

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

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	61862 - Therapeutic basic skills training for general health psychologist
<b>Faculty / School</b>	301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	557 - Master's in General Sanitary Psychology
<b>ECTS</b>	2.0
<b>Year</b>	1
<b>Semester</b>	Half-yearly
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### **1.General information**

#### **1.1.Aims of the course**

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

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

### **2.Learning goals**

#### **2.1.Competences**

#### **2.2.Learning goals**

#### **2.3.Importance of learning goals**

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

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

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

#### **4.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. The theoretical content will be offered to the students in order to be worked at home (time spent for autonomous work). The majority of time spent in the class will be dedicated to practical exercises, watching videos, listening to audio, make dynamic in pairs and groups, recording interviews, etc.

Students are expected to participate actively in the class throughout the semester.

#### **4.2.Learning tasks**

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The course includes the following learning tasks:

- Brief theory sessions (explanatory): 10 h (1 ECTS)
- Analysis of case studies: on paper, audio or video recorded (practical classes): 10 h (1 ECTS)

### 4.3.Syllabus

The course will address the following topics:

Topic 1. Functional and dysfunctional motivations of the Health General Psychologist

Topic 2. Basic and specific skills of the Health General Psychologist

Topic 3. Communication of negative messages and positive management of conflict

Topic 4. Acceptance, expectations adjustment and motivation to change

Topic 5. Therapeutic alliance

Topic 6. Public speaking (transversal)

### 4.4.Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to the Health General Psychology Master's webpage.

### 4.5.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