

61870 - Evidence-based psychological treatments for adults

Información del Plan Docente

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| Academic Year | 2016/17 |
| Academic center | 301 - Facultad de Ciencias Sociales y Humanas |
| Degree | 557 - Master's in General Sanitary Psychology |
| ECTS | 4.0 |
| Course | 1 |
| Period | Half-yearly |
| 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

The methodology to be used in the course will be expository and participatory. The theoretical and practical content will be presented by the teachers and they will generate questions, discussions, debates and public expression of opinions to finally reach some conclusions both individual and group format. Cooperative learning methodology and based on problems will be used.

5.2.Learning activities

1. Expository classes

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2. Analysis of case studies
3. Information search and collaborative works
4. Reading articles or documents related with the content of the course
5. Oral presentations by the students
6. Video and tape recordings
7. Attendance to conferences regarding the content of the course (if there are performing during the course schedule)
8. Participation of different professionals from the distinct mental health settings

5.3.Program

Issue 1 - Introduction to Evidence Based Treatments (EBT) movement or the empirically supported treatments (EST).

Issue 2 - EST for Anxiety disorders.

Issue 3 - EST for Trauma and Stress related disorders.

Issue 4 - EST for Obsessive-Compulsive disorder.

Issue 5 - EST for Depressive disorders.

Issue 6 - EST for Eating disorders.

Issue 7 - EST for Hypochondria.

Issue 8 - EST for Schizophrenia.

Issue 9 - Dialectical Behaviour Therapy applied to Personality disorders

Issue 10 - Non-compliance and poor adherence in psychological treatments for adults.

5.4.Planning and scheduling

We will present the planning and schedule in the Health General Psychology Master webpage and also in the initial presentation of the course.

5.5.Bibliography and recommended resources

Belloch Fuster, A. y Cabedo Barber, E. (2011). *TOC. Obsesiones y compulsiones. Tratamiento cognitivo del trastorno obsesivo compulsivo*. Madrid: Alianza Editorial.

Caballo, V. E., Salazar, I. C., Carrobes, J. A. (Dir.) (2014). *Manual de psicopatología y trastornos psicológicos*. Madrid: Ediciones Pirámide.

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Dimeff, L. A., In Koerner, K., & Linehan, M. (2007). *Dialectical behavior in clinical practice: Applications across disorders and settings*. New York: Guilford Press.

Foa, E. B., Keane, T. M. y Friedman, M. J. (2003). *Tratamiento del estrés postraumático*. Madrid: Ariel.

García Palacios, A. (2004). El tratamiento del trastorno límite de la personalidad por medio de la terapia dialéctica conductual. En V. Caballo (Ed.), *Manual de Trastornos de la Personalidad*. Madrid: Síntesis.

Linehan, M. M. (1993). *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.

Linehan, M. M. (1993). *Skills training manual for treating Borderline Personality Disorder*. New York: Guilford Press. Traducido al castellano por Paidós (2003).

Linehan, M. M. (2003). *Manual de tratamiento de los trastornos de personalidad límite*. Madrid: Paidós Iberica.

Linehan, M.M. (2014). *DBT® Skills Training Manual Second Edition*. New York: Guilford Press.

Norton, P. J. (2012). *Group Cognitive-Behavioral Therapy of Anxiety: A Transdiagnostic Treatment Manual*. New York: Guilford Press.

Orsillo, S.M. & Roemer, L. (2011). *The mindful way through anxiety*. New York: Guilford.

Orsillo, S. M., Roemer, L. (2011). *The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life*. New York: Guilford Press.

Pérez Álvarez, M., Fernández Hermida, J. R., Fernández Rodríguez, C. y Amigo Vázquez, I. (Coord.) (2011). *Guía de tratamientos psicológicos eficaces I: Adultos*. Madrid: Ediciones Pirámide.