UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Supervision, Tutoring and Counseling in Social Work

Academic Year 2025/2026

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Supervision, Tutoring and Counseling in Social Work (L4519)

5. Scientific Area

6. Curricular Year

2nd

7. Type of Curricular Unit / Semester

2nd 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 ISABEL DE JESUS SOUSA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Know the theoretical and practical foundations of Supervision, Monitoring and Counseling methods in Social Work.

15. Specific Objectives

- Learn the methods of Supervision, Monitoring and Counselling, and the scope of their use, in the social worker intervention;
- Facilitate the acquisition of continuous learning skills that allow: i) the analysis of different organizational contexts; ii) the instrumental choice, according to the social intervention goals and iii) the identification of problems and opportunities.

16. Skills to be acquired

- Understanding the social worker intervention, under a theoretical-methodological frame of reference and in relation to the ethical-deontological issues of the profession;
- Reflective capacity;
- Ability to select and apply the technical instruments of Supervision, Monitoring and Counseling in Social Work, considering the social situation analysis;
- Oral and written communication.

17. Teaching Methodology

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Teaching-learning, valuing autonomous and shared learning, based mainly on:
- Theoretical exposition of the syllabus;
- Documents analysis and reflection, by students;
- Exercises of knowledge apply / case analysis;
- Skills training related to carrying out intellectual work, with emphasis on autonomous and shared learning;
- Oral presentation of texts by students, reflection and debate.

18. Course Unit Program

1. Supervision in Social Work
1.1. Theoretical foundations and concepts
1.2. Supervision types
1.2.1. Pedagogical supervision: actors and instruments
1.2.2. Professional supervision: modalities and functions
1.3. Supervision as a learning space and a tool for management
1.4. Supervision and development of professional skills: roles and procedures
1.5. Emotions, professional practice, and supervision in Social Work
1.6. Burnout and compassionate suffering. The importance of professional self-care
1.7. Supervision and intervention: the problems complexity and ethical dilemmas in Social Work
1.8. Supervision, reflexivity, and reflective practice in Social Work. Learning and transformative practices.

2. Social Accompaniment
2.1. Conceptualization, theoretical foundations, goals and techniques
2.2. The social interview
2.3. The Home Visit
2.4. Professional acts in Social Monitoring: ethical and deontological principles
2.5. Palliative/generative social intervention
2.5.1. Palliative social intervention
2.5.2. Generative social intervention. The Strengths Perspective
2.5.3. Factors promoting inclusion trajectories.

3. Social Counseling
3.1. Concept and objectives
3.2. Professional skills in social counseling

4. The importance of communication in social monitoring/counseling relationships

5. Social Advocacy and Policy Practice
5.1. Concepts and objectives
5.2. Formal processes of political decision-making and influence forms
5.3. Social Advocacy and Policy Practice in the Social Workers professional practice

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19. Assessment Methods

According to the general regulation of disciplines, continuous assessment will consist of:
- 2 individually written tests - weighting factor 3
- Oral intervention (includes scheduled oral intervention: presentation and discussion of data resulting from observation exercises) - weighting factor 2.5
- Other Elements - weighting factor 1

20. Didactic Resources

- Reference bibliographic documents;
- Other documentation provided by the teacher;
- Computer and multimedia projector;
- Digital platforms (Moodle & Teams)

21. Sustainability Objectives

SDG 16
Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

22. Keywords

Social Work
Supervision
Social Support
Counseling
Professional skills

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23. Main Bibliography

Author(s):	RIBEIRINHO, Carla		
Title:	Supervisão Profissional em Serviço Social. Ao encontro de uma prática reflexiva		
Edition:	1.ª	Year:	2019
Local:	Lisboa		
Publisher:	Pactor		

Author(s):	LOUGHRAN, Hilda		
Title:	Counselling Skills for Social Workers		
Edition:	1st	Year:	2019
Local:	London		
Publisher:	Routledge		

Author(s):	Mantell, Andy & Terry Scragg (eds)		
Title:	Reflective Practice in Social Work		
Edition:	5th	Year:	2019
Local:	Los Angeles [etc.]		
Publisher:	Sage		

24. Complementary Bibliography

Author(s):	Scourfield, Peter		
Title:	Using Advocacy in Social Work Practice. A Guide for Students and Professionals		
Edition:	1st	Year:	2021
Local:	London		
Publisher:	Routledge		

Author(s):	Beesley, Paula; Melanie Watts & Sarah Harlow		
Title:	Developing Your Communication Skills in Social Work		
Edition:	2nd	Year:	2023
Local:	London		
Publisher:	Sage		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'SUPERVISÃO, ACOMPANHAMENTO E ACONSELHAMENTO EM SERVIÇO SOCIAL': Academic Year
Autor / Author	Prof. Doutora MARIA ISABEL DE JESUS SOUSA
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

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