

Teaching guide

IDENTIFICATION DETAILS

Degree:	Psychology		
Field of Knowledge:	Arts and Humanities		
Faculty/School:	Education and Psychology		
Course:	INDIVIDUAL, FAMILY AND GROUP PSYCHOTHERAPY		
Type:	Optional	ECTS credits:	6
Year:	3	Code:	7749
Teaching period:	Sixth semester		
Area:	Clinical Psychology		
Module:	In-depth Exploration		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

"Psicoterapia individual, familiar y de grupo " es una asignatura de carácter optativo que se imparte durante el segundo semestre del tercer curso del Grado en Psicología. Se enmarca dentro de la materia "Psicología Clínica" (módulo de "Profundización") y consta de 6 créditos ECTS (que implican, aproximadamente, 150 horas de dedicación por parte del alumno). A lo largo de esta asignatura, el estudiante aprenderá las habilidades y características del psicoterapeuta necesarias para poder enfrentarse a la práctica clínica en su futuro profesional. Además, se trabajará con el modelo bio-psico-social-espiritual dentro de la psicoterapia aportando distintos abordajes válidos desde diferentes escuelas, como la cognitivo-conductual, humanista y sistémica. La asignatura cuenta con clases teóricas/expositivas y ejercicios prácticos y experienciales para que el estudiante pueda adquirir estas herramientas dentro del aula.

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 be familiar with the different fields of application of psychology and have the skills to influence and promote the quality of life and social commitment of individuals, groups, communities and organisations in the different educational, clinical and health, work and organisational, and social and community contexts.

Cross Skills

To develop individual social skills.

Capacity for self-awareness and emotional management.

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

To correctly engage with university work tools: text commentary, analysis, summary and the preparation of a research project.

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 organise and plan well.

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 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
60 hours	90 hours