



## 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:

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## 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

They are not required. It is recommended to have studied the subject 'Adults 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		
CE4 Analyzing and measuring variables (personality, intelligence and other aptitudes) and cognitive, emotional, psychobiological and behavioral processes .	X			
CE5 Identifying differences, problems and needs.		X		
CE6 Diagnosing following professional principles.		X		
CE11 Analyzing the context in which personal behaviors, group and organizational processes take place.				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 addressees 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
CT9	Capacity to work in team.		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 subject, the student will have to approve the three elements of the assessment separately: the final written test, the presentation of the different practices, and the practical exam (0.5).

### 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

\* In order to pass the subject, the student will have to approve the final written test (at least 3,75 points) and the presentation of the different practices (1 points minimum).  
The grade obtained in the approved part (theoretical or practical) will be saved for the second call.



## 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
<b>ON-CAMPUS CLASS</b> 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
<b>PRACTICAL CLASSES</b> 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
<b>GROUP WORK EXHIBITION</b> Application of multidisciplinary knowledge. M4	R1, R5	10,00	0,40
<b>OFFICE ASSISTANCE</b> 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
<b>ASSESSMENT</b> 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
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
<b>GROUP WORK</b> 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
<b>INDEPENDENT WORK</b> 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	60,00	2,40
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>

## ON-LINE LEARNING

### SYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Virtual session (distance learning) M1	R1, R4, R5	40,00	1,60
Virtual practical session (distance learning) M2	R2, R3	18,00	0,72
In-person or virtual assessment (distance learning) M7	R1, R2, R3, R4, R5	2,00	0,08
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



## ASYNCHRONOUS LEARNING ACTIVITIES

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

## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
1. Therapist skills.	Basic Social abilities. Verbal and non verbal behavior. Basic emotional skills. Empathy. Emotional intelligence. The role of health psychologist. The context.
2. Basic references in clinical practice.	Deontological code: confidentiality. Ethical and moral principles. Efficacy and efficiency in clinical and health Psychology. Issues about inadequate professional praxis.
3. Models and approaches in psychological treatments.	Psychodynamic models. Humanistic-existential models. Behavioral models. Cognitive models. Systemic models. Third Generation Therapies. The challenge of integration.
4. Guides of based evidence psychological treatments	Analysis of the current status of empirically validated treatments.
5. Approach to effective treatments	Schizophrenia. Delusions and hallucinations. Depression. Bipolar disorder. Generalized anxiety disorder. Specific phobias. Agoraphobia. Panic disorder. Social phobia. Posttraumatic stress disorder. Obsessive-compulsive disorder. Personality disorders.



## Temporary organization of learning:

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



## References

### BASIC REFERENCES:

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- Pérez Álvarez, M. y cols. (2003). Guía de Tratamientos psicológicos eficaces I. Adultos. Madrid: Pirámide
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### SUPPLEMENTARY REFERENCES:

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- FERNÁNDEZ LIRIA, A, y RODRÍGUEZ VEGA, B. (2001). La práctica de la psicoterapia. La construcción de narrativas terapéuticas. Desclee 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: