UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Clinical Psychology

Academic Year 2026/2027

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Clinical Psychology (20331)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

2nd 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 students the area of Clinical Psychology, its theoretical foundations and main methodologies, as well as the various types of professional activity of the clinical psychologist and their corresponding settings and levels of intervention.

15. Specific Objectives

1. Transmit knowledge about the main theoretical models of Psychology and their application in the practice of counselling, psychotherapy, psychological consultation, and crisis intervention;
2.Transmit knowledge about the various types of psychological intervention carried out within the scope of Clinical Psychology;
3. Promote reflection on the relational nature of the work of the clinical psychologist in a context of evaluation, therapeutic intervention or research

16. Skills to be acquired

1. Knowledge and understanding of the paradigm of Clinical Psychology as a discipline of study, understanding and intervention;
2. Familiarization with the professional practice of the psychologist and the academic approach from various theoretical points of view;
3. Bibliographic review and articulation of the various theoretical approaches and methodologies witihin the study of psychopathological processes and psychological intervention.

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17. Teaching Methodology

1. Classes of presentation of theoretical contents and description of basic concepts
2. Presentation of examples of intervention in Clinical Psychology and discussion of the concepts implicit in the reported practices
3. Presentation of clinical and scientific articles by students
4. Presentation of examples in audio-visual format

18. Course Unit Program

1. Clinical Psychology and its relationship with related areas: psychiatry, psychopathology, pedagogy and social intervention
2. The activity of the clinical psychologist: areas of application, target populations, settings and the spectrum of psychological interventions
3. The clinical method as a basic paradigm of Clinical Psychology
4. The clinical interview
5. Crisis intervention
6. Psychological consultation
7. Therapeutic institutions and millieu therapy
8. Counselling and psycho-social rehabilitation
9. Psychotherapy: definitions, applications and theoretical approaches
10. The setting of psychotherapy: logistic aspects and relational aspects
11. Introduction to the various models of psychotherapy: psychodynamic/psychoanalytic, cognitive-behavioral, humanistic-existential model
12. Group therapeutic intervention
13. Systemic intervention (family and couple)
14. Ethical considerations in clinical psychology

19. Assessment Methods

1. Attendance and participation in classes
2. Analysis and oral presentation of scientific articles on the various types of psychological intervention.
3. Two midterm written tests

20. Didactic Resources

Bibliography available on paper and in databases accessible to students
Computer equipment and audio and video projection
Moodle platform for teacher-student interaction

21. Sustainability Objectives

Good health and well-being
Quality education

22. Keywords

Clinica psychology
Psychological intervention

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23. Main Bibliography

Author(s): PLANTE, Thomas G.
Title: Contemporary Clinical Psychology.
Edition: 4ª Year: 2020
Local: New Jersey, USA
Publisher: John Wiley & Sons
ISBN Code:

Author(s): COREY, G.
Title: Theory and practice of counselling and psychotherapy - enhanced
Edition: 10ª Year: 2020
Local: Boston, EUA
Publisher: Cengage Learning
ISBN Code:

Author(s): Ayala, Pablo B. R.
Title: Introducción a la psicologia clínica
Edition: 1ª Year: 2024
Local: Madrid
Publisher:
ISBN Code:

24. Complementary Bibliography

Author(s): CORDIOLI, Aristides, & GREVET, Eugénio
Title: Psicoterapias: Abordagens Actuais
Edition: 4ª Edição Year: 2019
Local: Rio de Janeiro
Publisher: Editora Artes Médicas.
ISBN Code:

Author(s): Cooper, Richard
Title: Clinical Psychology Step by Stepy: foundations, techniques and applications for mental health profes
Edition: 1ª Year: 2025
Local: USA
Publisher:

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ISBN Code:

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA CLÍNICA': Academic Year 2026/2027
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

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