UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
INTERVENTION MODELS IN CLINICAL AND HEALTH PSYCHOLOGY

Academic Year 2024/2025

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

INTERVENTION MODELS IN CLINICAL AND HEALTH PSYCHOLOGY (N5209)

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	20,00
Tutorial Guidance:	15,00

9. ECTS Credits

5,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora RITA ALEXANDRA ROSA ANTUNES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1. Deepen knowledge about intervention models in Clinical and Health Psychology, with greater focus on cognitive and behavioral models;
2. Know different clinical conditions and contexts of intervention in the field of Clinical and Health Psychology;
3. Knowing how to structure, implement and evaluate the effectiveness of psychological interventions.

15. Specific Objectives

1. Understand the theoretical framework of Clinical and Health Psychology, from a critical perspective of the biomedical model to the psychosocial one.
2. Understand cognitive-behavioral theoretical models in Clinical and Health Psychology.
3. Know other intervention models in Clinical and Health Psychology.
4. Knowing and knowing how to structure an intervention according to the specificity of different areas of intervention.
5. Know and be able to propose ways of evaluating the effectivene

16. Skills to be acquired

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At the end of this course unit, the student is expected to be able to:
1. Identify and structure psychological evaluation and intervention programs in different contexts of clinical and health psychology;
2. Knowing how to evaluate the effectiveness of proposed interventions;
3. Research and reflect autonomously and critically on the evaluation and intervention programs to be studied.

17. Teaching Methodology

An essentially practical approach will be favored, using the active method and with brief theoretical introductions. These consist of a brief oral presentation using PowerPoint.
- The expository method will be used at the beginning of each programmatic point;
- Students should read previously and individually, expose and discuss previously suggested texts in class.
- Seminars with presentation of group work.

18. Course Unit Program

1. Critical reflection on the History of Health Psychology
2. Review humanistic models and first, second and third generation cognitive-behavioral models
2.1. Interview, evaluation and formulation of cases
2.2. The therapeutic relationship
2.3. Communication in health contexts
3. Useful theoretical models in the domain of health behaviors
4. Reactions to the loss of functional capacities / chronic diseases and explanatory theoretical models
5. General considerations on individual and group psychological intervention, in contexts other than clinical psychology and private health.
6. Adequacy of intervention models aimed at specific groups and themes:
6.1. Sedentary lifestyle, obesity and eating behavior
6.2. Alcoholism, Tobaccoism and/or other dependencies
6.3. Chronic pain
6.4. Chronic diseases
6.5. Palliative care
6.6. stress
6.7. Socio-emotional skills

19. Assessment Methods

The evaluation of the subject of Intervention Models in Clinical and Health Psychology will be done through a written test during the semester and a group work (continuous evaluation), in addition to the Final Exam.

20. Didactic Resources

Use of practical cases, interactive methods and multimedia material, as well as reference publications on the subject.

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21. Sustainability Objectives

3 - Quality Health
4 - Quality Education

22. Keywords

Clinical and Health Psychology
Intervention models
Prevention and promotion models

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23. Main Bibliography

Author(s):	Hagger, M, et al		
Title:	The Handbook of Behavior Change		
Edition:	1ª Edição	Year:	2020
Local:	UK		
Publisher:	Cambridge University Press		

Author(s):	Taylor, Shelley E.		
Title:	Health psychology		
Edition:	10th Edition	Year:	2018
Local:	New York, USA		
Publisher:	Mc GrawHill		

Author(s):	Taylor, S.		
Title:	Health Psychology		
Edition:	10th	Year:	2018
Local:	New York		
Publisher:	McGraw Hill Education		

24. Complementary Bibliography

Author(s):	William R. Miller e Stephen Rollnick		
Title:	Entrevista Motivacional		
Edition:	3ª	Year:	2017
Local:	Portugal		
Publisher:	Climpesi Editores		

Author(s):			
Title:			
Edition:		Year:	
Local:			
Publisher:			

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Título / Title	Course Unit Program 'MODELOS DE INTERVENÇÃO EM PSICOLOGIA CLÍNICA E DA SAÚDE': Academic Year 2024/2025
Autor / Author	Prof. Doutora RITA ALEXANDRA ROSA ANTUNES
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