

25943 - Humanist Therapy

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	
Period	Four-month period
Subject Type	Optional
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

The learning process that is designed for this subject is based on:

1. The methodology used will be expository and participatory

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2. The theoretical and practical content will be presented by the teacher by questions, discussions, debates and public expression of opinions, to finally be generated reach conclusions about

3. Cooperative learning methodology will be used and based on problems and solving real clinical cases

5.2.Learning activities

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

1. Lectures where the teacher will present the basic facts about a topic
2. Analysis of case studies where students will practice the concepts learned
3. Finding information and cooperative work
4. Reading articles or documents related to the content of the subject
5. Oral presentations by students
6. Viewing of audiovisual material
7. Attending conferences and presentations related to the course content
8. Presentations in the class of professionals linked to groups related to the content of the subject

5.3.Program

Topic 1. Techniques based on Classical Conditioning

1.1. Relaxation and breathing

1.2. Systematic Desensitization

1.3. Exposure Techniques

1.4. Aversive Procedures

Topic 2. Techniques based on Operant Conditioning

2.1. Shaping, fading and chaining

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2.2. Reinforcing tabs

2.3. Contingency Contract

2.4. Biofeedback

2.5. Social Skills Training

Topic 3. Cognitive and Self-Control Techniques

3.1. Cognitive Therapy

3.2. Rational Emotive Therapy

3.3. Self-Control Methods

3.4. Troubleshooting Training

Topic 4. Therapies based on Acceptance and Mindfulness

4.1. Acceptance and Commitment Therapy

4.2. Functional Analytic Psychotherapy

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4.3. Depression Therapy based on Mindfulness

4.4. Couples Therapy

4.5. Dialectical Behavior Therapy

5.4.Planning and scheduling

Sessions, presentation of works, the program content and the literature recommended shall be specified at the beginning of the course 2016-2017 by the teacher

5.5.Bibliography and recommended resources

BASIC REFERENCES:

- Labrador Encinas, Francisco Javier. Manual de técnicas de modificación y terapia de conducta / Francisco J. Labrador, Juan Antonio Cruzado, Manuel Muñoz . Madrid : Pirámide, D.L. 2008

COMPLEMENTARY REFERENCES:

- Olivares Rodríguez, José. Técnicas de modificación de conducta / José Olivares Rodríguez, Francisco Xavier Méndez Carrillo . 2a. ed., rev. Madrid : Biblioteca Nueva, 1999
- Wilson, Kelly G.. Terapia de aceptación y compromiso (ACT) : un tratamiento conductual orientado a los valores / Kelly G. Wilson, Ma. Carmen Luciano Soriano . Madrid : Pirámide, D.L. 2002
- Vallejo Pareja, Miguel Angel. Manual de terapia de conducta / Miguel A. Vallejo Pareja . Madrid : Dykinson, 1998
- Guía de tratamientos psicológicos eficaces. I , Adultos / coordinadores Marino Pérez Alvarez ... [et al.] . [1ª ed.] Madrid : Pirámide, D. L. 2003
- Guía de tratamientos psicológicos eficaces. II , Psicología de la salud/ coordinadores Marino Pérez Alvarez ... [et al.] . Madrid : Pirámide, D.L.2003