

**COURSE DATA****Data Subject**

Code	33320
Name	Intervention and psychological treatment
Cycle	Grade
ECTS Credits	9.0
Academic year	2018 - 2019

Study (s)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	3	Annual

Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	19 - Psychological intervention and treatment	Obligatory

Coordination

Name	Department
CARO GABALDA, ISABEL M	295 - Personality, Evaluation and Psychological Treatment

SUMMARY

Intervention and Psychological Treatment is a core subject of basic training for Degree in Psychology, third year. The student will have the opportunity to acquire basic knowledge, along with other subjects such as Psychology, Social and Community Intervention, also taught in third grade, Psychological Assessment, the second year, and Design Research in Psychology and Psychopathology, to be taught in fourth grade. That training will provide a solid foundation for the development of further training in other Grade electives such as Clinical Psychology, Clinical Child Psychology, Intervention in Educational Contexts, and the external practice training. Also, this course brings its own set of skills essential for professional development in the field of Clinical Psychology and Health, as well as other areas of professional intervention



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

It is a desirable requirement to have passed the following subjects:

1. Psychology of Learning.
2. Personality and Individual Differences.
3. Psychological Assessment.

It is recommended to have passed the following subjects:

1. Statistics.
2. Psychometrics.
3. History of Psychology, Science and Profession.

OUTCOMES

1319 - Degree in Psychology

- Understand the legal, ethical and deontological limits of psychological treatments.
- Adopt a scientific spirit and a critical judgment to evaluate the goodness and quality of theoretical models and derived therapeutic procedures.
- Become familiar with the professional role of the psychotherapist (basic competences and skills).

LEARNING OUTCOMES

- 1.- To know the history and main concepts of intervention techniques and psychological treatments, so that the field can be considered as a fully integrated area in Psychological Science, and later to place the contents (from this and other subjects) in an appropriate framework.
- 2.- Be able to use a clear basic concepts and terminology of this discipline, so that it can handle the literature of the subject at hand.
- 3.- To know the quality criteria required more frequently on the information used in psychological treatments.
- 4.- To know the various techniques and processes of interventions and psychological treatments and their main applications.
- 5.- Be able to design intervention plans and psychological treatments.
- 6.- Being able to use information resources necessary to guide the search for teaching materials or information about psychological treatments may be needed.



DESCRIPTION OF CONTENTS

1. BASES OF INTERVENTION AND PSYCHOLOGICAL TREATMENTS

- Topic 1. - History of intervention techniques and psychological treatments.
Topic 2. - Definition and basic concepts in the field of psychological treatments.
Topic 3. - The psychotherapeutic process.
Topic 4. - Research in psychotherapy and psychological treatments.
Topic 5. - Ethics of psychological treatments.

2. MAIN MODELS IN THE FIELD OF PSYCHOLOGICAL TREATMENTS

- Topic 6. - Psychoanalysis and psychodynamic psychotherapies major.
Topic 7. - Humanistic and experiential models.
Topic 8. - Behavioral therapies.
Topic 9. - Cognitive-behavioral treatments.
Topic 10. - The cognitive psychotherapies.
Topic 11. - The constructivist psychotherapies.
Topic 12. - The systemic models.
Topic 13. - Other models and procedures.
Topic 14. - Common principles of psychotherapy and integrating therapeutic models.
Topic 15. - Developments and recent advances on psychological treatments.
Topic 16. - Applications of psychological treatments to clinical psychology and health.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	90,00	100
Attendance at events and external activities	25,00	0
Development of group work	20,00	0
Development of individual work	20,00	0
Study and independent work	20,00	0
Preparation of evaluation activities	50,00	0
TOTAL	225,00	

TEACHING METHODOLOGY

1. Lectures.
2. Reading, discussion and analysis of texts, both of the original authors and later handbooks.
3. Viewing and discussion of videos.
4. Discussion of conceptual and practical issues.



5. Analysis of research reports on specific psychological treatments.
 6. Design research on a concrete psychological treatment.
 7. Presentation and discussion of cases that have made mistakes and faults ethics in psychological treatments.
 8. Discussion of concepts and role play a therapy sessions.
 9. A case analysis from various psychological approaches.
-
10. Group work.
 11. Presentations by students on non-contact work.

EVALUATION

Minimum requirements to pass the subject: The mark to pass the subject is 5 (out of 10).

In order to be able to pass the subject, a 5 score in the exam (or its corresponding consideration) in the official exam must be obtained. Following the regulations of the University of Valencia, approved by the Governing Council on May 30, 2017 (ACGUV 1.08/2017), the overall evaluation of the student can be obtained as a result of the combination of the assessment obtained in the final exam along with that achieved in the different continuous assessment activities carried out. These activities can be practical and carried out in the class or individually, texts reading and report's elaboration, group or individual works with their corresponding reports, oral presentation, etc. The teacher responsible for the subject will record in the agenda, and at the beginning of the course, how the assessment will be organized, as well as the weight and weighing that he considers most appropriate in relation to the subject themes' organization.

