in professional practice, adjusting your exercise as a health professional to the provisions of Law 44/2003, of November 21, on the organization of health professions

CE3 - Show adequate interpersonal communication and emotion management skills for effective interaction with patients, family members and caregivers in the processes of problem identification, evaluation, diagnosis communication and psychological intervention and follow-up

CE4 - Critically analyze and use clinical information sources

CE5 - Use information and communication technologies in professional performance

CE6 - Write psychological reports appropriately for the recipients

CE7 - Formulate working hypotheses in research and collect and critically assess information for problem solving, applying the scientific method

CE8 - Know the framework of action of the general health psychologist and know how to refer to the corresponding professional specialist

CE9 - Develop their work from the perspective of quality and continuous improvement, with the necessary self-critical capacity for responsible professional performance

CE10 - Know how to communicate and communicate with other professionals, and master the skills necessary for teamwork and multidisciplinary groups

CE11 - Appropriately apply the obligations and responsibilities of health personnel regarding the confidentiality of information and the protection of personal data of patients

CE12 - Know in depth the psychological nature of human behavior, as well as the social and biological factors that can affect it

CE13 - Know in depth the psychological nature of human behavior disorders

CE14 - Know in depth the psychosocial factors associated with health problems and illness

CE15 - Know in depth the biological and psychosocial factors associated with health and disease problems, especially those related to mental health

CE16 - Know in depth 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 addressing behavioral disorders and psychological factors associated with health problems

CE17 - Plan, carry out and, where appropriate, supervise the process of psychological evaluation of human behavior and the psychological factors associated with health problems to establish their evaluation

CE18 - Design, develop and, where appropriate, supervise and evaluate psychological intervention plans and programs, based on the psychological evaluation and the concurrent individual and social variables in each case

CE19 - Know the activities necessary for the constitution, start-up and management of a company, its different legal forms and the associated legal, accounting and tax obligations

CE20 - Have knowledge of current regulations in the Spanish health field

CE21 - Carry out promotional and educational activities for individual and community psychological health

2.2. Learning goals

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

1. Basics:

RAB1: The student applies the knowledge acquired and is capable of solving problems in multidisciplinary environments related to health psychology.

RAB2: The student knows the social and ethical responsibilities linked to the application of knowledge and judgments in the

field of general health psychology.

RAE3: The student knows how to communicate their conclusions to specialized and non-specialized audiences in a clear and unambiguous way.

RAE4: The student has learning skills that allow them to continue studying independently and is original in the development and/or application of ideas in health and research contexts.

2. Specifics:

RAE1. The student acquires, develops and puts into practice a concept of comprehensive health in accordance with the guidelines established by the WHO.

RAE2. The student is able to apply the fundamentals of bioethics and the method of deliberation in professional practice, adjusting their exercise as a health professional to the provisions of Law 44/2003, of November 21, on the organization of health professions.

RAE3. The student has adequate interpersonal communication and emotion management skills for effective interaction with patients, family members, and caregivers in the processes of problem identification, evaluation, diagnosis communication, and psychological intervention and follow-up.

RAE4. The student critically analyzes and uses sources of clinical information.

RAE5. The student uses information and communication technologies in professional performance.

RAE6. The student writes psychological reports appropriately to the recipients.

RAE7. Applying the method, the student formulates research work hypotheses and collects and critically assesses the information for solving scientific problems.

RAE8. The student knows the framework of action of the General Health Psychologist and knows how to refer to the corresponding professional specialist.

RAE9. The student develops her work taking into account a perspective of quality and continuous improvement, with the capacity for self-criticism necessary for responsible professional performance.

RAE10. The student knows how to communicate and communicate with other professionals, and master the skills necessary for teamwork and multidisciplinary groups.

RAE11. The student knows the obligations and responsibilities of the health personnel regarding the confidentiality of the information and the protection of the personal data of the users.

RAE12. The student knows in depth the psychological nature of human behavior, as well as the social and biological factors that can affect it.

RAE13. The student knows in depth the psychological nature of human behavior disorders.

RAE14. The student knows in depth the psychosocial factors associated with health problems and illness.

RAE15. The student knows in depth the biological and psychosocial factors associated with health and disease problems, especially those related to mental health.

3. Transverse:

RAT1. The student knows the different evaluation and intervention models in the field of Clinical and Health Psychology.

RAT2. The student knows in depth the nature and the theoretical-explanatory frameworks of the different psychopathological, health and neuropsychological disorders.

