

61875 - Personality, health and vulnerability to psychopathology

Información del Plan Docente

Academic Year	2018/19
Subject	61875 - Personality, health and vulnerability to psychopathology
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	3.0
Year	1
Semester	Half-yearly
Subject Type	Optional
Module	---

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. It is based on a participative and Problem-Based Learning methodology. Along with the lectures, the students will discuss critical issues, and learn how to express their opinions in public and defend their position in a respectful and constructive manner.

4.2.Learning tasks

The course includes the following learning tasks:

1. Theoretical classes (15 h)

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2. Practical classes (10 h)

3. Oral presentations (5 h)

4.3.Syllabus

The course will address the following topics:

Topic 1. Psychopathology of personality and health: etiological models and assessment

Topic 2. Emotion regulation and psychopathology of personality: theoretical models

Topic 3. Therapeutic interventions based on emotion-regulation models

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.

4.5.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