

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

<b>Code</b>	33320
<b>Name</b>	Intervention and psychological treatment
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	9.0
<b>Academic year</b>	2023 - 2024

**Study (s)**

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

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1319 - Degree in Psychology	19 - Psychological intervention and treatment	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
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 advisable 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
<b>TOTAL</b>	<b>225,00</b>	

**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 overall evaluation of the student is obtained as a result of the evaluation obtained in the final tests (performed at the end of each four-month period) together with the one obtained in the different activities of continuous evaluation carried out throughout the course. 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 its corresponding reports, class presentations of the work, etc.

SE1.- Assessment of theoretical and practical content through oral, written or skill performance tests. The final tests of the subject (SE1) will account for 70% of the mark.

SE2.- Oral or written presentation of reports, individual or group work, clinical cases, problem solving and management of diagnostic tests.

SE3.- Active participation in class activities, seminars and workshops and motivation for the quality of learning results.

The continuous assessment is composed by SE2 and SE3 will account for 30% of the mark.

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

In order to pass the subject, a 5 (or its corresponding weighting) must be obtained in the official calls in the exam (SE1).

The evaluation of the first semester will account for 40% of the final grade for the subject, and that of the second semester, 60%.

There are no differences between the first and the second call regarding the assessment system.

The professor in charge of the subject will record in the Agenda the student assessment, and at the beginning of the course, how the theoretical matter and continuous assessment activities will be organized.

Optionally, the teacher in charge of the subject may propose an assessment test for the first semester.

The final grade and the outstanding with honors (MH) degree will be based, in addition to the exam grades, individual and group work, activities, class attendance and participation, as well as attendance at tutorials. In accordance with RD1125 / 2003, the outstanding 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 note in the qualification certificate.

The exams will be written, multiple-choice and may include practical activities like resolution of practical cases.



The grading will be subject to the provisions of the Regulations for 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](http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf)

In the event of fraudulent practices, the procedure determined by the Protocol for action against fraudulent practices at the University of Valencia (ACGUV 123/2020) will be followed:

<https://www.uv.es/sgeneral/Protocols/C83sp.pdf600>

## 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<sup>a</sup>J. (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