

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. 50% of the classes in groups 1, 2, and 5, and 100% in group 3 will be in Spanish.

Teachers

María Soledad Mora Giral
Teresa Gutiérrez Rosado
Joan Torras Claraso
Josep Devi Bastida
Silvia Noguer Carmona
Joaquim Puntí Vidal
Clara López Solà

Prerequisites

The UAB student has already studied mandatory subjects as "Psychopathology along the lifespan" (2nd course, 3rd semester) and "Psychological Assessment" (2nd course, 4th semester) in previous courses. Both belong to the same big subject in the curriculum of the Psychology Degree at the UAB. For those students who come from the outside of the UAB, it is suggested to have studied subjects with basic knowledges on psychological assessment and psychopathology.

Objectives and Contextualisation

- *To identify the intervention process* in clinical practice and the main involved therapeutic skills.
- *To know* the main techniques of intervention and psychological treatment, their theoretical and experimental basis, the intervention process and the application areas.
- *To learn to evaluate them in a critical way.*
- *To practice the administration* of some intervention procedures.
- *To know* the issue and main available data on the efficacy of different psychological treatments.

Content

THEORETICAL PART

- Lesson 1. Efficacy and evidence-based practice.
- Lesson 2. The intervention process and the therapeutic skills I.
- Lesson 3. The intervention process and the 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. Problem Solving techniques.
- Lesson 10. Cognitive techniques.

PRACTICAL PART

- 1. Special situations in psychological treatment
- 2. Relaxation
- 3. Exposure I
- 4. Exposure II
- 5. Social Skills Training
- 6. Cognitive Restructuring