## COURSE UNIT INFORMATION SHEET (SYLLABUS)

### 2019/2020

<table>
<thead>
<tr>
<th><strong>Name</strong></th>
<th>BEHAVIORAL AND COGNITIVE CLINICAL METHODOLOGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Teaching staff</strong></td>
<td>Professor Doutor Fernando Fradique – <a href="mailto:ffradique@psicologia.ulisboa.pt">ffradique@psicologia.ulisboa.pt</a></td>
</tr>
<tr>
<td><strong>ECTS</strong></td>
<td>6 ECTS</td>
</tr>
<tr>
<td><strong>Functioning</strong></td>
<td>Wednesday 15h - 19h</td>
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</tbody>
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### Learning goals
1. Knowledge about the epistemological and psychopathological principles of the main models of behavioral and cognitive psychotherapies.
2. To know about and apply the principles of diagnosis and objectification of clinical intervention.
3. To know about and analyze the main methods of intervention.
4. To know how to apply the methodologies to clinical cases and / or problematic situations.

### Skills to be developed
1. To know how to apply the principles of diagnosis and objectification of clinical intervention.
2. To know about and analyze the main methods of intervention.
3. To be able to apply the methodologies to clinical cases and / or problematic situations.

### Prerequisites (precedences) *

N/A
### Contents

- Introduction to the principles of conditioning and behavioral clinic
- Introduction to relaxation methodologies
- Assertive communication
- Respondent methodologies
- Operant methodologies
- Covert conditioning methodologies
- Vicarious methodologies
- Introduction to cognitive clinic
- Self-instructional, coping skills acquisition, and problem solving methodologies
- Cognitive restructuring methodologies

### Bibliography

#### Bibliografia

#### Mandatory readings


### Teaching methods

- All classes are theoretical and practical
- Lectures, reading and discussion
**Evaluation Regimes (General and/or Alternative)**
Subject to continuous assessment. No Alternative Final Regime

**Evaluation Elements**
(Dates due, weights, minimum required grades)
Set of answers to quizzes: 80%
Development of an Assertive Training Guide and dramatization: 20%
Relaxation didactics: Required
Dramatizations: Required

**Rules for grade improvement**
N/A

**Rules for students having previously failed the course unit** *
These students must meet all the requirements as other students

**Requirements on attendance and punctuality**
The student must be present and participate during the class period. maximum number of absences allowed for completion of the course: 3

**Rules for special students**
(workers, elite athletes, student body leaders, military, fathers/mothers, with special needs) *
N/A

**Language of instruction**
Portuguese. The proficiency in English is required.

**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