

## 61862 - Therapeutic basic skills training for general health psychologist

### Información del Plan Docente

<b>Academic Year</b>	2016/17
<b>Academic center</b>	301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	557 - Master's in General Sanitary Psychology
<b>ECTS</b>	2.0
<b>Course</b>	1
<b>Period</b>	Half-yearly
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### **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 methodology to be used in the course will be expository and participatory. The theoretical content will be offered to the students in order to be worked at home (time spent for individual work). The majority of time spent in the class will be dedicated to practice exercises, watching videos, listening to audio, make dynamic in pairs and groups, recording interviews, etc.

#### **5.2.Learning activities**

1. Brief expository classes

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2. Analysis of case studies: on paper, audio or video recorded
3. Information search and collaborative work
4. Reading articles or documents related with the subject
5. Oral presentations

### 5.3.Program

Bloque 1: Functional and dysfunctional motivations of the Health General Psychologist

Bloque 2: Emotional regulation of the Health General Psychologist

Bloque 3: Basic and specific skills of the Health General Psychologist

Bloque 3: Communication of negative messages, negotiation, persuasion and positive conflict management

Bloque 4: Acceptance, expectations adjustment and motivation to change

Bloque 5: Therapeutic alliance

Bloque 6: Public speaking

### 5.4.Planning and scheduling

The planning and schedule of the course will be specified in the Health General Psychology Master webpage and also in the presentation of the course.

### 5.5.Bibliography and recommended resources

- Ruiz Fernández, María Ángeles. Habilidades terapéuticas (Therapeutic abilities) / M<sup>a</sup> Angeles Ruiz Fernández, Arabella Villalobos Crespo. Madrid : Fundación Universidad-Empresa, D.L. 1994.
- Protocolo unificado para el tratamiento transdiagnóstico de los trastornos emocionales : manual del terapeuta y manual del paciente (Unified Protocol for the transdiagnostic treatment of emotional disorders: manual for the therapist and client / David H. Barlow ... [et al.] Madrid : Alianza Editorial D.L. 2015
- Kleiser, Grenville. Entrenamiento para hablar en público (Public speaking training) / Grenville Kleiser, Walter L. Prize. Valdeavero (Madrid) / Mestas. Ediciones escolares, 2014
- Hofstadt Román, Carlos J. van-der. El libro de las habilidades de comunicación : [cómo mejorar la comunicación personal] (The book of communication skills: How to improve your personal communication)/ Carlos J. van-der Hofstadt Román . - 2a. ed. Madrid : Díaz de Santos, 2005