

25922 - Psychopathology and intervention techniques II

Información del Plan Docente

Academic Year	2016/17
Academic center	301 - Facultad de Ciencias Sociales y Humanas
Degree	270 - Degree in Psychology
ECTS	6.0
Course	3
Period	Second Four-month period
Subject Type	Compulsory
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

In the subject Psychopathology and Therapeutic Interventions II, we will employ a participative methodology, using the Problem-Based Learning methodology as referent. We will stimulate critical thinking, by analyzing and discussing about the usefulness of the different theoretical approaches to therapy. This way, our purpose is to help student to choose the theoretical approach that fits better their goals in their future work as psychologists.

5.2.Learning activities

Lectures

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Oral presentations by the students

Case studies

General design of therapeutic interventions

5.3.Program

UNIT I. Introduction to systems of psychotherapy

1. Introduction and history of the different systems of psychotherapy

UNIT II. Depth Psychology

2. Psychoanalysis (Freud)

3. Individual Psychology (Adler)

UNIT III. Discovering contingencies

4. Behavior Modification (First wave of Behavior Therapies)

5. Behavior Therapy and Cognitive Therapies (Second wave of Behavior Therapies: Beck, Ellis)

6. Acceptance-Based therapies (Third wave of Behavior Therapies: Hayes, Kohlenberg, Linehan)

UNIT IV. Searching for meaning

7. Client-centered therapy (Rogers)

8. Gestalt Therapy (Perls)

UNIT V. Beyond the individual: the family as a unity

9. Family/Sistemic Therapy

5.4.Planning and scheduling

It will be specified at the beginning of the semester

5.5.Bibliography and recomended resources

- Feixas Viaplana, Guillem. Aproximaciones a la psicoterapia : una introducción a los tratamientos psicológicos /

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- Guillem Feixas, M^a Teresa Miró . 18^a imp. Barcelona : Paidós, 2010
- Frankl, Viktor Emil. El hombre en busca del sentido último : el análisis existencial y la conciencia espiritual del ser humano / Viktor E. Frankl . Barcelona [etc.] : Paidós, D.L. 2009
 - Pérez Álvarez, M.. Tratamientos psicológico / Mariano Pérez Álvarez. Madrid : Uiversitas, 1996
 - Freud, Sigmund. Psicopatología de la vida cotidiana / Sigmund Freud ; [traductor Luis López-Ballesteros y de Torres] . [1a ed., 11 reimp.] Madrid : Alianza Editorial, 1985
 - Skinner, Burrhus Frederic. Más allá de la libertad y la dignidad / B.F. Skinner ; trad. de Juan José Coy . Barcelona : Martínez Roca, D.L. 1998
 - Pérez Álvarez, M. La psicoterapia desde el punto de vista conductista / M. Pérez Álvarez. Madrid : Biblioteca Nueva, 1996