UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Individual and Family Intervention. Theory and Methods

Academic Year 2024/2025

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Individual and Family Intervention. Theory and Methods (L4514)

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:	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

- Understanding and development of theoretical and methodological frameworks to support the intervention of the Social Worker in the domains: individual and family.

15. Specific Objectives

- Understand the social construction of the theory and methodology of social intervention in general and the individual and family approach in particular;
- Identify the foundations of social intervention within the framework of theoretical guidelines of Social and Human Sciences;
- Analyze the relationship between theory and models of individual and family intervention in social intervention;

16. Skills to be acquired

- Conceptualize individual and family interventions based on specific theoretical frameworks suited to the scientific field;
- Organize the ethical-deontological matrix individually and with families within the framework of theories and models of social intervention.

17. Teaching Methodology

- Theoretical exposition of the subject in relevant moments of the program;
- Analysis and interpretation of documents by students.

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18. Course Unit Program

I. Theory and methodology of Individual Intervention and with families
1. Paradigmatic fields of social work
2. Main theoretical and action foundations: the ordering logical structure of the action
3. The helping relationship: assumptions and purposes, techniques and procedures
II. Individual intervention models: psychosocial and person-centered approaches, crisis intervention, behavior modification and case management
III. Models of Intervention with Families: systemic and ecological approaches, behavior modification, networks and family constellations
IV. Specific models of intervention with families: The family as a partner in the action, the preservation of the family and the family as a provider and generator of social resources.

19. Assessment Methods

2 written tests with consultation and 1 group work in accordance with the weighting defined by the General Regulation of Knowledge Assessment of Universidade Lusíada de Lisboa
- Active participation.

20. Didactic Resources

power point
Computer

21. Sustainability Objectives

The U.C.Theoria Methodology of Individual Intervention and with families contributes to the sustainability of the domains: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-Ensure equality opportunities in university education. 3-Respect for cultural diversity. Social and Environmental Responsibility. 4-Capacity training for the development of SDG 2023, UN

22. Keywords

Individual intervention; Families; Social Intervention; Theory; Methodology

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23. Main Bibliography

Author(s):	GÓMEZ, Francisco (Director)		
Title:	Intervención con famílias		
Edition:		Year:	2007
Local:	España		
Publisher:	McGraw- Hill/Interamericana de España		

Author(s):	VISCARRET, Juan Jesús Viscarret		
Title:	Modelos e métodos de intervención en trabajo social		
Edition:		Year:	2009
Local:	Madrid		
Publisher:	Alianza Editorial		

Author(s):	GARCIA, Tomás Fernández et al		
Title:	Introdución al trabajo Social		
Edition:		Year:	2008
Local:	Madrid		
Publisher:	Alianza Editorial		

24. Complementary Bibliography

Author(s):	CAPARRÓS, Maria José Escartín		
Title:	Manual de trabajo social (Modelos de prática profissional)		
Edition:		Year:	1998
Local:	Alicante		
Publisher:	Amalgama		

Author(s):	CALVO, Liliana		
Title:	Familia, resiliência y red social. Un abordage experiencial en el Trabajo		
Edition:		Year:	2009
Local:	Buenos Aires		
Publisher:	Espacio Editorial		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'TEORIA E METODOLOGIA DE INTERVENÇÃO INDIVIDUAL E COM FAMÍLIAS': Academic
Autor / Author	Prof. Doutora TERESA PAULA GARCIA RODRIGUES DA SILVA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
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