



Information about the subject

Degree: Bachelor of Science Degree in Psychology

Faculty: Faculty of Psychology

Code: 290303 **Name:** Clinical Psychology of Adult Health

Credits: 6,00 **ECTS Year:** 3 **Semester:** 2

Module: CLINICAL AND HEALTH PSYCHOLOGY

Subject Matter: INTERVENTION AND TREATMENT **Type:** Compulsory

Field of knowledge: Health Sciences

Department: -

Type of learning: Classroom-based learning / Online

Languages in which it is taught: Spanish

Lecturer/-s:



Module organization

CLINICAL AND HEALTH PSYCHOLOGY

Subject Matter	ECTS	Subject	ECTS	Year/semester
PERSONALITY AND PSYCHOPATHOL OGY	18,00	Adult Psychopathology	6,00	3/1
		Child and Adolescent Psychopathology	6,00	3/1
		Psychology of the Personality	6,00	2/2
INTERVENTION AND TREATMENT	12,00	Clinical Psychology and of Child-Adolescent Health	6,00	3/2
		Clinical Psychology of Adult Health	6,00	3/2

Recommended knowledge

Not required. It is recommended to have taken the course Adult Psychopathology.



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Elaborating guidelines that allow fostering a person's development.

- R2 Knowing an area of the psychologist's professional reality, being able to compare and apply the knowledge acquired during the degree in psychology, adapting the acquired knowledge to the specific area of the internship.

- R3 Demonstrating having acquired practical experience in the area of psychology of the internship.

- R4 Demonstrating following ethical principles, showing initiative and commitment, and updating in any of the areas that the internship focuses on.

- R5 Being able to work in groups and considering the interdisciplinary approach to psychological evaluation and treatment processes.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

SPECIFIC	Weighting			
	1	2	3	4
CE2 Establishing psychological action goals in different contexts, proposing and negotiating the goals with addressees.				X
CE3 Planning and carrying out interviews.			X	
CE5 Identifying differences, problems and needs.			X	
CE6 Diagnosing following professional principles.	X			
CE15 Defining objectives and devising action plans according to action goals. (prevention, treatment, rehabilitation, insertion, support).				X
CE16 Choosing adequate psychological intervention techniques.				X
CE17 Mastering strategies and techniques to get adressees involved.				X
CE18 Putting into practice direct intervention strategies and methods: psychological advice, therapy, negotiation mediation...				X
CE21 Planning programmes and intervention assessment.				X
CE23 Analyzing and collecting important data for intervention assessments.			X	
CE24 Analyzing and interpreting assessment results.	X			
CE25 To be able to measure and to collect relevant data for the evaluation of the interventions	X			
CE26 Writing oral and written reports.	X			
CE27 Knowing and adapting to the psychology code of ethics.				X



CE30	To know the processes and main stages of psychological development throughout the vital cycle in its aspects of normality and abnormality.	X			
CE34	To know different evaluation methods, psychological diagnoses and treatments in different applied domains of Psychology.				X
CE37	To know the different specialities of application of Psychology and to have the knowledge necessary to promote quality of life in individuals, groups, communities and organisations in different contexts.				X

TRANSVERSAL		Weighting			
		1	2	3	4
CT2	Capacity to organize and plan.				X
CT7	Problem solving.				X
CT8	Decision making.				X
CT10	Capacity to work in interdisciplinary teams.	X			
CT13	Understanding multicultural and diverse environment.		X		
CT16	Capacity to develop and update competences, skills and knowledge following professional standards.				X
CT25	Self-criticism ability: being able to critically assess one's performance.				X
CT36	Being able to collect information using different kinds of sources.				X



Assessment system for the acquisition of competencies and grading system

In-class teaching

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	50,00%	Oral and/or written tests employed in initial, training and/or summative student assessment.
R1, R2, R3, R4, R5	35,00%	Presentation of practical activities.
R5	15,00%	Attendance and active participation: lessons, group assignments and tutoring sessions. It will be monitored and registered by the teacher.

Observations

* In order to pass the course the student will have to pass separately the different elements of the evaluation. In the theoretical part (final written exam + attendance and active participation) must obtain a minimum of 2.5 points out of 5 in the exam and 3.25 in the total theoretical part (2.5 points for the exam + 0.75 for the exam+0.75 attendance and active participation). Likewise, a minimum of 1.75 points must be obtained in the practical part. 1.75 points in the practical part. When any of the parts is failed, the student will have in tasting a final weighted grade lower than 5.

Online teaching

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	70,00%	Final evaluation consisting of essay questions and hypothetical scenarios.
R1, R2, R3, R4, R5	5,00%	Submitted tasks
R1, R2, R3, R4, R5	5,00%	Periodical assessment through questionnaires
R5	20,00%	Attendance and participation in synchronic communication activities.

Observations

To pass the course the student will have to pass separately the final evaluation (3.75 points minimum) and the presentation of the different practices (1 point minimum). points minimum) and



the presentation of the different practicals (1 point minimum). The grade obtained in the approved part (theoretical or practical) will be kept for the second evaluation.

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded.

Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Teacher presentation of contents, competency analysis, explanation and demonstration of capacities, abilities and knowledge in the classroom (presential modality).
- M2 Teacher-supervised groupwork sessions: case studies, diagnostic tests, problems, fieldwork, IT room, visits, data searches, libraries, web, Internet, etc. Building knowledge significantly through interaction and student activities (presential modality).
- M4 Application of interdisciplinary knowledge.
- M6 Personalized attention in small groups. Training and/or orientation period by a teacher aimed at revising and discussing the materials and topics presented in the lessons, seminars, lectures, assignments, etc.
- M7 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M8 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and/or tutoring sessions in small groups. Tasks done on the platform or other virtual spaces.



- M9 Students' independent study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and /or small-group tutoring sessions. Tasks on the platform or other virtual spaces.
- M11 Teacher presentation of contents, competencies analysis, explanation and demonstration of capacities, abilities and knowledge on the virtual classroom.
- M12 Group work sessions via chat moderated by the teacher. Case studies –both real and fictional– aimed at building knowledge through interaction and students' activities. Critical analysis of values and social commitment.
- M13 Monographic sessions throughout the course, focused on current aspects and applications of the subject.
- M14 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M15 Student's individual study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or turned in in electronic format.
- M16 Individualized attention for the monitoring and orientation in the learning process, performed by a tutor in order to revise and discuss the materials and topics, seminars, readings and assignments, etc.
- M17 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or handed in.
- M18 Participation and contributions to discussion forums related to the subject and moderated by the module's teacher.
- M19 Problem resolution, comments, reports to be handed in according to the deadlines throughout the course.



IN-CLASS LEARNING

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
ON-CAMPUS CLASS Teacher presentation of contents, analysis of competences, explanation and in-class display of skills, abilities and knowledge. M1	R1, R4, R5	24,00	0,96
PRACTICAL CLASSES Group work sessions supervised by the professor. Case studies, diagnostic tests, problems, field work, computer room, visits, data search, libraries, on-line, Internet, etc. Meaningful construction of knowledge through interaction and student activity. M2	R2, R3	18,00	0,72
GROUP WORK EXHIBITION Application of multidisciplinary knowledge. M4	R1, R5	10,00	0,40
OFFICE ASSISTANCE Personalized and small group attention. Period of instruction and/or orientation carried out by a tutor to review and discuss materials and topics presented in classes, seminars, papers, etc. M6	R1, R2	6,00	0,24
ASSESSMENT Set of oral and/or written tests used in initial, formative or additive assessment of the student. M7	R1, R2, R3, R4, R5	2,00	0,08
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK Group preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform M8	R2, R3, R4	30,00	1,20
INDEPENDENT WORK Student study: Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform. M9	R1, R2, R3, R4, R5	60,00	2,40
TOTAL		90,00	3,60

ON-LINE LEARNING

SYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Virtual session (distance learning) M11	R1, R4, R5	40,00	1,60
Virtual practical session (distance learning) M12	R2, R3	18,00	0,72
In-person or virtual assessment (distance learning) M14	R1, R2, R3, R4, R5	2,00	0,08
TOTAL		60,00	2,40



ASYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Individual work activities (distance learning) M15	R1, R2, R3, R4	90,00	3,60
TOTAL		90,00	3,60

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
Therapist skills.	Basic social skills. Verbal and non-verbal behavior. Basic emotional skills. Empathy. Intelligence Emotional intelligence. The role of the health psychologist. The context.
Basic references of clinical practice practice.	The code of ethics: confidentiality. Principles Ethics and morals. Effectiveness and efficiency in clinical psychology and health psychology. On professional malpractice.
Models and approaches in psychological psychological treatments.	Psychodynamic models. Models humanistic-existential models. Behavioral models. Models Cognitive models. Systemic models. Third Generation Therapies. Generation. The challenge of integration.
Guide to effective psychological effective.	Analysis of the current situation of empirically validated empirically validated treatments.
Approach to effective treatments treatments.	Schizophrenia. Delusions and hallucinations. The depression. bipolar disorder generalized anxiety disorder generalized anxiety disorder. specific phobias Agoraphobia. panic disorder. Goraphobia. Social phobia. post-traumatic stress disorder. Obsessive-compulsive obsessive-compulsive disorder. hypochondriasis Personality disorders. personality disorders.



Temporary organization of learning:

Block of content	Number of sessions	Hours
Therapist skills.	2,00	4,00
Basic references of clinical practice practice.	2,00	4,00
Models and approaches in psychological psychological treatments.	2,00	4,00
Guide to effective psychological effective.	1,00	2,00
Approach to effective treatments treatments.	23,00	46,00



References

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- FEIXAS, G. y MIRÓ, M.T. (1995). Aproximaciones a la psicoterapia. Una introducción a los tratamientos psicológicos. Barcelona: Paidós. (19ª impresión)
- Pérez Álvarez, M. y cols. (2003). Guía de Tratamientos psicológicos eficaces I. Adultos. Madrid: Pirámide
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ADDITIONAL BIBLIOGRAPHY:

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- FERNÁNDEZ LIRIA, A, y RODRÍGUEZ VEGA, B. (2001). La práctica de la psicoterapia. La construcción de narrativas terapéuticas. Desclée de Brouwer.
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Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

Microsoft Teams

Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

Microsoft Teams

Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System:



ONLINE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: