

61874 - Innovative techniques for psychological interventions

Información del Plan Docente

Academic Year	2016/17
Academic center	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	3.0
Course	1
Period	Half-yearly
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

We will use a participative methodology, using Problem-Based Learning as a referent. Along with the lectures by the instructor, the students will discuss among them in open debates about critical issues. We believe it is important for a future professional to learn how to express their opinions in public and defend their position in a respectful and constructive manner. This is what we intend with the participative methodology we employ in this class.

5.2.Learning activities

1. Lectures

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2. Case studies
3. Information searching and cooperative work
4. Reading
5. Oral presentations by the students
6. Showing of audiovisual material
7. Conference attendance (if available during the semester)
8. Master classes by experts

5.3.Program

Unit I: Information and Communication Technologies in Clinical and Health Psychology

Unit II: Therapeutic approaches based on Positive Psychology

Unit III: Acceptance-based therapies

Unit IV: Mindfulness-based therapies

5.4.Planning and scheduling

It will be specified at the beginning of the semester

5.5.Bibliography and recommended resources

- Hayes, S.C.. Acceptance and commitment therapy / S.C. Hayes, Strosahl, K.D., Wilson, K.G.. 2ª ed. Madrid : Desclée De Brouwer, 2011
- Hervás, G. : Intervenciones psicológicas para la promoción del bienestar. En Psicología positiva aplicada / G. Vazquez, G. Hervás . Bilbao : Editorial Desclée de Brouwer, 2009
- La utilización de las nuevas tecnologías de la información y la comunicación en psicología / Cristina Botella (et al.). En UOC papers: Revista sobre la sociedad del conocimiento, nº 4, marzo 2007. [Monográfico: Intervención en salud en la Red]