

# PSYCHOLOGICAL INTERVENTION AND TREATMENT – Code 800169

Academic Year 2016-17

## COURSE INFORMATION

**Undergraduate Studies:** 0812 – Degree in Psychology (Studies Plan 2009-10)

**Type:** Compulsory

**ECTS:** 6.0

**Module:** Basic psychological training

**Area:** Intervention and psychological treatment

**Year:** Third

**Semester:** 1 & 2

## INSTRUCTOR INFORMATION

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**Office hours:** Mondays 10:00-12:00 Wednesday 10:00-12:00 at Office 1226 H

Fridays 10:00-12:00 at the Clínica Universitaria de Psicología

## SYNOPSIS

### COMPETENCIES

#### General competencies

GC8: Identify recipients' needs and demands in the different areas of application and establish goals for psychological action.

GC10: Promote health and quality of life in individuals, groups, communities and organizations in different contexts: educational, clinical, workplace and organizations, and community, via professional practice methods.

GC11: Select and manage specific psychology techniques and instruments.

GC12: Define objectives, prepare plans and intervention techniques on the basis of recipients' needs and demands.

GC13: Appropriately and accurately transmit evaluation results to recipients.

GC15: Know and comply with the requirements of professional ethics in psychology.

#### Transversal competencies

TC1: Analysis and synthesis.

TC2: Preparation and defence of properly reasoned arguments.  
professional audiences.

TC4: Apply knowledge to own work or vocation on a professional way.

TC6: Team work and collaboration with other professionals

TC7: Critical thinking and self- analysis.

TC9: Communication skills, learning how to communicate ideas to both, professional and non-

TC3: Problem solving and decision making in Psychology.

#### Specific competencies

SC2: Be able to establish goals of basic psychological action in different contexts, proposing and negotiating goals with recipients and interested parties.

SC4: Be able to describe and measure variables (personality, intelligence and other aptitudes, attitudes, etc.) and cognitive, emotional, psychobiological and behavioural processes).

SC12: Be able to define objectives and prepare basic intervention plans based on their purpose (prevention, treatment, rehabilitation, integration, accompaniment, etc.).

SC13: Know how to choose appropriate psychological intervention techniques to achieve objectives.

SC14: Be able to use strategies and techniques to participate in interventions with recipients.

SC16: Know how to plan evaluations of programmes and interventions.

SC17: Be able to measure and obtain relevant data for the evaluation of interventions.

SC18: Know how to analyse and interpret results of evaluations.

SC19: Know how to appropriately and accurately provide feedback to recipients.

## TEACHING ACTIVITIES

### BRIEF DESCRIPTION:

### PRE-REQUISITES

Active participation in class exercises and discussions is necessary.  
For practice classes; completion of homework assignments and an individual project.  
Attending practical classes is mandatory. Students who can not attend must justify their absences. Attendance will be monitored in practical classes. Students who do not have a minimum attendance will receive a grade of non-suitable.

### OBJECTIVES

### TOPICS

1. Behaviour Therapy Introduction.

**Chapter 1** (Pages 1-15) – Behavior Therapy Introduction in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

**Chapter 2** (Pages 16-46) – Antecedents of Contemporary Behavior Therapy in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

2. The Process of Behaviour Therapy.

**Chapter 4** (Pages 47-76) – The process of Behavior Therapy in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

3. Acceleration Behaviour Therapy

- a. Stimulus Control
- b. Reinforcement.

**Chapter 6** (Pages 115-145) – Acceleration Behaviour Therapy in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

4. Deceleration Behaviour Therapy

- a. Differential Reinforcement,
- b. Punishment and
- c. Aversion Therapy.

**Chapter 7** (Pages 146-179) – Deceleration Behaviour Therapy in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

5. Combining Reinforcement and Punishment:

- a. Token Economy,
- b. Contingency Contract and
- c. Behavioural Parent Training.

**Chapter 8** (Pages 180-204) Combining Reinforcement and Punishment in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

6. Modelling therapy

- a. Vicarious Extinction
- b. Skills Training

**Chapter 11** (Pages 263-302) – Modeling Therapy in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

- 7. Cognitive Behavioural Therapy;
  - a. Self-Instructional Training
  - b. Problem-Solving Therapy/Training
  - c. Stress Inoculation Training
  - d. Cognitive-Behavioral Couple Therapy

**Chapter 13** (Pages 346-382) – Cognitive Behavioural Therapy; Coping skills in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth

- 8. Relaxation techniques.

**Chapter 3** (Pages 71-85) – Desactivación fisiológica in Vila Castellar J. & Fernández-Santaella M.C. (2004) *TRATAMIENTOS PSICOLÓGICOS: La perspectiva experimental* Ediciones Pirámide

- 9. Third -generation Behaviour Therapies
  - a. Acceptance and Commitment Therapy
  - b. Dialectical Behaviour Therapy
  - c. Mindfulness based Cognitive Therapy

**Chapter 14** (Pages 383-416) – Third -generation Behaviour Therapies in Spielger, M.D. & Guevremont D.C. (2010) *CONTEMPORARY BEHAVIOR THERAPY* (5TH Edition) Wadsworth 2

## ASSESSMENT

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There will be a final exam in February 2017. The final exam will be worth 60% of your final grade. The final exam will include objective (multiple choices) questions (70% of theory grade). The correction of the multiple choices will be carried out through the usual procedure (hits minus errors divided by the number of responses minus 1). In addition in the final exam, each student will have to do a case conceptualization and a simple treatment plan for a clinical case that will be given (30% of theory grade).

An oral presentation in class (groups of 2-3) will account for 10% of the overall final grade (Note: Specific instructions for the homework assignments will be given during class). The homework assignments performed in practice classes will be worth 30% of the final grade (Note: Specific instructions for the homework assignments will be given during class). You will need to pass both theory and practice, to average the grades.

No study guides will be provided – you are responsible for all of the material presented in class and in the readings. Class presentations are provided on the UCM Virtual Campus.

### Classroom Conduct

Please turn off cell phones before coming to class.

On time regular attendance is expected (classes start 10 minutes past the hour).

## RESOURCES

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### Recommended Textbooks :

- SPIELGER, M.D. & GUEVREMONT D.C. (2010) *Contemporary Behavior Therapy* (5TH Edition) Wadsworth
- DAVIS, M.; MCKAY, M. y ESHELMAN, E. R. (2008). *Técnicas de autocontrol emocional*. Madrid: MR Ediciones. (Orig. 1982).
- GAVINO, A. (Coor.) (2007). *Guía de técnicas de Terapia de Conducta*. Barcelona: Martínez Roca
- MARTIN, G. y PEAR, J. (2007) *Modificación de conducta. Que es y cómo aplicarla*. Madrid: Prentice Hall
- OLIVARES, J. y MENDEZ, X. (2008) *Técnicas de Modificación de Conducta*. Madrid: Biblioteca Nueva.

VALLEJO, M. A. Y RUIZ, M. A. (1993) Manual práctico de modificación de conducta. Madrid: Fundación Universidad Empresa

VÁZQUEZ, M. I. (2001) Técnicas de relajación y respiración. Madrid: Síntesis.

VILA, J. Y FERNÁNDEZ-SANTAELLA, M. C. (2004) Tratamientos psicológicos: la perspectiva experimental. Madrid: Pirámide.

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