UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Internship

Academic Year 2025/2026

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Internship (L4521)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

Annual

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	
Tutorial Guidance:	60,00

9. ECTS Credits

30,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora MARIA ISABEL DE JESUS SOUSA

12. Assistants

Prof. Doutora MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES

13. Teaching Language

Portuguese

14. General Objectives

Consolidate, deepen and operationalize knowledge, in order to develop skills that allow a qualified professional practice based on the ethical principles of Social Work, through: i) experiential training in diverse contexts and ii) analysis and critical reflection of the contexts of action and social policies related to the identified problem situations, as well as the theoretical-methodological framework of reference.

15. Specific Objectives

- Place Social Work in the organizational context, in conjunction with available policy measures, in specific areas of intervention;
- Learn to incorporate technical-scientific knowledge into professional practice;
- Knowing how to operationalize theoretical-methodological instruments;
- Train the overall method of intervention of Social Work;
- Reflect on pre-professional practice, within the framework of the profession's ethical and deontological principles.

16. Skills to be acquired

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- Application of technical-scientific and ethical-deontological knowledge;
- Elaboration and application of technical instruments to support an ethical, political and scientifically based practice;
- Professional help and advice;
- Observation and active listening, in a logic of empowerment and co-construction of action;
- Communication and professional relationship, with various types of interlocutors;
- Negotiation and construction of collaborative and partnership relationships;
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17. Teaching Methodology

Teaching-learning:
- Expository method, for the introduction of each programmatic point, in articulation with the active and interrogative methods, for the exploration of concrete cases and contexts;
- Training of skills related to carrying out intellectual work and applying the global method of Social Work intervention, with emphasis on autonomous and shared learning;
- Pedagogical supervision (group and individual).

18. Course Unit Program

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This CU will be developed:
i) in an experiential learning context, with 555 hours of permanence at the internship host institution and guidance from a Social Worker designated by it;
ii) in an academic context, with a total of 60 hours of tutorial classes (collective supervision and individual supervision sessions, distributed throughout the academic year, to ensure that each student has the necessary specialized support);
and iii) in autonomous work (145h).
The collective supervision classes will have as reference the following syllabus:

1. Introduction
1.1. Organizational aspects and dynamics to promote in the internship context and in the relationship of pedagogical supervision
1.2. Internship goals and skills to be developed by the students
1.3. General program of the internship, within the framework of the global method of Social Work intervention: problematization; assessment; planning; execution; evaluation
1.4. Ethical and deontological issues.

2. Characterization and Analysis of the Intervention Unit - Mediating Components
2.1. Organizational context
2.2. Intervention subjects
2.3. Social Work in the institution - multidisciplinary, interdisciplinary and transdisciplinary teams
2.4. Social Policies, within the overall framework of public policies/measures available, in the intervention areas in question.

3. Social intervention planning and project
3.1. Problematization ? theoretical framework
3.2. Assessment; intervention hypotheses and appropriate intervention model(s)
3.3. Integrated and Participated Local Social Diagnosis
3.4. Elaboration of the Social Work Intervention Project and definition of the respective Monitoring and Evaluation System.

4. Monitoring and Evaluation of Social Work Intervention
4.1. Types of evaluation: ex-ante, on-going and ex-post evaluation
4.2. Evaluation of achievement, results, and impact
4.3. Effectiveness, efficiency, pertinence, and suitability criteria
4.4. Participatory evaluation.

5. Operationalization of the Intervention Project
5.1. Intervention strategies and methods in individual and collective dimensions
5.2. Intervention support techniques and instruments
5.3. The global method of intervention in Social Work and contemporary challenges - quality and innovation
5.4. The importance of writing in professional practice

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5.5. Measures to be taken as part of the completion of the internship.

6. Evaluation of the internship process
6.1. Evaluation of the operationalization of the Intervention Project
6.2. Hypotheses for continuity/future intervention - 2nd diagnostic approach
6.3. Skills developed by the students.

19. Assessment Methods

According to the Internship CU Specific Regulation, continuous assessment will consist of:

1st Semester: internship program form (15%); monthly planning reports (25%); student performance in the semester, evaluated by the Internship Advisor (10%);

2nd Semester: Internship progress form (15%); monthly planning reports (25%); student performance in the semester, evaluated by the Internship Advisor (10%).

20. Didactic Resources

- Bibliography and specific documentation, depending on the internship contexts in question;
- Matrices of work/evaluation tools;
- 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 intervention
Social diagnosis
Professional project
Professional Skills
Assessment

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23. Main Bibliography

Author(s):	PARKER, Jonathan		
Title:	Social Work Practice: Assessment, Planning, Intervention and Review		
Edition:	6th	Year:	2020
Local:	Exeter, UK		
Publisher:	Learning Matters		

Author(s):	PAYNE, Malcolm		
Title:	How to Use Social Work Theory in Practice: An Essential Guide		
Edition:	1st	Year:	2020
Local:	Bristol		
Publisher:	Policy Press		

Author(s):	Casquilho-Martins, Inês & Joaquim Fialho (ORG.)		
Title:	Planeamento da Intervenção Social. Conceção, ação e avaliação		
Edition:	1.ª	Year:	2024
Local:	Lisboa		
Publisher:	Sílabo		

24. Complementary Bibliography

Author(s):	Dyke, Chris		
Title:	Writing Analytical Assessments in Social Work		
Edition:	2nd	Year:	2019
Local:	St Albans, UK		
Publisher:	Critical Publishing		

Author(s):	Fialho, Joaquim & Inês Casquilho-Martins (ORG.)		
Title:	Serviço Social - Fundamentos, Metodologia e Contextos de Intervenção		
Edition:	1.ª	Year:	2025
Local:	Lisboa		
Publisher:	Sílabo		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'ESTÁGIO': Academic Year 2025/2026
Autor / Author	Prof. Doutora MARIA ISABEL DE JESUS SOUSA
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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