



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Supervision, Tutoring and Counseling in Social Work

Academic Year 2023/2024

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Supervision, Tutoring and Counseling in Social Work (L4420)

5. Scientific Area

6. Curricular Year

2nd

7. Type of Curricular Unit / Semester

2nd Semester



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8. Class type and workload (work time)

Theoretical classes:	30,00
Practical classes:	
Theoretical-Practical Classes	
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora MARIA ISABEL DE JESUS SOUSA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Know the theoretical and practical foundations of Supervision, Monitoring and Counseling methods in Social Work.

15. Specific Objectives

- Learn the methods of Supervision, Monitoring and Counselling, and the scope of their use, in the social worker intervention;
- Facilitate the acquisition of continuous learning skills that allow: i) the analysis of different organizational contexts; ii) the instrumental choice, according to the social intervention goals and iii) the identification of problems and opportunities.

16. Skills to be acquired

- Understanding the social worker intervention, under a theoretical-methodological frame of reference and in relation to the ethical-deontological issues of the profession;
- Reflective capacity;
- Ability to select and apply the technical instruments of Supervision, Monitoring and Counseling in Social Work, in light of the social situation analysis;
- Oral and written communication.

17. Teaching Methodology



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- Theoretical exposition of the syllabus;
- Documents analysis and reflection, by students;
- Exercises to knowledge apply;
- Skills training related to carrying out intellectual work, with emphasis on autonomous and shared learning.

18. Course Unit Program

1. Supervision in Social Work
 - 1.1. Theoretical foundations and concepts
 - 1.2. Supervision types
 - 1.2.1. Pedagogical supervision: actors and instruments
 - 1.2.2. Professional supervision: modalities and functions
 - 1.3. Supervision as a learning space and a tool for management
 - 1.4. Supervision and development of professional skills: roles and procedures
 - 1.5. Emotions, professional practice, and supervision in Social Work
 - 1.6. Burnout and compassionate suffering
 - 1.7. Supervision and intervention: the problems complexity and ethical dilemmas in Social Work
 - 1.8. Supervision, reflexivity, and reflective practice in Social Work. Learning and transformative practices.
2. Social Accompaniment
 - 2.1. Conceptualization, theoretical foundations, and objectives
 - 2.2. The social interview
 - 2.3. The Home Visit
 - 2.4. Professional acts in Social Monitoring: ethical and deontological principles
 - 2.5. Palliative/generative social intervention
 - 2.5.1. Palliative social intervention
 - 2.5.2. Generative social intervention. The Strengths Perspective
 - 2.5.3. Factors promoting inclusion trajectories.
3. Social Counseling
 - 3.1. Concept and objectives
 - 3.2. Professional skills in social counseling
4. The importance of communication in social monitoring/counseling relationships
5. Social Advocacy and Policy Practice
 - 5.1. Concepts and objectives
 - 5.2. Formal processes of political decision-making and influence forms
 - 5.3. Social Advocacy and Policy Practice in the Social Workers professional practice

19. Assessment Methods



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According to the general regulation of disciplines, continuous assessment will consist of:

- 2 individually written tests - weighting factor 3
- Oral intervention (includes scheduled oral intervention: presentation and discussion of data resulting from observation exercises) - weighting factor 2.5
- Other Elements - weighting factor 1

20. Didactic Resources

- Reference bibliographic documents;
- Other documentation provided by the teacher;
- Computer and multimedia projector;
- Digital platforms (Moodle & Teams)

21. Sustainability Objectives

SDG 16

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

22. Keywords

Social Work
Supervision
Social Support
Counseling
Professional skills



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23. Main Bibliography

Author(s): RIBEIRINHO, Carla
Title: Supervisão Profissional em Serviço Social. Ao encontro de uma prática reflexiva
Edition: 1.^a Year: 2019
Local: Lisboa
Publisher: Pactor

Author(s): LOUGHRAN, Hilda
Title: Counselling Skills for Social Workers
Edition: 1st Year: 2019
Local: London
Publisher: Routledge

Author(s): Knott, Christine & Terry Scragg (Eds)
Title: Reflective Practice in Social Work
Edition: 4th Year: 2016
Local: London
Publisher: Sage

24. Complementary Bibliography

Author(s): SALEEBEY, Dennis
Title: The Strengths Perspective in Social Work Practice
Edition: 6th Year: 2012
Local: Boston
Publisher: Pearson Education

Author(s): HIGHAM, Patricia
Title: Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions
Edition: 1st Year: 2020
Local: London
Publisher: Routledge



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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'SUPERVISÃO, ACOMPANHAMENTO E ACONSELHAMENTO EM SERVIÇO SOCIAL': Academic Year
Autor / Author	Prof. Doutora MARIA ISABEL DE JESUS SOUSA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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