UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Individual and Family Intervention. Theory and Methods

Academic Year 2025/2026

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 MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- Understand and develop the theoretical and methodological frameworks that support social worker intervention in the individual and family domains.

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;
- Promote the development of cultural sensitivity in individual and family care in contexts of socio

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.
- Operationalise the application of the different Social Work intervention models.
- Develop cultural sensitivity for professional practice.

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17. Teaching Methodology

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

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, strengths perspective
III. Models of Intervention with Families: systemic and ecological approaches, behavior modification
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.
1. The importance of cultural sensitivity in dealing with individuals and families.

19. Assessment Methods

2 Written tests - weighting factor 3
1 Oral group intervention (including scheduled oral presentation) - weighting factor 2.5
Other elements (Attendance; participation in extra-curricular activities indicated as relevant) - weighting factor 1

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): GARCIA, Tomás et al
Title: Trabajo Social individualizado: metodología de intervención
Edition: Year: 2021
Local: España
Publisher: Alianza Editorial

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: Trabajo Social con familias
Edition: Year: 2021
Local: Madrid
Publisher: Alianza Editorial

24. Complementary Bibliography

Author(s): PAYNE, Malcon
Title: How to use social work theory in practice - An essencial guide
Edition: Year: 2020
Local: UK
Publisher: Policy Press

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 MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
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