

## 25941 - Cognitive and behavioural therapies

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	270 - Degree in Psychology
ECTS	6.0
Year	
Semester	Four-month period
Subject Type	Optional
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The learning process that has been designed for this subject is based on the following:

The content of the program will be given following the model of theory sessions and following problem-solving methodology.

The teacher's theoretical explanations are combined with practice sessions in groups, to facilitate the acquisition of skills and abilities by the student.

## 25941 - Cognitive and behavioural therapies

In all the assignments, it will be valued that the student includes the APA format as well as references of relevant publications.

### 5.2.Learning tasks

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

- Theory sessions
- Practice sessions in groups, dealing with:
  - Expansion of aspects of psychopathologies treated in class by students.
  - Design an interview and formulate initial hypotheses.
  - Differential diagnosis of cases
  - Exercises of search of information.
  - Viewing of scientific videos related to the subject.
  - Assignments on the latest advances in psychopathology.

### 5.3.Syllabus

- UNIT 1. Normal and pathological psychological development in childhood. Major and minor psychopathological problems and their causes.
- UNIT 2. Conceptual constitution of child psychopathology.
- UNIT 3. Classification and diagnosis process in Child Psychopathology.
- UNIT 4. Language disorders.
- UNIT 5. Hikikomori syndrome.
- UNIT 6. Hyperkinetic disorder.
- UNIT 7. Dissocial disorders.
- UNIT 8. Sleep disorders.
- UNIT 9. Treatments in childhood psychopathology.
- UNIT 10. Sexual abuse in childhood, evaluation and treatment of abuse.
- UNIT 11. Duel in the child and the adolescent.
- UNIT 12. Drug addiction in childhood and adolescence

### 5.4.Course planning and calendar

- Theory sessions in a large group during the 2nd semester.
- Compulsory practice sessions in the 2nd semester
- Examination of theory at the end of the semester.
- Submission of assignments from practice sessions as they are finished.

#### EVALUATION SYSTEM:

The theoretical evaluation will be made through a partial exam consisting of 40 test questions.

In the final mark, the practices carried out during the course will count for 50% in the grade. In order to calculate the average final mark, it is necessary to pass both of them.

Active participation in class may increase the final grade.

### 5.5.Bibliography and recommended resources

- Psicopatología infantil / Manuel Jiménez Hernández (coordinador) . 2a. ed. Archidona: Aljibe, 1997
- Almonte, C. Psicopatología infantil y de la adolescencia / Carlos Almonte, Alfonso Correa, M<sup>a</sup> Elena Montts. Chile : Mediterraneo, 2003
- Manual de psicología clínica infantil y del adolescente: trastornos generales / dirección y coordinación, Vicente E. Caballo, Miguel Ángel Simón . Madrid : Pirámide, D.L. 2012
- Manual de psicología clínica y del adolescente: trastornos generales/dirección y coordinación, Vicente E. Caballo, Miguel Ángel Simón. Madrid: Pirámide, D.L. 2011

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