

## 61870 - Evidence-based psychological treatments for adults

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	61870 - Evidence-based psychological treatments for adults
<b>Faculty / School</b>	301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	557 - Master's in General Sanitary Psychology
<b>ECTS</b>	4.0
<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 and practical content will be presented by the teacher in the form of questions, discussions and public expression of opinions to finally reach some conclusions both individual and group format.

Participation and the cooperative learning methodology will be used for problems.

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

The course includes the following learning tasks:

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- Lectures
- Analysis of case studies
- Information search and collaborative works
- Reading articles or documents related with the course contents
- Students' oral presentations
- Viewing of audiovisual material
- Attendance to conferences related to the course contents (if it is available during the teaching period)
- Class participation of professionals from several mental health settings

### 4.3.Syllabus

The course will address the following topics:

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

Topic 2. EST for Anxiety disorders.

Topic 3. EST for Trauma and Stress related disorders.

Topic 4. EST for Obsessive-Compulsive disorder.

Topic 5. EST for Depressive disorders.

Topic 6. EST for Eating disorders.

Topic 7. EST for legal and ilegal Drugs.

Topic 8. EST for Schizophrenia.

Topic 9. Dialectical Behaviour Therapy applied to Personality disorders.

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

### 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

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

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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).

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

Norton, P. J. (2012). *Group Cognitive-Behavioral Therapy of AnxietyA Transdiagnostic Treatment Manual*. New York: Guildford 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 AnxietyBreak Free from Chronic Worry and Reclaim Your Life*. New York: Guildford 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.