UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Clinical Psychology and Psychological Intervention

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

Clinical Psychology and Psychological Intervention (N5201)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

7,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TÚLIA RUTE MAIA CABRITA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1. Review and deepen the knowledge acquired in the degree on the characteristics of Clinical Psychology, the work of the clinical psychologist and the type of interventions that fall within this discipline.
2. Promote the acquisition of technical skills necessary in any type of psychological intervention, from data collection to therapeutic intervention at various levels.
3. Promote technical knowledge of the helping relationship and the various types of psychological intervention.

15. Specific Objectives

1. Transmit knowledge about the nature and characteristics of Clinical Psychology and the various types of psychological intervention;
2. Transmit knowledge and skills that allow the student to carry out psychological consultation activities and/or establish psychological help relationships in a professional context
3. Deepen the exploration of themes introduced at the 1st cycle level, moving from basic knowledge of the theme to the acquisition of intervention skills from a clinical perspectiv

16. Skills to be acquired

1. Observation, evaluation and data collection skills in a clinical setting
2. Clinical interview skills and establishing a professional help relationship
3. Development of a therapeutic attitude of active listening, non-judgment and neutrality
4. Professional help skills transversal to the various types of psychological intervention.

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17. Teaching Methodology

Articulation of the active method with the expository using the interrogative. Case studies, reflection on scientific articles, practical applications, pedagogical applications, role-play will be used.

18. Course Unit Program

1. Clinical Psychology and related areas
2. The various types of psychological intervention and their generic characteristics
3. The helping relationship - characteristics, therapeutic attitude and models
4. Clinical interview training: techniques
5. Assessment, diagnosis and therapeutic planning in Psychological Intervention.
6. Supportive psychotherapy
7. The Motivational Interview
7. Group therapeutic intervention - theoretical and technical aspects
8. Therapeutic intervention with children - theoretical and technical aspects
9. Multiculturalism and psychological intervention

19. Assessment Methods

Assessment
-Group/individual work
-1 Mid-term mini-test
Supporting elements for continuous evaluation:
-Small individual and group work carried out in class
-Observation of the following behavior indicators:
a) Participation and adherence
b) Attendance and punctuality
c) Cooperation and interaction with classmates and teacher
d) Initiative for research
e) Motivation for self-discovery

20. Didactic Resources

- Computer with Microsoft Office software applications
- Multimedia projector; - Projection screen;
- Frame;
- Chalk / or markers;
- Photocopies of scientific material for analysis by students;
- Films
- Other materials considered necessary for the effectiveness of the dynamics of the classes.

21. Sustainability Objectives

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Objective 3: Health and Quality
Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.
Objective 4: Quality Education
Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender equality.

22. Keywords

interview
intervention plan
helping relationship
supportive psychotherapy
psychological support

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23. Main Bibliography

Author(s):	Pomerantz, A.		
Title:	Clinical Psychology: Science, Practice, and Diversity		
Edition:	5ª	Year:	2020
Local:	London		
Publisher:	Sage		

Author(s):	Miller, W., & Moyers, T.		
Title:	Effective Psychotherapists: Clinical Skills That Improve Client Outcomes		
Edition:	1ª	Year:	2021
Local:	Newyork		
Publisher:	Guilford Press		

Author(s):	Plante, T.		
Title:	Contemporary Clinical Psychology		
Edition:	3rd	Year:	2020
Local:	New Jersey		
Publisher:	John Wiley & Sons, Inc.		

24. Complementary Bibliography

Author(s):	American Psychiatric Association		
Title:	DSM V -Manual de diagnóstico e estatística das perturbações mentais		
Edition:	5ª	Year:	2014
Local:	Lisboa		
Publisher:	Climepsi		

Author(s):	Cochran, J., & Cochran, N.		
Title:	The Heart of Counseling		
Edition:	3ª	Year:	2021
Local:	New York		
Publisher:	Routledge		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA CLÍNICA E INTERVENÇÃO PSICOLÓGICA': Academic Year 2025/2026
Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
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