

## PROGRAM

**SUBJECT'S NAME: INTERVENTION AND TREATMENT IN CLINICAL PSYCHOLOGY**

**Academic Year 2022-23**

**CODE: 800170**

**CREDITS ECTS: 6**

- **CLASSROOM CREDITS: 4.5**

- **NON CONTACT CREDITS: 1.5**

**SEMESTER: 1**

**YEAR: 4**

## CURRICULUM

**DEGREE:** Degree in Psychology

**SYLLABUS:** 0812 – DEGREE IN PSYCHOLOGY (GRADO EN PSICOLOGÍA )(Year (Año) 2009-10)

**GRADE:** 4

**CHARACTER:** Mandatory

**DURATION:** First Semester

**LANGUAJE:** English

**SUBJECT:** Intervention and psychological treatment

## PROFESSOR

**NAME:** José Luis Graña Gómez

**DEPARTMENT:** PETRA I (Clinical Psychology)

**CENTER:** Faculty of Psychology

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## OBJECTIVES

- a) Establish the importance of the use of psychological treatments based on empirical evidence.
- b) Teaching students using the main intervention techniques in clinical psychology.

## DESCRIPTORS

Intervention and psychological treatments in Clinical Psychology.

The intervention process in clinical psychology

Techniques and psychotherapeutic treatments in Clinical Psychology.

Aids to treatments in Clinical Psychology

## COMPETENCIES

### GENERAL COMPETENCIES:

- CG7:** Know and understand the various methods of assessment, diagnosis and psychological treatment in different fields of applied psychology.
- CG8:** Identify the needs and demands of the recipients in the different fields of application and set the goals for psychological intervention.
- CG9:** Identify the relevant characteristics of the behavior of individuals.
- CG10:** Promote health and quality of life of individuals, groups, communities and organizations in different contexts: educational, clinical, work and organizations, and community, through the most relevant methods of the psychologist profession.
- CG11:** Select and manage specific techniques and instruments of Psychology.
- CG12:** Define objectives, develop psychological intervention techniques according to the needs and demands of the recipients.
- CG15:** Know and comply with the ethical obligations of Psychology.

### SPECIFIC SKILLS:

- CE2:** Being able to establish the goals of the basic psychological performance in different contexts, proposing and negotiating goals with the affected recipients.
- CE4:** Be able to describe and measure variables (personality, intelligence and other aptitudes, attitudes, etc.) and cognitive, emotional, psychobiological and behavioural processes).
- CE5:** Being able to identify differences, problems and needs.
- CE12.1:** Develop an intervention plan according to needs to be tackled (prevention, treatment, rehabilitation, integration, support ...) based on psychological intervention techniques and, where appropriate, in their integration with other techniques intervention (eg., psychopharmacological).
- CE13:** Knowing how to choose the appropriate psychological intervention techniques to achieve the objectives.
- CE14:** Being able to use strategies and techniques for engaging in intervention recipients.
- CE16:** Know how to plan the evaluation of programs and interventions.
- CE17.1:** Being able to measure and obtain relevant data for the evaluation of interventions in terms of processes involved, effectiveness, efficiency and effectiveness of interventions.
- CE18:** Learn to analyze and interpret the results of the evaluation.
- CE19:** Know how to provide feedback to recipients appropriately and accurately.

### CROSS SKILLS:

- CT1:** Analysis and synthesis.
- CT2:** Preparation and defense of arguments properly grounded.
- CT3:** Problem solving and decision making within the area of psychology.
- CT4:** Apply knowledge to own work or vocation on a professional way. (Traducción del professor)
- TC6:** Team work.
- TC7:** Critical thinking and self- analysis.
- TC8:** Learning how to learn, skills for life-long learning.
- TC9:** Communication skills, learning how to communicate ideas to both, professional and non-professional audiences.

## ACADEMIC ACTIVITIES

LECTURES: 30 h.

PRACTICAL CLASSES: 15 h.

TUTORING AND WORK: 10 h.

OTHER ACTIVITIES (EVALUATION AND PERSONAL WORK: 5 h.

