



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
THEORETICAL FOUNDATIONS IN SOCIAL SERVICE

Academic Year 2026/2027

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

THEORETICAL FOUNDATIONS IN SOCIAL SERVICE (L4507)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester



UNIVERSIDADE LUSÍADA
LISBOA

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 TERESA PAULA GARCIA RODRIGUES DA SILVA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- 1.Problematize/understand the professional intervention of Social Work in today's society, considering its emergence and evolution theoretically and critically;
2. Analyze the theoretical foundations of global intervention in Social Work and its component elements with emphasis on the mediations of the institution/organization ? and the professional relationship established
- 3.Know/understand the global methodology of Social work intervention, working on it in individual and collective units:

15. Specific Objectives

- 1.Critically analyse contemporary societal transformations, relating them to the spaces of Social Work intervention.
- 2.Develop a grounded reflection on current social issues, articulating them with professional Social Work practice.
- 3.Identify and apply the theoretical?methodological foundations that structure Social Work intervention in individual and collective contexts.

16. Skills to be acquired



UNIVERSIDADE LUSÍADA
LISBOA

- Understand and mobilise different conceptions of "society?", articulating them with theoretical models and foundations of Social Work.
- Critically analyse the ethical-political dimensions and processes of social change, relating them to professional intervention.
- Identify and apply the theoretical-methodological foundations of Social Work in the analysis and intervention of social problems, in individual and collective contexts, from a transdisciplinary perspective.

17. Teaching Methodology

Create "habitus" of reflective analysis and critical reading of the bibliography included in the Program and Syllabus.

Theoretical exposition of the subject, by the teacher, from reference authors;

Presentation of key ideas, by the students, based on reading the bibliography, followed by a debate by the class.

18. Course Unit Program

1. Nature and foundations of Social Work:

- a) Definition, principles and values.
- b) The relationship of help and empowerment
- c) Social Service and Human Rights.

2. Philosophical and theoretical currents in Social Work.

- a) Theoretical currents and paradigmatic fields
- b) Object and Objectives of social intervention
- c) Mediating component elements: Thematic/problematic; Social Policy, strategies and social movements; Institution/organization; The professional; The User, subject/object, social actor

3. The global methodology of intervention in Social Work.

- a) Structure and methodological process
- b) Logical structure organizing the action: Initial request/Problem Formulation; Study/ Analysis and diagnostic interpretation; Programming/action alternatives; Intervention/Execution; Assessment.
- c) Intervention levels and units
- d) The individual and collective approach
- e) The ethical and deontological dimension of Social Work

19. Assessment Methods

- 2 individual tests with consultation
- 1 group work
- participation in extracurricular activities indicated as relevant

In accordance with the weighting defined by the General Regulation for the Assessment of Knowledge of the Lusíada University of Lisbon

20. Didactic Resources



UNIVERSIDADE LUSÍADA
LISBOA

Power point
Documentary Videos
Supporting Texts from reference authors
Discussion of topics on the readings carried out

21. Sustainability Objectives

This C.U. aims to contribute to sustainability in the following areas: 1-Substantially increase the number of young people and adults with relevant qualifications, including technical and professional skills, for employment, decent work and entrepreneurship. 2-Ensuring equal opportunities in university education. 3-Respect for cultural diversity. Social and environmental responsibility. 4-Training capacities to put the SDGs 2023, UN into practice.

22. Keywords

Theory
Methodology
Social work
Social Interventions
Social Innovation
Social Citizenship



UNIVERSIDADE LUSÍADA
LISBOA

23. Main Bibliography

Author(s): Idáñez, Maria José Aguilar
Title: Trabajo Social : Concepto e metodologia.edicions Paraninfo y consejo general del trabajo social
Edition: 1^a Year: 2013
Local: Madrid
Publisher: Edicions Paraninfo y consejo general del trabajo social
ISBN Code:

Author(s): Robertis, C
Title: Metodologia de intervenção em trabalho social
Edition: 1^a Year: 2011
Local: Porto
Publisher: Porto Editora
ISBN Code:

Author(s): Dominelli, Lena
Title: Social Work in a Globalizing World
Edition: 1^a Year: 2010
Local: Oxford
Publisher: Polity Press
ISBN Code:

24. Complementary Bibliography

Author(s): Wilson, Kate et alli
Title: Social Work. An Introduction to contemporary practice
Edition: 2^a Year: 2011
Local: London
Publisher: Longman
ISBN Code:

Author(s): Davies, Martin
Title: The Blackwell Companion to Social Work
Edition: 3^a Year: 2008
Local: London
Publisher: Blackwell Publishing



UNIVERSIDADE LUSÍADA
LISBOA

ISBN Code:

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'FUNDAMENTOS TEÓRICOS EM SERVIÇO SOCIAL': Academic Year 2026/2027
Autor / Author	Prof. Doutora TERESA PAULA GARCIA RODRIGUES DA SILVA
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
(c) Universidade Lusíada, 2026	