



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Applied Psychologies

Academic Year 2026/2027

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Applied Psychologies (20334)

5. Scientific Area

6. Curricular Year

3rd

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 MARIA JOÃO VALENÇA RODRIGUES DA CUNHA RIBEIRO SOARES PEREIRA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

To enable the acquisition of fundamental theoretical and practical knowledge regarding the different branches of applied psychology. To understand how psychology can address complex, real-world situations.

15. Specific Objectives

To foster the acquisition of fundamental theoretical and practical knowledge regarding the various branches of psychology applied to both traditional and emerging fields.

16. Skills to be acquired

Develop the capacity for critical reflection on traditional and emerging areas of applied psychology.
Analyze the complexity of real-world scenarios and examine the potential role of psychology (in interaction with other disciplines) in addressing these issues.
Apply theory and research from psychology and other disciplines.
Discuss and apply ethical considerations relevant to applied psychological research and other fields.

17. Teaching Methodology

Theoretical-practical classes featuring an expository approach, discussion and active reflection on topics and scientific texts, practical implications, and thematic discussions, with the potential participation of guest psychologists or other professionals. Fieldwork and engagement with the reality of applied psychology.



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18. Course Unit Program

1. Introduction
 - What is applied psychology?
 - What is the purpose of applied psychology?
 - Basic Psychology vs. Applied Psychology and evidence-based knowledge
 - Applied Psychology in Portugal
2. Applied psychology in the fields of:
 - Clinical and health psychology;
 - School and educational psychology;
 - Work, social, and organizational psychology
3. In-depth look at concepts and contexts
 - Occupational health psychology
 - Community psychology
 - Health and illness psychology
 - Psycho-oncology
 - Pregnancy and parenting psychology
 - Forensic psychology
 - Emergency psychology
 - Psychological first aid
 - Conflict management
 - Psychogerontology

19. Assessment Methods

- Class attendance and participation
- Completion of assignments throughout the semester
- One written test

20. Didactic Resources

Audiovisual resources (videos) and analysis of texts and scientific articles.

21. Sustainability Objectives

SDG 4: Quality education:

Target 4.4: By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent work, and entrepreneurship.

Target 4.7: By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development.

SDG 10: Reduce inequalities

SDG 17: Partnerships for the implementation of the goals

22. Keywords

Applied psychology
Traditional areas of psychology
Emerging areas of psychology



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23. Main Bibliography

Author(s): Lopes, M. P., Palma, P. J., Bártolo-Ribeiro, R., & Cunha, M. P.
Title: Psicologia Aplicada
Edition: 1ª Year: 2011
Local:
Publisher: Editora RH
ISBN Code:

Author(s): Martin, P. R., Cheung, F. M., Knowles, M. C., Kyrios, M., Littlefield, L.,
Overmier, J. B., & Prieto
Title: IAAP handbook of applied psychology
Edition: Year: 2011
Local:
Publisher: John Wiley & Sons
ISBN Code:

Author(s): Graham C. Davey
Title: Applied Psychology
Edition: 2ª edição Year: 2023
Local:
Publisher: Wiley Blackwell
ISBN Code:

24. Complementary Bibliography

Author(s): E. Scott Geller
Title: Applied Psychology Actively Caring For People
Edition: 1ª edição Year: 2016
Local:
Publisher: Cambridge University Press
ISBN Code:

Author(s): Peter Macaulay, Lee-Ming Tan
Title: Applied Psychology Readings
Edition: Year: 2023
Local:
Publisher: Springer Singapore
ISBN Code:



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Ficha técnica MIP / MIP Datasheet	
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Autor / Author	Prof. Doutora MARIA JOÃO VALENÇA RODRIGUES DA CUNHA RIBEIRO SOARES
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