## SYLLABUS

### THEORETICAL SYLLABUS:

1. - The process of intervention in Clinical Psychology
2. - Psychological treatment in clinical settings: empirically supported psychological techniques.
3. Exposure techniques
4. Cognitive techniques
- 5 - Coping techniques and problem solving
6. - Other techniques and treatments
7. – Aids to treatments in Clinical Psychology

### PRACTICAL SYLLABUS

1. Exposure techniques
2. Cognitive Techniques
3. Coping techniques and problem solving
4. Other techniques.

## EVALUATION PROCEDURE

Educational Activity	System evaluation of learning outcomes	% in the final score
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Theoretical Classes	<u>Assessment system:</u> <u>Objective multiple choice exam. To pass the exam the student must reach at least 50% of the total score. The correction will be conducted using standard procedures (A-(E/N-1))</u>	66,6%
Practical Classes	<u>Assessment system:</u> 1. The work done by the student on the classroom will be valued through exercises or other directed activities (20% of the final grade). 2. Written tests will be conducted on an individual basis (80% of the final grade).	33,3%
Final grade	<u>Conditions:</u> - Theory and practice and directed work should be approved independently. - The student must attend at least 80% of the classes to pass the Practice  <u>Final Grade</u> <u>Approved both exams (theory and practice), then a weighted average will be obtained considering that theory will weight (66.6%) and practice (33.3%)</u>	

## BASIC REFERENCES

Labrador, F. J. (2008) *Técnicas de modificación de Conducta*. Madrid: Pirámide.

Crespo, M. y Larroy, C. (2008). *Técnicas de modificación de conducta: Guía práctica y ejercicios*. Madrid: Dykinson (Orig. 1998).

Rojí, B. y Saúl, L.A. (Eds.) (2012). *Introducción a los Tratamientos Psicodinámicos, Experienciales, Constructivistas, Sistémicos e Integradores*. Madrid: UNED

## DOCUMENTATION

There is a web with documentation for the subject on the virtual campus.

## GENERAL REFERENCES

Barlow, D.H. (2008) *Clinical handbook of psychological disorders: A step-by-step treatment manual (4ª Ed.)*. New York: Guilford

Caro, I. (2011). *Hacia una práctica eficaz de las Psicoterapias Cognitivas. Modelos y técnicas principales*. Bilbao: Desclée de Brouwer.

- Coderch, J. (2010). *La práctica de la psicoterapia relacional*. Madrid: Ágora Relacional
- Corbella, S. y Botella, L. (2004). *Investigación en Psicoterapia: Proceso, Resultado y Factores Comunes*. Madrid: Visión Net.
- Davis, M.; McKay, M. y Eshelman, E. R. (2008). *Técnicas de autocontrol emocional*. Madrid: MR Ediciones. (Orig. 1982).
- Gavino, A. (2007). *Guía de técnicas de Terapia de Conducta*. Barcelona: Martínez Roca.
- Labrador, F.J. y Crespo, M. (2012). *Psicología clínica basada en la evidencia*. Madrid: Pirámide.
- López, E. y Costa, M. (2012) *Manual de consejo psicológico*. Madrid: Síntesis.
- McKay, M.; Davis, M. y Hanning, P.(1985) *Técnicas cognitivas para el tratamiento del estrés*. Barcelona: Martínez Roca (Orig. 1981).
- NATHAN, P.E.; GORMAN, J.M. y SALKIND, N.J. (2002) *Tratamiento de trastornos mentales: Una guía de tratamientos que funcionan*. Madrid. Alianza .
- Pérez, M.; Fernández, J.R.; Fernández, C. y Amigo, I. (Ed.) (2003) *Guía de tratamientos psicológicos eficaces*. Madrid. Pirámide (3 vols.).
- Safran, J.D. y Muran, J.C. (2005). *La alianza terapéutica. Una guía para el tratamiento relacional*. Bilbao: Desclée
- Vila, J. y Fernández -Santaella, M<sup>a</sup> C. (2004) *Tratamiento psicológicos: La perspectiva experimental*. Madrid: Pirámide.