Such assessment can not be modified throughout the course. It will be also indicated what activities and themes can be re-assessed and how will be done, in each of the official announcements of the subject. Other questions related to the final qualification: The final qualification and the award of the excellent with distinction will be based, basically, on the exam grades and according to the University of Valencia norms, which take into account the number of excellent with distinction per group. The teacher will indicate whether, in addition to this consideration and in view of the development and fulfillment of the course agenda, it will be taken into account the group's work and activities, attendance and participation in class, as well as attendance to tutoring sessions, or attendance at the oral exposures exhibited by the students.

The exams will be written, with choice questions and may include the resolution of practical cases. The teacher may consider carrying out a development examination for the granting of an excellent with distinction. This information should appear in the agenda of the course prepared by each teacher and communicated to the students at the beginning of the subject.

The qualification of the subject will abide to what is stipulated in the Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster (ACGUV 108/2017 of May 30, 2017). http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf



REFERENCES

Basic

- Capuzzi, D., & Gross, M. D. (2011). *Counseling and psychotherapy: Theories and Interventions*. Alexandria, VA: Wiley
- Fall, K. A., Holden, J. M., & Marquis, A. (2017). *Theoretical models of counseling and psychotherapy* (third edition). New York, NY: Taylor and Francis
- Capafons, A. (2016). *Intervención y tratamientos psicológicos, tema 13: técnicas de control de la activación. Material I: relajación*. Valencia: Material no publicado.
- Ávila, A., Rojí, B. y Saúl, L.A. (2004). *Introducción a los tratamientos psicodinámicos*. Madrid: UNED.
- Ávila, A., y Poch, J. (1994). *Manual de técnicas de psicoterapia. Un enfoque psicoanalítico*. Madrid: Siglo XXI.
- Bernstein, D.A., y Nietzel, M.T. (1982). *Introducción a la psicología clínica*. México, McGraw-Hill.
- Caballo, V. (1998). *Manual de técnicas de terapia y modificación de conducta*. Madrid: Siglo XXI.
- Capafons, A. (2009). Diez años después de hipnosis clínica: una visión cognitivo conductual. En C.M. Lopes-Pires y E. Santos (Eds.), *Hipnose clínica: Fundamentos e aplicações em psicologia e saúde* (pp. 49-57). Viseu (Portugal): Psicossoma.
- Capafons, A. (1998). Hipnosis clínica: una visión cognitivo-conductual. *Papeles del Psicólogo*, 69, 71-88. <http://www.cop.es/papeles/vernumero.asp?id=779>
- Capafons, A. (Comp.) (1990). *Psicoterapia y modificación de conducta: compendio de lecturas básicas -I-*. Valencia: La Nau Llibres
- Capafons, A., y Milán, M^aJ. (2003). *Temas básicos de introducción a las técnicas y tratamientos psicológicos*. Valencia: Promolibro
- Caro, I. (Comp.) (1997). *Manual de psicoterapias cognitivas. Estado de la cuestión y procesos terapéuticos*. Barcelona: Ed. Paidós.
- Caro, I. (2007). *Manual teórico-práctico de psicoterapias cognitivas*. Bilbao: DDB.
- Caro, I. (2011). *Hacia una práctica eficaz de las psicoterapias cognitivas*. Bilbao: DDB.
- Clark, D.A. y Beck, A.T. (2012). *Terapia cognitiva para trastornos de ansiedad*. Bilbao: DDB.
- Davis, M., McKay, M., y Eshelman, E.R. (1985). *Técnicas de auto-control emocional*. Barcelona: Martínez Roca.
- Feixas, G. y Miró, M.T. (1993). *Aproximaciones a la psicoterapia. Una introducción a los tratamientos psicológicos*. Barcelona: Paidós.
- Gavino, A. (2004). *Tratamientos psicológicos y trastornos clínicos*. Madrid: Pirámide.
- Haynes, S., Godoy, A., & Gavino, A. (2011). *Cómo elegir el mejor tratamiento psicológico*. Madrid: Pirámide.
- Kleinke, C.L. (2009). *Principios comunes en psicoterapia*. Bilbao: Desclée de Brouwer, S.A
- Labrador, F.J. (Ed.) (2011). *Técnicas de modificación de conducta*. Madrid: Pirámide.
- Labrador, F.J. (Ed.) (2011). *Situaciones difíciles en terapia*. Madrid: Pirámide.
- Labrador, F.J. y Crespo López, M. (2012). *Psicología clínica basada en la evidencia*. Madrid: Pirámide.
- Lynn, S.J., y Garske, J.P. (Eds.) (1988). *Psicoterapias contemporáneas*. Bilbao: D.D.B.
- Mahoney, M.J. y Freeman, A. (1988). *Cognición y psicoterapia*. Barcelona: Paidós.



