Universitat de Lleida

DEGREE CURRICULUM

COGNITIVE BEHAVIOURAL INTERVENTION

Coordination: BOSA LOPEZ, LAURA

Academic year 2021-22

COGNITIVE BEHAVIOURAL INTERVENTION 2021-22

Subject's general information

Subject name	COGNITIVE BEHAVIOURAL INTERVENTION
Code	102913
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION
Typology	

Degree	Course	Character	Modality
Bachelor's Degree in Psychology	3	COMPULSORY	Attendance-based

Course number of credits (ECTS)	6
Type of activity, credits, and groups	

Activity type	PRAULA	TEORIA
Number of credits	1.8	4.2
Number of groups	2	1

Coordination	BOSA LOPEZ, LAURA
Department	PSICOLOGIA
Important information on data processing	Consult this link for more information.
Language	Castellano 50%. Català 50%

COGNITIVE BEHAVIOURAL INTERVENTION 2021-22

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
BOSA LOPEZ, LAURA	laura.bosa@udl.cat	7,8	

Learning objectives

The Cognitive Behavioral Intervention course aims to inform the student of the Degree in Psychology of the theoretical and methodological foundations of Behavior Therapy, with the specific objective that the student learns to use their main intervention techniques, as well as their theoretical principles.

This subject trains the student in the knowledge, management and application of a large number of specific techniques. Despite its predominantly clinical origin, the knowledge that is exposed through the contents of this subject is applicable in other areas of psychology.

Competences

Basic:

CB2 Ability to gather and interpret relevant data from clinical psychology to make judgments that include a reflection on relevant scientific issues.

CB3 Ability to gather and interpret relevant data to issue reflective judgments about their area of study.

CB4 Be able to transmit information, both to specialized and non-specialized public in the field.

CB5 Know how to develop those learning skills to undertake subsequent studies with autonomy.

General:

CG1 Develop the ability to adapt to new situations and solve problems of an effective nanner.

CG5 Demonstrate critical capacity to make relevant decisions.

CG6 Demonstrate critical capacity to make relevant decisions.

CG7 Act with creativity, research culture and professional communication.

CG8 Identify and evaluate their own competences, skills and knowledge, according to the standards of the profession.

Specific:

CE1 Identify and analyze the characteristics and needs of individuals, groups and organizations.

CE2 Plan the evaluation of psychological programs and / or interventions, selecting the appropriate indicators and techniques.

CE3 Apply the techniques of information collection, obtain relevant data for the evaluation.

CE4 Analyze and interpret the results of the psychological evaluation.

CE5 Design and implement strategies and intervention plans.

CE6 Respond adequately and professionally, with respect to the values of the profession (ethical code and professional deontology) in the different intervention processes.

CE8 Prepare technical reports, oral or written, on the results of the evaluation process.

CE11 Make critical decisions about the application and interpretation of research methods in psychology.

Transversal:

CT1 Acquire adequate comprehension and oral and written expression of the Castilian and Catalan language.

CT3 Acquire training in the use of new technologies and communication.

CT5 Acquire the essential notions of scientific thought.

Subject contents

Topic 1. History of Behavioral Cognitive Therapy

Topic 2. The Process in Behavior Therapy: the behavioral evaluation

Topic 3. Operant techniques

Topic 4. Therapies and exposure techniques

Topic 5. Systematic desensitization and relaxation techniques

Unit 6. Techniques of modeling and training in social skills

Topic 7. Rational Emotive Behavior Therapy

Topic 8. Cognitive Therapy

Topic 9. Coping skills and problem solving techniques

Topic 10. Mindfulness

Topic 11. Third generation therapies

Topic 12. Other intervention techniques in Cognitive Behavioral Therapy

Note: The contents are those found in the textbook. MANUAL OF CONDUCTUAL COGNITIVE TECHNIQUES AND THERAPIES. Authors: Diaz, Ruiz and Villalobos. (2017) ED: Destroy de Brouwer.

Methodology

A participatory methodology is sought by the students who are already in the third year of their grade.

There will be a large group and a small group to facilitate certain dynamics. The days of the large group (the whole class) will be for the presentations derived from the literature chosen as a guide book, that is, the theoretical contents distributed by themes will be worked on. the days of small group will be arranged for dynamics that favor the debate, as well as for participation in role-playing activities or simulation of cases. The dynamics recommended in the book that serves as the script of the subject will be taken into account in the small group.

As practically the rest of subjects:

- Master classes.

- Written works

- Case study with treatment proposals.

Development plan

Previo al inicio del temario se dispondrá de unas sesiones iniciales en las que se recordarán aspectos básicos para la comprensión de un caso; es decir desde la realización de un genograma, la realización de un análisis topográfico del sintoma, así como la realización de un análisis funcional que permita una hipótesis de trabajo y de ello la elección de una técnica con la que abordar la situación clínica.

Posteriormente a estos aspectos introducctorios, que han de servir para conocer las expectativas sobre la asignatura por parte del alumnado, se pasará a la presentación de los contenidos.

Evaluation

El exámen (sólo uno al final del cuatrimestre) consistirá en:

- **Una prueba de representación gráfica de un caso** (genograma), análisis funcional de la situación, realización de una hipótesis de trabajo y propuesta de tratamiento. 25% de la nota.

- **Una prueba de 30 preguntas tipo test,** cada una de ellas con tres alternativas de respuesta. Una de ellas es la correcta. La fórmula de corrección es: aciertos-(errores/n-1) donde n es el número de alternativas de cada ítem. 60% de la nota.

Duración: La duración del examen será de 1.30 horas y no se podrá utilizar ningún tipo de material, escepto el papel y el bolígrafo.

La nota del examen supondrá un 85% del total. El 15% restante será evaluado por la **participación activa** en clase (*la presencia física no es suficiente*).

Se propondrá al alumnado que *participe* en la presentación del contenido de la materia y en el debate, así como en otros temas que, relacionados con la asignatura, se consideren adecuados.

Bibliography

MANUAL DE TÉCNICAS Y TERAPIAS COGNITIVO CONDUCTUALES. Autores: Diaz, Ruiz y Villalobos. ED: Desclee de Brouwer. ISBN 9788433029508. Edición de 2017 Díaz, M.I., Ruiz, M.A. y Villalobos, A. (2017). Manual de técnicas y terapias cognitivo-conductuales. Bilbao: Desclée de Brouwer.