

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

Code	33320
Name	Intervention and psychological treatment
Cycle	Grade
ECTS Credits	9.0
Academic year	2022 - 2023

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
MARCO SALVADOR, JOSÉ HELIODORO	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

Use of intervention techniques in cases of mental and behavioral disorders.

Design intervention programs in clinical cases.

Differentiate between intervention techniques and programs framed in different psychological treatment models.

Identify the ethical and deontological guidelines to be applied in psychological treatments.

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.



The use of mobile devices, tablets and laptops will be at the disposal of the teaching methodology proposed by each teacher.

EVALUATION

Following the regulations of the University of Valencia, approved by the Governing Council on May 30, 2017 (ACGUV 01.08 / 2017), the student's global assessment can be obtained as the result of a combination of the assessment obtained in the final test along with that achieved in the different continuous assessment activities carried out. These activities can be practical and carried out in class or individually, reading texts and preparing reports on the matter, joint or individual work with their corresponding reports, presentations of the work in class, etc.

The assessment will be carried out continuously throughout the course through various activities (academic work, readings, case resolution proposals, practical, written and audiovisual material produced by students, practical exercises, etc.) and a final written test (of alternatives or resolution of practical cases), carried out in the two official calls of the UV.

In order to pass the subject, a 5 out of 10 in the exam must be obtained in the official calls.

The final test of the subject will have a weight between 30-70% of the grade. And the part of the activities will have a weight of between 30-70% of the grade.

There are no differences between the first and second calls regarding the evaluation methodology.

Optionally, the professor in charge of the subject may propose an assessment test for the first semester. The evaluation of the content of the first semester will mean 40% of the final grade, and the evaluation of the second semester 60%.

The professor responsible for the subject will state in the Agenda of said subject, and at the beginning of the course, how the evaluation of the theoretical matter and the practical activities will be organized, as well as the weight and weighting that he considers most appropriate in relation to its organization of the syllabus of the subject.

The qualification of the subject will be subject to the provisions of the Regulation of Evaluation and Qualification of the University of Valencia for Bachelor's and Master's degrees (ACGUV 108/2017 of May 30, 2017). http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf The final grade and the granting of an honors degree will be based, in addition to the exam grades, individual and group assignments, activities, attendance and participation in class, as well as attendance at tutorials. In accordance with RD1125 / 2003, the mention of honors (MH) can be awarded to the student who has obtained a grade equal to or greater than 9.0, and in strict order of grade in the grade record. In the event of fraudulent practices, the procedure will be followed as determined by the Action Protocol for fraudulent practices at the University of Valencia (ACGUV 123/2020): <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>



REFERENCES

Basic

- Bernstein, D.A., y Nietzel, M.T. (1982). Introducción a la psicología clínica. México, McGraw-Hill.
- Capafons, A. (2016). Intervención y tratamientos psicológicos, tema 13: técnicas de control de la activación. Material I: relajación. Valencia: Material no publicado.
- 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. (2007). Manual teórico-práctico de psicoterapias cognitivas. Bilbao: DDB.
- Caro, I. (2011). Hacia una práctica eficaz de las psicoterapias cognitivas. Bilbao: DDB.
- Feixas, G. y Miró, M.T. (1993). Aproximaciones a la psicoterapia. Una introducción a los tratamientos psicológicos. Barcelona: Paidós.
- 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.

Additional

- EL PROFESOR FACILITARÁ EL LISTADO DE REFERENCIAS COMPLEMENTARIAS
EL PROFESSOR FACILITARÀ EL LLISTAT DE REFERÈNCIES COMPLEMENTÀRIES
TEACHER WILL PROVIDE THE LIST WITH COMPLEMENTARY REFERENCES