- McKay, M. y Fanning, P. (1991). Autoestima. Evaluación y mejora. Barcelona: Martínez Roca.
- McKay, M., Davis, M., y Fanning, P. (1985). Técnicas cognitivas para el tratamiento del estrés. Barcelona: Martínez Roca.
- Mendoza, M^aE., y Capafons, A. (2009). Eficacia de la hipnosis clínica: resumen de su evidencia e m p í r i c a . P a p e l e s d e l P s i c ó l o g o , 3 0 , 9 8 - 1 1 6 .
<http://www.papelesdelpsicologo.es/vernumero.asp?id=1699>
- Neimeyer, R.A. (2013). Psicoterapia constructivista. Rasgos distintivos. Bilbao: DDB.
- Okun, B.F. (2001). Ayudar de forma efectiva. Bilbao: DDB.
- Papeles del Psicólogo (2006). Nuevas terapias y técnicas clínicas (Monográfico), 27,
<http://www.papelesdelpsicologo.es/papeles.asp?numero=1121.Julio%2C+n%BA+2%2C+2006+y11=%3E>
- Rojí, B y Saúl, L.A. (2005). Introducción a las psicoterapias experienciales y constructivistas. Madrid: UNED.
 - Ruiz, M^a. A., Díaz, M.I., & Villalobos, A. (2012). Manual de técnicas de intervención cognitivo conductuales. Bilbao: Desclée De Brouwer.

Additional

- Fromme, D. K. (2011) Systems of Psychotherapy: Dialectical tensions and integration. New York, NY: Springer
- Cebolla, A., García-Campayo, J., & Demarzo, M. (2014) Mindfulness y ciencia: de la tradición a la modernidad. Madrid: Editorial Alianza.
- García-Campayo, J., Cebolla, A., & Demarzo, M. (2016). La ciencia de la compasión. Madrid: Editorial Alianza.
- Denney, D. R. (1983): Relaxation and stress management training. En C.E. Walker (Ed.), The handbook of clinical psychology: Theory, research and practice. Homewood (IL): Dow Jones Irwing.
- Luciano, M. C., & Valdivia M. S. (2006). La terapia de aceptación y compromiso (ACT) 1. Fundamentos, características y evidencia. Papeles del Psicólogo, 27(2), 79-91. (<http://www.papelesdelpsicologo.es/vernumero.asp?id=1339>).
- Ávila, A., y Poch, J. (1994). Manual de técnicas de psicoterapia. Un enfoque psicoanalítico. Madrid: Siglo XXI.
- Capafons, A. (2012). Hipnosis. (2^a edición ampliada y revisada) Madrid: Síntesis.
- Caro, I. (1993) (Comp). Psicoterapia e investigación de procesos. Valencia: Promolibro. Colección de Psicología Teórica.
- Caro, I. (1995) (Comp.). Estado actual de las psicoterapias. Monografía del Boletín de Psicología. Marzo. pp. 1-186.
- Caro, I. (2003). Psicoterapias cognitivas. Evolución y comparaciones. Barcelona: Paidós.
- Didonna, F. (2011). Manual clínico de mindfulness. Bilbao: DDB.
- Feixas, G. y Villegas, M. (2000). Constructivismo y psicoterapia. 3^a edición revisada. Bilbao: DDB.
- Gavino, A. (2004). Tratamientos psicológicos y trastornos clínicos. Madrid: Pirámide.
- Gendlin, E.T. (1997). Focusing Proceso y técnica del enfoque corporal. Bilbao: Mensajero.
- Greenberg, L. (2000) Emociones una guía interna. Bilbao, Desclée De Brouwer.
- Greenberg, L. y Paivio, S. (2000). Trabajar con las emociones en psicoterapia. Barcelona: Paidós.



- Lynn, S.J., y Garske, J.P. (Eds.) (1988). Psicoterapias contemporáneas. Bilbao: D.D.B.
- Papeles del Psicólogo (2009). Ética profesional y deontología (monográfico), 30,
<http://www.papelesdelpsicologo.es/vernumero.asp?ID=1746>
- Pérez-Álvarez, M. (1996). Tratamientos psicológicos. Madrid: Editorial Universitas.
- Psicología Conductual(2006). Nuevas terapias al inicio del siglo XXI (monográfico), 14, 3.
- Shapiro, F., y Forrest, M.S. (2008). EMDR: una terapia revolucionaria para superar la ansiedad, el estrés y los traumas. Barcelona: Editorial Kairós.
- Siems, M. (1997). Tu cuerpo sabe la respuesta. Bilbao: Mensajero.