

**Introduction to Psychological Treatment**

Code: 102573  
ECTS Credits: 9

Degree	Type	Year	Semester
2502443 Psychology	OB	3	1

**Contact**

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**Use of Languages**

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: No  
Some groups entirely in Spanish: Yes

**Other comments on languages**

The exams will be in Spanish. Spanish classes: G1 80%, G2 50%, G3 100%, G5 75%. Bibliography in Spanish. Seminar sessions mainly in Catalan. Official documents in Catalan.

**Teachers**

María Soledad Mora Giral  
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Clara López Solà

**Prerequisites**

Students will have already studied mandatory subjects such as Psychopathology along the Lifespan (2nd course, 3rd semester) and Psychological Assessment (2nd course, 4th semester) in previous courses. Both are subjects in the second year of the Psychology Degree at the UAB. Students who come from outside the UAB are recommended to have studied subjects with basic knowledge on psychological assessment and psychopathology.

**Objectives and Contextualisation**

- *Identify the intervention process* in clinical practice and the main therapeutic skills involved.
- *Understand* the main techniques of intervention and psychological treatment, their theoretical and experimental bases, the intervention process and the areas of application.
- *Learn to evaluate them in a critical way.*
- *Undertake* some of the intervention procedures.
- *Understand* the issues and main available data on the efficacy of different psychological treatments.

## Competences

- Apply knowledge, skills and acquired values critically, reflexively and creatively.
- Criticise the effects of personal practice on people, taking into account the complexity of human diversity.
- Distinguish and relate the different focuses and theoretical traditions that have contributed to the historical development of psychology as well as its influence on the production of knowledge and professional practice.
- Formulate hypotheses about the demands and needs of the recipients.
- Identify and recognise the different methods of treatment and intervention in the different applied areas of psychology.
- Maintain a favourable attitude towards the permanent updating through critical evaluation of scientific documentation, taking into account its origin, situating it in an epistemological framework and identifying and contrasting its contributions in relation to the available disciplinary knowledge.
- Recognise the deontological code and act ethically.
- Select and apply the methods and techniques in the plan for intervention in accordance with the established objective in relevant contexts for the service requested.
- Work in a team.

## Learning Outcomes

1. Apply knowledge, skills and acquired values critically, reflexively and creatively.
2. Critically analyse interventions in published cases.
3. Criticise the effects of personal practice on people, taking into account the complexity of human diversity.
4. Describe the basic procedure for administration of basic treatment techniques.
5. Differentiate between the main evidence on the effectiveness of different psychological treatments.
6. Distinguish between the effects due to common factors of the specific effects of different treatments based on evidence.
7. Identify and assess indicators of functionality demanded by the different techniques of psychological intervention, taking into account criteria of success and suitability.
8. Identify constraints and contraindications of various treatment techniques.
9. Identify the main contributions of the different psychotherapeutic models of modern psychological treatment.
10. Identify the main techniques of psychological treatment.
11. Maintain a favourable attitude towards the permanent updating through critical evaluation of scientific documentation, taking into account its origin, situating it in an epistemological framework and identifying and contrasting its contributions in relation to the available disciplinary knowledge.
12. Recognise possible common factors of the different psycho therapeutic models.
13. Recognise the deontological code and act ethically.
14. Recognise the different applications and indications of basic psychological treatment techniques.
15. Recognise the different theoretical and experimental treatment techniques fundamentals.
16. Recognise the stages of intervention.
17. Work in a team.

## Content

SESSIONS GROUP 1/1 AND DISCUSSION GROUPS 1/2

Lesson 1. Efficacy and evidence-based practice.

Lesson 2. The intervention process and therapeutic skills I.

Lesson 3. The intervention process and therapeutic skills II.

Lesson 4. Relaxation techniques.

Lesson 5. Exposure techniques.

Lesson 6. Social skills Training.

Lesson 7. Operants conditioning techniques.

Lesson 8. Self-control techniques.

Lesson 9. Cognitive techniques.

Lesson 10. Problem solving techniques.

#### SEMINAR SESSIONS GROUPS 1/4

1. Difficult situations in psychological treatment

2. Relaxation

3. Exposure I

4. Exposure II

5. Social Skills Training

6. Cognitive Restructuring

### Methodology

The "IPT" course aims to promote autonomy and critical attitude.

