

COURSE UNIT INFORMATION SHEET (SYLLABUS) 2020/2021

Name
Clinical and Health Psychology
Teaching staff
Carla Crespo (Professor in charge)
António Branco Vasco
João Justo
Margarida Custódio dos Santos
ECTS
6
Functioning
Weekly theoretical classes (2h)+ tutorial/practical classes (2h). There are four different practical classes with limited numbers. Students must attend the class they have enrolled for.
Goals
- To provide an introduction to the field of Clinical and Health, focusing on its historical and philosophical roots; contexts and models for intervention; research topics; professional aspects. - To promote critical and autonomous thinking on the key topics in this field.
Skills to be developed
- To develop and master significant knowledge in the field of Clinical and Health Psychology; - To develop critical thinking regarding how Clinical and Health Psychology can be applied in real contexts.
Prerequisites (precedences) *
NA
Contents
1.Presentation and contextualization 2. Cognitive Behaviour Therapy and Integrative Psychotherapy I - Historical and contextual framework of cognitive behaviour therapy - Principles, basic concepts and interventions - Contextual psychotherapies: the third generation 3. Cognitive Behaviour Therapy and Integrative Psychotherapy II - Context and emergence of integrative psychotherapy - Integrative modalities and transdiagnostic constructs - Meta-theoretical approaches and models 4. Cognitive Behaviour Therapy and Integrative Psychotherapy III - Research in psychotherapy

- Therapeutic alliance: actors and therapeutic process variables
- 5. Dynamic model I
 - Psychoanalysis and psychodynamic psychotherapy: Definition and differential aspects
 - Drive theory: Basic concepts
- 6. Dynamic model II
 - Object relations theory: Basic concepts and key authors
 - Psychodynamic psychotherapy: Conceptual aspects; The therapist and the therapeutic relationship
- 7. Dynamic model III
 - Research in psychodynamic psychotherapy
- 8. Health Psychology I
 - Context for the development of Health Psychology
 - Paradigms and intervention methods
 - Areas and contexts for intervention
- 9. Health Psychology II
 - Health Psychology and its relationship with Public Health, Epidemiology and Family Medicine and Health Education
 - Sociocognitive models in Health Psychology: Health beliefs model
 - Health Psychology throughout the life cycle
- 10. Health Psychology III
 - Illness Psychology: Psychology of the illness process
 - Leventhal's Self-regulation model
- 11. Systemic model I
 - Theoretical underpinnings: General systems theory; communication theory; bioecological model of development.
- 12. Systemic model II
 - From family in Psychology to Family Psychology: history of the scientific study of the family
 - The family life cycle
- 13. Systemic model III
 - Goals, models, themes and methods in Family Psychology and Community Psychology
 - Context and features of Community Psychology
 - Systemic assessment and intervention methods
- 14. Research and ethical and professional themes

Main references

- Vasco, A.B. (2017). Integração em Psicoterapia. In: Isabel Leal (Ed.), Psicoterapias. Pactor.
- Stadter, M. (2012). Presence and the present – Relationship and time in contemporary psychodynamic psychotherapy. Maryland: Jason Aronson.
- Dobson, K. S. (2009). Handbook of Cognitive Behavior Therapies (3rd ed.). The Guilford Press: New York
- Alarcão, M. (2000). (Des) Equilíbrios familiares. Coimbra: Quarteto Editora.
- French, D; Vedhara K, Kaptein, AD; Weinman (2010). Health Psychology. Blackwell

Teaching methods

- Theoretical exposition; individual and group exercises and discussion; videos and role-plays.

Evaluation Regimes (General and/or Alternative)

1. Written exam with the duration of 1h 30m + 30m extra time. The exam comprises 4 questions (1 per each Clinical section): 5 points are attributed to each of the questions.

- Evaluation Elements

See former section

Rules for grade improvement

The exam must be taken again.

Rules for students having previously failed the course unit *

If students have attended the minimum number of classes, their presence in class is not compulsory in the following year. They must be present in the final exam.

Requirements on attendance and punctuality*

- Students must enroll in one practical class and attend only the schedule of that specific class throughout the semester.
- Students must attend both theoretical and practical classes.

Rules for special students

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

These students, after providing evidence to both the Academic Services and the Professors in this unit about their status, may follow the general legislation guidelines regarding attendance.

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