<table>
<thead>
<tr>
<th><strong>Name</strong></th>
<th>Helping Relationship</th>
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<tbody>
<tr>
<td><strong>Teaching staff</strong></td>
<td>(Also indicate the Professor in charge)</td>
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<td></td>
<td>Prof. Marco Paulino</td>
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<td><strong>ECTS</strong></td>
<td>6</td>
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**Functioning**
Optative Course Unit. 1st semester.
Theoretical-practical lectures (Tuesdays 7 – 9 pm and Fridays 1 – 3 pm).

**Learning goals**
- Knowledge of the person-centered approach;
- Knowledge of the communication models;
- Awareness of the various relational styles;
- Experiencing and discussing in group the interpersonal helping relationship.

**Skills to be developed**
- Empathic capacity;
- Personal development able to detect problems related to transfer and counter-transfer, capabilities and limits, the context and the environment;
- Personal development that allows outlining the individual way of being in the helping relationship.

**Prerequisites** (precedences) *
Not applicable

**Contents**
- Phenomenology and existentialism;
- Humanistic psychology;
- Verbal, non-verbal and empathic communication.
- Crossed expectations. Transfer and counter-transfer.
- Unconditional positive regard. Congruence. Empathy.
- The person, not the problem. Understanding, not cleverness. Capabilities and limits.

Bibliography

Teaching methods
Lectures with debate, discussion of papers, exercises to promote personal development and training in role playing (roles of helper, helped and observer).

Evaluation Regimes (General and/or Alternative)
Continuous assessment taking into account the personal investment (attendance, presentations, comments and active participation in classroom), rated to 8 marks.
Final written test, without consultation, with 6 short-answer questions, rated to 12 marks.

Evaluation Elements
(Dates due, weights, minimum required grades)
The final result is the sum of continuous assessment 40% and written test 60%.

Rules for grade improvement
Repeating the test in subsequent season is allowed.

Rules for students having previously failed the course unit *
Students who already have proof of attendance are allowed to only repeat the written test.
**Requirements on attendance and punctuality**

2/3 attendance of total hours of theoretical-practical lessons.

**Rules for special students**

(workers, elite athletes, student body leaders, military, fathers/mothers, with special needs) *

2/3 attendance of total hours of theoretical-practical lessons.

**Language of instruction**

Portuguese.

**Disciplinary violations and penalties**

According to the Evaluation of Learning Regulation of the Faculty of Psychology of the University of Lisbon, the following behaviors are considered as disciplinary offenses subject to disciplinary action:

a) To use or attempt to use materials, information, notes, study resources or other objects and equipment not authorized in academic exercises;

b) To help or try to help a colleague in committing a disciplinary offense;

c) To submit the same written work for evaluation in different course units without permission from the instructors, even if with minor changes;

d) To present someone else’s work as one’s own;

e) To forge, or change without permission from the author, any information or citation in an academic work;

f) To interfere, change or attempt to change grades;

g) To try to prevent or interfere with the proper functioning of classes, research or other academic activities;

h) To make false accusations regarding instructors, governance bodies, other students or non-teaching staff of the FPUL;

i) To falsify signatures in attendance sheets, documents relating to evaluation elements or in any official document relating to an academic process or status.

Disciplinary offenses committed in any assessment element can lead to its annulment, and must be reported to the Pedagogical Council or, considering their gravity and repetition, may lead to other penalties, to be determined by the Rector of the University of Lisbon.

* If applicable