The methodology is addressed at understanding the main therapeutic techniques, their theoretical bases, implementation procedures, areas of application and efficacy data. Content introduced in classes will be combined with mandatory readings. The seminars (groups ¼) will be focused on the implementation of different techniques of psychological treatment.

#### Directed activities:

1) Introductory sessions in a large group 1/1: 1.5 hours addressed at all the students in each module.

2) Workshops (groups ½) to discuss mandatory readings. Two hours long, with half for each module. One workshop for each introductory session will be scheduled. It is essential to review the corresponding reading previously to each workshop session. A Work Guideline is available with questions to guide the reading and to encourage critical thinking. Two questions will be asked during these sessions (a total of 20 questions by subject, 10% of the final grade). It is mandatory to attend with the corresponding mandatory reading and the Work Guideline.

3) Seminar sessions (groups ¼), 2 hours. Implementation of different techniques.

Students can find the following materials at the Copy Service and in the Online Campus: Readings not available in the Library; the Work Guide with guided reading questions, reflection questions and activities by subject, which will be basic in the workshop sessions, and a Dossier of Seminar Sessions. Autonomous activities include studying, readings, and the possibility of doing an optional group project.

### Activities

Title	Hours	ECTS	Learning Outcomes
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Type: Directed

D.1. Introductory sessions in large group 1/1	18	0.72	6, 4, 5, 8, 9, 10, 15, 12, 14, 16
D.2. Workshops groups 1/2	24	0.96	6, 4, 5, 8, 9, 10, 15, 12, 16
D.3. Seminar sessions groups CE	12	0.48	2, 1, 3, 11, 13, 17
Type: Supervised			
Individual supervisions and optional project supervisions	10	0.4	
Type: Autonomous			
A.1. Mandatory readings	58	2.32	6, 4, 5, 8, 10, 11, 15, 12, 14, 16
A.2. Study of the Dossier of Seminar Sessions.	38	1.52	4, 12
A.3. Study and optional project	60	2.4	2, 6, 3, 4, 5, 8, 10, 11, 13, 15, 12, 14, 16, 17

## Assessment

In addition to the following criteria, the "2019-20 Assessment Guidelines of the Psychology Faculty" must be taken into account, available at

<https://www.uab.cat/web/estudiar/graus/graus/avaluacions-1345722525858.html>

Individual assessment activities: (Ev1, Ev2)

- There will be two multiple-choice partial examinations (worth 35% of final grade each)
- Exams with 25-30 questions, four choices, only one correct and penalty of 1/3. Questions will not be only about descriptions or identification. They will include reflections, associations of different concepts and applications of main topics worked in all sessions to date.

Individual assessment activities: (Ev3, Ev4)

- There will be two open-answer exams with 5-6 questions. A short answer (not essay-answer) will be required (worth 10% of final grade each one).
- The questions will consist of brief descriptions of situations related to content worked on in all sessions. There will be no penalties, but incorrect answers, answers without the use of an appropriate technical language, and/or long answers written outside the established margins, will be scored with 0 points.

Individual assessment activity: (Ev5)

- Throughout each of the 10 workshop sessions, 2 questions (multiple choice) will be asked with a weight of 10% of the total grade (2 questions per session, total 20 questions, 0.5 points each question).
- Multiple choice questions, four choices, only one correct and no penalty. The questions will be based on the previous introductory session, the corresponding questions in the Work Guide, and the work done during the workshop sessions. They will be asked at any time throughout these sessions.
- Students who do not attend some session will have zero points and they will not be allowed to retake.

Group assessment activity: (Ev6)

EV6: Optional group project. This will be assessed according to a rubric that will be published at the beginning of the course (worth 10% of final grade). It can only be added to the final grade if the following requisites are satisfied: (1) Minimum Final Grade >4.45; (2) Attendance at all the assessment activities EV1 to EV4 and to a minimum of 50% of the assessed activity EV5. Grade of EV6 only will be added to the Final Grade if grade of EV6  $\geq$ 4.45. It will not be possible to hand it in it outside the established date.

