UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
PSYCHOTHERAPIES

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

PSYCHOTHERAPIES (N5208)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd 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 TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1. Define the scope of psychotherapies and provide information to students about the theoretical assumptions and methodologies existing in Psychotherapy;
2. Review the main theoretical currents and the respective existing models of psychotherapy;
3. To deepen the knowledge about the literature, practice and specific training in each model of psychotherapy existing in Portugal.

15. Specific Objectives

1. Develop students' listening and therapeutic intervention skills as future clinical psychologists;
2. To make known to the students the various models of psychotherapy, in its theoretical aspects and case design, as well as direct intervention.
3. Develop the skills of theoretical elaboration and processing of clinical material within each of the approaches to psychotherapy.
4. Training basic skills in the realm of psychological help and counselling

16. Skills to be acquired

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1. Continue to develop skills of observation, evaluation and establishment of a professional help relationship
2. Develop skills of document analysis and study in the field of psychotherapies, according to the setting and type of project in which they are inserted
3. Contextualize the theoretical proposals of each model, becoming aware of the respective added value and limitations
4. Basic psychological help skills, from crisis intervention to psychological, individual and group support
5. R

17. Teaching Methodology

1. Classes of presentation of theoretical contents and description of basic concepts
2. Discussion of aspects of direct intervention and their challenges.
3. Direct contact and clarification of doubts with representatives of various schools of psyscotherapy
4. Presentation of videos of clinical situations
5. Analysis of bibliographic material and joint reflection on the theoretical and methodological characteristics of each of the psychotherapy models presented.

18. Course Unit Program

1. Psychotherapies: characteristics, types of psychotherapy and common factors;
2. Psychoanalytic psychotherapy: basic assumptions and methodology and applications;
3. Psychoanalysis, psychoanalytic psychotherapy and dynamically oriented psychotherapy;
4. Behavioral therapy: assumptions, methodology and applications;
5. Cognitive therapy: assumptions, methodology and applications;
6. Empirically validated therapies;
7. The humanistic model: Carl Rogers, person-centered therapy and counselling;
8. Existential therapy: Yalom and the assumptions of existential therapy;
9. The systemic model and family therapy;
10. Integration in psychotherapy and the main integrative models;
11. Experiential therapies: assumptions and methodologies;
12. Expressive therapies: presuppositions methodologies and applications;
13. Specialized training in psychotherapy: Schools and societies;
14. Ethics in the area of psychological intervention and psychotherapies;

19. Assessment Methods

Attendance and participation in classes
Participation in didactic activities of training of therapeutic relationship and intervention of help
Bibliographic review of scientific articles and oral presentation of central contents of each model
Realization of didactic tasks of self-knowledge and personal development

20. Didactic Resources

Presentations of theoretical material in power-point
Scientific articles and specialized bibliography.
Video recordings of therapeutic situations.
Practical interaction exercises in clinical situation simulation.

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21. Sustainability Objectives

Good health and well-being
Quality education
Reduced inequalities

22. Keywords

Psychotherapy
Psychological therapy models
Counselling

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23. Main Bibliography

Author(s): MESSER, S., & KASLOW, N.
Title: Essential Psychotherapies: theory and practice
Edition: 4ª Year: 2020
Local: Nova Iorque
Publisher: Guilford Press
ISBN Code:

Author(s): Norcross, J. & Goldfried, M.
Title: Handbook of Psychotherapy Integration
Edition: 3ª Year: 2019
Local: USA
Publisher: OUP Publishers
ISBN Code:

Author(s): CORDIOLI, A.
Title: Psicoterapia: Abordagens actuais
Edition: 4ª Year: 2019
Local: Sao Paulo
Publisher: Artes Medicas
ISBN Code:

24. Complementary Bibliography

Author(s): COREY, G
Title: Theory and Practice of Counselling and Psychotherapy, enhanced
Edition: 10ª Year: 2020
Local: Boston, EUA
Publisher: Cengage Learning Publishers
ISBN Code:

Author(s): Haeussler, I.; Leniz, I., Bunge, C., & Bonfil, M.
Title: Psicoterapia de niños y adolescentes: actividades para la pratica clínica
Edition: 3ª Year: 2021
Local: Santiago do Chile
Publisher: Catalonia Pubs.
ISBN Code:

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Título / Title	Course Unit Program 'PSICOTERAPIAS': Academic Year 2025/2026
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
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