UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Individual and Family Intervention. Theory and Methods

Academic Year 2026/2027

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 underpin the social workers practice in the individual and family domains, from an integrated and contextualized perspective.

15. Specific Objectives

- To understand the social construction of the theory and methodology of social work, in general, and of the individual and family approach, in particular
- To identify the principles underpinning intervention in the Social Sciences and Humanities
- To analyse the relationship between theory and models of individual and family intervention
- Understand the importance of the helping relationship, empathy and communication in intervention
- Develop cultural awareness for professional purposes

16. Skills to be acquired

- To conceptualise individual and family intervention, grounded in theoretical frameworks specific to the scientific field and in an integrated approach to social work
- To organise the ethical and deontological framework of individual and family intervention within the context of social work theories and models
- To operationalise the application of different social work intervention models
- Apply interpersonal skills (empathy, Non-Violent Communication)
- To develop cultural awareness.

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17. Teaching Methodology

- Theoretical presentation of the course content, combined with guided discussion;
- Analysis and discussion of case studies;
- Group work;
- Simulation of intervention scenarios;
- Encouraging critical reflection on professional practice.

18. Course Unit Program

I.Theory and Methodology of Individual and Family Intervention.
1.Paradigmatic Fields of Social Work.
2.Theoretical and Practical Foundations: The Logical Framework Guiding Intervention.
3. An Integrated Approach in Social Work.
4. The Helping Relationship: Assumptions, Goals, Techniques, and Procedures.
4.1. Dimensions of the Helping Relationship.
- Empathy in Social Work Intervention: Contributions from Interdisciplinary Fields and Neuroscience;
- Communication in Intervention: Nonviolent Communication (Marshall Rosenberg);
- Sensory and Kinesthetic Dimensions of Communication and Interpersonal Relationships.

II. Models of Individual Intervention: psychosocial and person-centered approaches; crisis intervention; behavior modification; case management; strengths-based perspective.
III. Models of Family Intervention: systemic and ecological approaches; behavior modification.
IV. Specific Models of Family Intervention: the family as a partner in the process, family preservation, and the family as a provider and generator of social resources.
V. Cross-Cutting Dimension: the importance of cultural sensitivity in individual and family intervention.

19. Assessment Methods

1 Written test ? weighting factor 3
Oral presentations ? weighting factor 3
Oral presentation 1 ? presentation/summary
Oral presentation 2 ? case study discussion/debate

20. Didactic Resources

PowerPoint presentations, supporting texts/bibliography, case studies and audiovisual resources.

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

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22. Keywords

Individual intervention; Families; Social Intervention; Theory; Methodology

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23. Main Bibliography

Author(s): Larkin, S.J. & Schaefer, J. K.
Title: Social Work Practice With Individuals, Families, and Groups: An Integrated Approach
Edition: Year: 2025
Local: Buenos Aires
Publisher: Sage Publications
ISBN Code:

Author(s): GARCIA, Tomás et al.
Title: Trabajo Social individualizado: metodología de intervención
Edition: Year: 2021
Local: España
Publisher: Alianza Editorial
ISBN Code:

Author(s): GARCIA, Tomás Fernández et al.
Title: Trabajo Social con familias
Edition: Year: 2021
Local: Madrid
Publisher: Alianza Editorial
ISBN Code:

24. Complementary Bibliography

Author(s): HEALY, karen
Title: Social Work Theories in Context: Creating Frameworks for Practice
Edition: 3th Year: 2022
Local:
Publisher: Bloomsbury Academic
ISBN Code: 978-1350321571

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

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ISBN Code:

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Autor / Author	Prof. Doutora MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s	-
Data Hora / Date Time	
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