RAT3. The student knows how to value and integrate the implication of the different psychological aspects in the development of psychological disorders and health problems.

RAT4. The student is able to apply the main theories in relation to the psychological components of psychological and health disorders.

RAT5. The student is able to achieve an adequate level of understanding of the addressee's demand in each situation or context of application.

RAT6. The student is able to show a reasonable critical sense and intellectual curiosity about the factors that influence or cause psychological and health disorders.

RAT7. The student knows and adjusts to the ethical obligations of Clinical and Health Psychology.

RAT8. The student is able to recognize and accept the ambiguity and complexity of psychological problems, as well as the tentative nature of their explanations and the social context in which they occur.

RAT9. The student is able to recognize and respect human diversity and understand that psychological explanations may vary across populations and contexts.

RAT10. The student shows an ethical and professional commitment in relation to civic, social and global responsibilities.

RAT11. The student shows interest in continuing learning, updating knowledge and continuing professional training.

2.3. Importance of learning goals

After completing the External Practices subject, students will have observed and also applied their knowledge and skills in one of the areas of General Health Psychology. It is essential to put into practice the contents and skills acquired during the master's degree and go through a process of supervising them by an experienced professional, so that students can be aware of the strengths and knowledge they possess in some aspects and, at the same time, of their needs and lack of training in others. Lifelong learning is an important attitude for professionals, and therefore for future PGS. Without this subject, it is difficult for students to transfer their knowledge and skills to the workplace.

3. Assessment (1st and 2nd call)

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

The student must demonstrate that he has achieved the expected learning outcomes through the following assessment activities

The final person responsible for the student's grade is the Academic Tutor. In the qualification of the practices, different aspects will be taken into account: quality of the report or final report delivered, evaluation report of the Professional Tutor about the predisposition, interest and performance of the student, evaluation report of the Academic Tutor himself about the compliance of the student in the different monitoring sessions carried out throughout the course, punctuality in the formalization of the administrative aspects and delivery of the report or report, and any other data that it considers appropriate to collect and of which the student will be informed. Finally, the grade, as in any other subject, will be: fail, pass, notable, outstanding or honors, in accordance with the current qualification regulations.

The memory of practices

The assimilation of the theoretical-practical knowledge acquired during the first year of the Master's degree as well as its implementation during their stay at the collaborating center must be shown through the document.

Therefore, the memory is a rigorous work in which, on the one hand, an exposition of the practical experience is made and, on the other, a deep and critical reflection on this experience.

An adequate and correct use of the technical and methodological terminology of the area, of the ethical and deontological aspects, as well as the adequate use of the aspects related to the writing of academic works (grammar and spelling, handling of sources, citation) is also required. of bibliography following APA style, structuring, etc.).

The memory, with an extension of between 20 and 25 pages (Times New Roman, 12 points, line spacing 1.5 and margins of 2.5 cm and justified text) will be graded from 0 to 10 by the academic tutor assigned to the student.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

According to the Orden ECD/1070/2013, the activities that may be developed by students during their internships can be:

- psychological assessment and/or intervention programs,
- specific programs in addictions,
- couples therapy,
- behavioral disorders in children and youth,
- psychological support for patients with chronic disease, among others.

The activities students attend will be defined by the scope/setting of the health centers and also by the programs and services provided by them.

Specific learning tasks carried out by the students to develop professional skills as General Health Psychologist will depend on the internship center and on the individual project established by the professional supervisor.

4.2. Learning tasks

Some examples of the learning tasks that the course include are the following:

a) Attendance activities

- Reception of users and recording data for the elaboration of the clinical history record
- Participation in making clinical psychologist reports
- Planning, observation, analysis and direct participation in assessment sessions, psychological, clinical and assistance interventions, and to give individual, family or group feedback to users (through the mirror or inside the office)
- Observation and participation in psychological intervention programs in different disorder or behavioral or emotional problems
- Conducting the follow-up and therapeutic progress sessions
- Observation of the intervention management and psychosocial crisis situations
- Observation and use of the patients referral criteria and the correct utilization of the social-health resources

b) Management and organizative activities

- Learning and experience in programing, organazing, and assisting the coordination with other social-health settings
- Participation in coordination and planning meetings by the clinical/assistance team of the internship center
- Participation in coordination and work meetings with multidisciplinary teams
- Participation in coordination meetings with professionals from other services
- Knowledge about the norms and legal aspects of the mentally-ill patient or underage youth

c) Complementary training

- Participation in clinical supervision sessions and in the psychological, clinical and attendance to intervention assessment sessions
- Participation in training activities (workshops, seminars, etc.) organized by the internship center
- Collaboration in reasearch projects developed by the internship center
- Attendance to scientific sessions, seminars and national or international conferences about clinical and health psychology

d) Other activities:

