UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Theories of Psychology

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Theories of Psychology (20321)

5. Scientific Area

6. Curricular Year

2nd

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

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

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

To make known to the students the basic theoretical systems of Psychology as a science and corresponding models of thought that served as the basis for the other theoretical developments in psychology.

15. Specific Objectives

1. To make known the founding theoretical movements of psychology as bases of growth of contemporary psychology; 2. To make known the central assumptions and reference concepts of each theoretical model addressed; 3. Promote the articulation and comparison between models and ways of thinking in psychology; 4. To make known the theories of classical authors and their legacies in the practice of the psychologist

16. Skills to be acquired

1. Knowledge and understanding of the main theoretical models of Psychology; 2. Knowledge of the main authors and central concepts of each theoretical model; 3. Analysis and interpretation of theoretical and descriptive texts; 4. Ability to articulate the various theoretical paradigms, their differences and their points of intersection.

17. Teaching Methodology

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1) Oral exposition of theoretical contents and description of basic concepts; 2) Presentation and discussion of situations of psychological analysis and/or intervention that reflect the approach of a certain theoretical model of Psychology; 3) Analysis of bibliographic material and interpretation of these theoretical approaches; 4) Conducting independent work of bibliography consultation and learning of reference theories in Psychology

18. Course Unit Program

1. Psychology as a science and its related disciplines:
   Philosophy, Medicine, Education, Sociology.
2. The foundation of Psychology and the theoretical movements that gave rise to it.
3. Core research methodologies and knowledge acquisition in
   Psychology: phenomenology, the clinical method and the experimental method.
4. Psychoanalytic/psychodynamic theories
5. Behaviorism
6. Cognitivism
7. Humanism/Existentialism
8. From the individual to the social - Kurt Lewin to the psychossocial approach
9. The systems theory model - theories of human communication and the person in context

19. Assessment Methods

1) Attendance and participation in classes;
2) Oral presentation of an original text by one of the reference authors in one of the central theoretical models;
3) Intermediate written tests.

20. Didactic Resources

Databases of scientific literature in Psychology;
Bibliographic material in paper format;
rooms equipped with chairs, tables, computer and video projector;
excerpts from videos demonstrating a particular approach theoretically;
exam and draft sheets.

21. Sustainability Objectives

Quality education
Peace, justice and strong institutions

22. Keywords

Theories of Psychology
Psychoanalysis
Behaviorism
Cognitivism
Humanism
Existentialism
Systems

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23. Main Bibliography

Author(s):	Wolman, B. t		
Title:	Contemporary theories and systems in psychology		
Edition:	1ª	Year:	2012
Local:	New York, EUA		
Publisher:	Springer		

Author(s):	Bonior, Andrea		
Title:	Psychology: Essential Thinkers, Classic Theories, and How They Inform Your World		
Edition:	1ª	Year:	2016
Local:	Berkeçey, California, EUA		
Publisher:	Zephiros Press		

Author(s):	Miller, H.		
Title:	The Sage Encyclopedia of Theory in Psychology		
Edition:	5ª	Year:	2016
Local:	Los Angeles, USA		
Publisher:	Sage Publications		

24. Complementary Bibliography

Author(s):	Pickren, Wade & Rutherford, Alexandra		
Title:	A history of modern psychology in context		
Edition:	1ª	Year:	2010
Local:	New Jersey, EUA		
Publisher:	Wiley Publishers		

Author(s):	de la Taille, I., Oliveira, M. K., & Dantas, H.		
Title:	Piaget, Vigotszky, Wallon: teorias psicogenéticas em discussão		
Edition:	28ª	Year:	2019
Local:	São Paulo		
Publisher:	Summus Editora		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'TEORIAS DA PSICOLOGIA': Academic Year 2025/2026
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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