

## **61875 - Personality, health and vulnerability to psychopathology**

### **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>	3.0
<b>Course</b>	1
<b>Period</b>	Half-yearly
<b>Subject Type</b>	Optional
<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**

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. Psychopathology of personality and health: etiological models and assessment

Unit II. Emotion regulation and psychopathology of personality: theoretical models

Unit III. Therapeutic interventions based on emotion regulation models

### **5.4.Planning and scheduling**

It will be specified at the beginning of the semester.

### **5.5.Bibliography and recommended resources**

- Emotion regulation and psychopathology : a transdiagnostic approach to etiology and treatment / Edited by Ann M. Kring, Denise M. Sloan New York [etc] : Guilford Press, Cop. 2010
- Gross, J.. Handbook of emotion regulation / J. Gross. 2nd ed. New York : Guilford Press, 2015
- Hayes, S.C.. Acceptance and Commitment Therapy : The process and practice of mindful change / S.C. Hayes, K.D. Strosahl, K.G. Wilson. 2nd ed. New York : The Guilford Press, 2011
- The Nature, Diagnosis, and Treatment of Neuroticism: Back to the Future / D.H. Barlow, (et al.). En Clinical Psychological Science, vol 2, nº 3, May 2014 .
- Protocolo unificado para el tratamiento transdiagnóstico de los trastornos emocionales : manual del terapeuta y manual del paciente / David H. Barlow ... [et al.] Madrid : Alianza Editorial D.L. 2015
- Unified Protocol for transdiagnostic treatment of emotional disorders: Therapist guide / D.H. Barlow (et al.). New York : Oxford University Press, 2011
- Unified Protocol for transdiagnostic treatment of emotional disorders: workbook / D.H. Barlow (et al.). New York : Oxford University Press, 2011