Assessed / Not assessed

- As Ev5 is linked to workshop sessions, and taking into account that minimum to be assessed is 40% of the total grade, students will be assessed if they have attended to Ev1 or Ev2, because of the EV5 grade always sums (for attendants and not attendants) and can't be considered as a not assessed activity.
- If a student is finally assessed, all not attended assessment activities will be graded 0.
- Students who have not attended either Ev1 or Ev2 will not be assessed.

#### FINAL GRADE / Pass criteria

- $\text{Grade Ev1-Ev5} = [(\text{Grade Ev1} \times 0.35) + (\text{Grade Ev2} \times 0.35) + (\text{Grade Ev3} \times 0.10) + (\text{Grade Ev4} \times 0.10) + (\text{Grade Ev5} \times 0.10)]$
- $\text{Final Grade} = (\text{Grade Ev1-Ev5}) + (\text{Grade Ev6} \times 0.10)$ . In order to sum the EV6 grade (optional group project) to Ev1-Ev5 grade, it will be essential: (1)  $\text{Grade Ev1-Ev5} \geq 4.45$ ; (2) To attend to all the assessment activities EV1 to EV4 and to a minimum of 50% of the assessment activity EV5; (3)  $\text{Grade of EV6} \geq 4.45$ .
- To pass this course students must achieve a grade of Ev1-Ev5  $> 4.95$ .

#### Reassessment process:

- Reassessment will be offered for assessment activities Ev1, Ev2, Ev3 i Ev4 not passed ( $\text{grade} \leq 4.95$ ).
- The students can opt to the reassessment process only if: (1) Final Grade is not passed; (2) assessed of a minimum weight of 2/3 of the Final Grade; (3)  $\text{Grade Ev1-Ev5} \geq 3.5$ . All the requisites must be fulfilled.
- The reassessment process will consist in assessment activities with the same characteristics as the previous ones. The same criteria will be applied.
- Students with more than one assessment activity not passed could opt to do all of them or choose between them. The obtained grade in the reassessment process will substitute the previous grade in any case. Not retaken assessment activities will retain the previous grade in order to estimate the new grade Ev1-Ev5.
- It will not be possible to retake either Ev5 or the Ev6.
- The pass criteria will be the same as in the previous assessment. All new grades will be calculated with the same previous criteria, replacing the grades of the retaken assessment activities.
- In any case the reassessment process can be used to improve passed assessment activities.

#### Grade review process

After all grading activities have ended, students will be informed of the date and way in which the course grades will be published. Students will be also be informed of the procedure, place, date and time of grade review in line with University regulations.

### Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1. Multiple choice exam, subjects: 1,2 3, 4 and 5 / week 10	35%	1.5	0.06	4, 7, 8, 9, 10, 11, 15, 12, 14, 16
EV2. Multiple choice exam, subjects: 6, 7, 8, 9 and 10 / week 17	35%	1.5	0.06	6, 4, 5, 7, 8, 10, 15, 12, 14
EV3. 5-6 short open-answer questions 1st part of the course / week 10	10%	0.65	0.03	1, 4, 8, 10, 13, 14
EV4. 5-6 short open-answer questions 2nd part of the course / week 17	10%	0.65	0.03	1, 4, 8, 10, 13, 14
EV5. 2 multiple choice questions: subjects 1 to 10 / each week at workshops	10%	0.7	0.03	4, 5, 8, 10, 15, 14, 16

## **Bibliography**

Subject 1: Efficacy and evidence-based practice

M. Pérez Álvarez, J.R. Fernández Hermida, C. Fernández Rodríguez y I. Amigo Vázquez (2003) Guía de tratamientos psicológicos eficaces I . Madrid: Pirámide. (1 chapter)

Pérez Álvarez, M., Fernández Hermida, J.R., Fernández Rodríguez,C, y Amigo Vázquez, I.(2003). Guía de tratamientos psicológicos eficaces III (pp. 225-236). Madrid: Pirámide. (1 chapter)

Subjects 2-10:

Labrador, Fco. J: Técnicas de Modificación de Conducta (2008). Madrid: Pirámide (12 chapters).

Additional documents can be provided by the teaching team for some subjects.

Detailed bibliography and recommended web pages are available at the WORK GUIDE for each subject.