

## IDENTIFICATION DETAILS

Degree:	Psychology		
Field of Knowledge:	Arts and Humanities		
Faculty/School:	Education and Psychology		
Course:	COUPLES AND FAMILY THERAPY		
Type:	Compulsory	ECTS credits:	6
Year:	4	Code:	7743
Teaching period:	Seventh semester		
Area:	Intervention and Treatment		
Module:	Specific training		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

En esta asignatura se abordan los fundamentos de la terapia familiar desde las diferentes escuelas existentes. Para aprender a observar, analizar, hipotetizar e intervenir en las dinámicas relacionales establecidas en las familias. Para ello se pretende que el alumno pueda desarrollar una mirada "sistémica", gracias a unos conceptos teóricos que le permitan observar cómo son las dinámicas que se establecen en los sistemas familiares y cómo se puede intervenir en ellas.

Dado que la persona no es un ser estático, sino profundamente dinámico, y que dicho dinamismo va justamente asociado a la estabilidad y madurez, resulta clave entender que los sistemas conformados por personas han de ser intrínsecamente dinámicos. Dicha evolución está descrita desde los llamados Ciclos Vitales de la Familia. El modo en que la persona pueda desarrollar su propio ser va a estar en relación directa al modo en que se desarrollen esos ciclos vitales. Los ciclos vitales de la familia se presentan como el camino que recorre la familia para ayudar a crecer a cada uno de los miembros que componen el sistema familiar. Y saber que el tipo de dinámicas que

configuran la relación establecida (visión Sistémica), favorece, dificulta o incapacita el desarrollo del propio ser, de la propia identidad (visión Personalista). De la identidad de cada una de las personas que conforman la familia. La clave de las relaciones sanamente establecidas se encuentra por tanto en que dichas relaciones logren configurar unas dinámicas que potencien el "ser" de cada una de las personas que configuran dicha relación. Siendo la familia la que mayor impacto va a tener en el modo de configurar la forma en que se relacionan las personas. La familia como sistema, a su vez presentará un modo de relacionarse con el medio. Y será fundamental saber valorar cuáles de las dinámicas familiares se presentan como funcionales y cuáles como disfuncionales. Y cómo, si son disfuncionales, termina apareciendo un síntoma en alguno de sus miembros. Síntoma que se va a aprender a atender -y entender- desde la visión amplia de las dinámicas familiares establecidas.

## **SKILLS**

### **Basic Skills**

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

### **General Skills**

To be familiar with psychological diagnosis, treatment and assessment methods in various fields applied to psychology.

To systematise and know how to put into practice the skills and theoretical knowledge gained.

To be familiar with the various theoretical models of psychology: authors, contributions, influences and limitations.

### **Cross Skills**

To develop individual social skills.

Capacity for self-awareness and emotional management.

An ability to adapt to new situations.

An ability to think creatively and come up with new ideas and concepts.

To be able to approach a subject by means of rigorous, profound and comprehensive thought.

To identify the process of personal accomplishment and the goals to be attained by organising a plan of action to this end.

To identify technical vocabulary related to various disciplines.

An ability to solve problems.

An ability to take on responsibility and make decisions.

An ability to organise and plan well.

To be able to correctly express oneself orally in Spanish and in another language, preferably English.

To be able to correctly express oneself in writing in Spanish and in another language, preferably English.

Capacity for disciplinary and interdisciplinary teamwork.

### **Specific skills**

To be able to define the therapeutic framework in which to place psychological intervention: the psychological interview.

To be able to describe and gauge variables in cognitive, emotional, psychobiological, behavioural, social and existential processes and to identify the problems and needs arising.

To be able to describe and measure interaction processes, group dynamics and group and intergroup structures. To identify the problems and needs arising.

To be able to set goals for psychological practice in different contexts, proposing and negotiating objectives with patients and parties affected.

To be able to select and use appropriate psychological intervention techniques to reach individual, group-based and organisational objectives.

To be able to prepare oral and written reports and to provide feedback for recipients appropriately and accurately.

### **DISTRIBUTION OF WORK TIME**

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
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60 hours	90 hours
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