

COURSE UNIT INFORMATION SHEET (SYLLABUS)

2020/2021

Name BEHAVIORAL AND COGNITIVE CLINICAL METHODOLOGIES
Teaching staff Professor Doutor Fernando Fradique – ffradique@psicologia.ulisboa.pt
ECTS 6 ECTS
Functioning Normal – Wednesday, 15h-19h or Contingent (Covid-19) - Wednesday 17h - 19h (theoretical classes, on-line, synchronous); Monday 15h-17h (practical classes, presential, ½ class every other week)
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 methodologies

self-instructional, coping skills acquisition, and problem solving methodologies

cognitive restructuring methodologies

Bibliography

Bibliografia

Mandatory readings

Beck A et al. (1979) Cognitive Therapy of Depression. N.Y.: J. Wiley

Beck A & Emery G (1985) Anxiety Disorders and Phobias. N.Y.: Basic Books

Gonçalves O (1993) Terapias Cognitivas: Teorias e práticas. Porto: Afrontamento

Joyce-Moniz L (2002) A Modificação do Comportamento: Teoria e prática da psicoterapia e psicopedagogia comportamentais (4ª ed. c/ Guia de Metodologias Comportamentais e Cognitivas para Psicólogos e Educadores). Lisboa: Horizonte

Teaching methods

All classes have a theoretical period and a practical period 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 weekly exercises: 80% Development of an Assertive Training Guide and dramatization: 20% Relaxation didactics: Required Dramatizations: Required All evaluation elements are to be completed in class (when presential) or between classes (when on-line, synchronous)
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 (presential and/or synchronous classes) 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