

61875 - Personality, health and vulnerability to psychopathology

Syllabus Information

Academic Year: 2019/20

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: First semester

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)
2. Practical classes (10 h)
3. Oral presentations (5 h)

4.3.Syllabus

Module 1: What is the transdiagnostic approach?

1. Crisis of the categorical diagnosis model.
2. What is the transdiagnostic approach? Examples:
 - 2.1. Eating disorders
 - 2.2. Emotional disorders (ED)

Módulo 2: Personality, vulnerability & emotional disorders.

1. Introduction
2. Similarities between ED
3. Underlying temperamental structure of the ED
4. ED nature
 - 4.1. Etiological and maintenance transdiagnostic constructs in ED
 - 4.2. The role of the emotional regulation in ED
5. Dimensional diagnosis of ED
6. Changes in neuroticism
7. Neuroticism and health
8. Prevention and treatment of neuroticism

Module 3: Case formulation from the unified protocol approach.

1. Assessment and case formulation from the Unified Protocol.

Module 4: Unified protocol for the transdiagnostic treatment of ED session by session

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

- Barlow, D. H., Sauer-Zavala, S., Carl, J. R., Bullis, J. R., & Ellard, K. K. (2013). The Nature, Diagnosis, and Treatment of Neuroticism: Back to the Future. *Clinical Psychological Science*, 2, 344-365.
- Barlow, D. H., Farchione, T. J., Sauer-Zavala, S., Murray Latin, H., Ellard, K. K., ... Cassiello-Robbins, C. (2019). Protocolo unificado para el tratamiento transdiagnóstico de los trastornos emocionales. Manual del terapeuta (Jorge Osma y Elena Crespo, trad., 2019). Madrid: Alianza Editorial.
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- Boettcher, H. & Conklin, L. R. (2017). Transdiagnostic Assessment and Case Formulation: Rationale and Application with the Unified Protocol. In D. H. Barlow & T. J. Farchione (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* (pp. 17-38). New York: Oxford University Press.
- Caballo, V. E., Salazar, I. C., & Carrobbles, J. A. (2014). Manual de psicopatología y trastornos psicológicos. Madrid: Ediciones Pirámide.
- 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. J. (1998). The emerging field of emotional regulation: An integrative review. *Review of General Psychology*, 2 (3), 271-299.
- Gross, J.. Handbook of emotion regulation / J. Gross. 2nd ed. New York : Guilford Press, 2015
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- 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
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- Sauer-Zavala, S., Gutner, C.A., Farchione, T.J., Boettcher, H.T., Bullis, J.R. y Barlow, D.H. (2017). Current Definitions of 'Transdiagnostic' in Treatment Development: A Search for Consensus. *Behavior Therapy*, 48(1), 128-138