- Search, revision and study of materials recommended by the professional supervisor
- Individual or collaborative search regarding the assessment and intervention of health psychology and other social-health assistance resources offered by public and private institutions
- Participation and disscusion in forums
- Records writing
- Individual project of the student

The subject have 30 ECTS (750 hours). The program that is offered to the student to help them to achieve the

expected results include the following activities and hours:

Activities	Hours
1. Lectures by the professional tutor at the health center	20
2. Practice-based activities at the health center	250
3. Autonomous student's work: Preparation of interventions that will be performed at the health center.	230
Maximum hours at the health center	500
4. Autonomous student's work: Elaboration of the internship report	170
5. Tutoring hours	60
6. Seminar hours	16
7. Evaluation	4
Maximum autonomous student's work hours and hours at the University	250
TOTAL INTERNSHIP HOURS	750

Note: In the case of a health emergency that prevent students to conduct or to continue the internship hours face to face at the health center, students will be allowed to conduct online tasks proposed by the health center. It will be also possible that the measures approved by Unizar during the enclosure period on 2020 will be activated again (e.g., to postpone the timeline of the internship, to finish the internship when 50% hours have been done, to elaborate complementary work, etc.).

4.3. Syllabus

This course has no syllabus. However, we recommend to read the rest of the course guide to understand the special nature of this course. We also recommend to all the students that they should participate in the seminars and tutorials that will be implemented during the first semester of the second year.

4.4. Course planning and calendar

The person responsible for the Master's Internships, or the coordinator, will inform the students before the end of the course (June) the list of internship centers and their characteristics, especially on location, services, number of professionals, schedule and calendar.

The centers will be assigned after the students meet the established requirements and according to their academic record. Once finished this process, the professional supervisors will be informed of the name of the students they will supervise. Under no circumstances students may contact or appear in the internship center gathering information about the type of

activities undertaken, dates of incorporation, schedules, or applying for admission, without the prior written permission of the Master's director.

Before the incorporation of the students to the internship center, they must fill in and sign a Confidentiality Commitment that will be provided by the Faculty. This document is given to the professional supervisor when first presented to the internship center. Each student will be assigned an academic supervisor and a professional supervisor.

The functions of the academic supervisor are:

- To contact with the internship center, the professional supervisor there and with the student to set the date to start the internship.
- To collaborate with the professional supervisor in preparing the training project of each student. To keep track of the theoretical and practical activities conducting by the student both in group or individually formats.
- To promote and coordinate training activities from the virtual platform "Moodle" (participation in virtual forums, scheduled activities, review papers, recommend some readings, proposals for attending courses and seminars, etc.).
- To assess the internship report prepared by the student.
- To provide a final grade of the internship report developed by the student taking into account the information and assessment provided by the professional supervisor in the center.
- The student will also hold regular meetings with their professional supervisor and should be in contact with the academic supervisor of the Faculty in order to schedule activities and assess the development of the internship period.

The functions of the professional supervisor of the health center are:

- To develop, in collaboration with the academic supervisor of the Faculty of Social Sciences and Humanities of the University of Zaragoza, the training program of the student.
- To oversee the development of the planned training activities.
- To coordinate the activities carried out by different resources or assistance programs.
- To assign the supervisors of the specific attendance programs.
- To fill in the final assessment report of the student and give it back to the academic supervisor at the Faculty.
- To recommend the complementary references considered necessary in order to take advantage of the situation of each specific health center.
- The assignment of the professional supervisor will be set in each specific case and collaborating center. Monitoring meetings will be held at least once a week.

Note: In the case of a health emergency that prevent students to conduct or to continue the internship hours face to face at the health center, students will be allowed to conduct online tasks proposed by the health center. It will be also possible that the measures approved by Unizar during the enclosure period on 2020 will be activated again (e.g., to postpone the timeline of the internship, to finish the internship when 50% hours have been done, to elaborate complementary work, etc.).

4.5. Bibliography and recommended resources

- Read the document "Internship guide", available for all the students on the Master's webpage.