UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
INTERVENTION MODELS IN CLINICAL AND HEALTH PSYCHOLOGY

Academic Year 2025/2026

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 ANA CRISTINA DOS SANTOS LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1. Deepen knowledge about intervention models in Clinical and Health Psychology, developing knowledge about current intervention models, commonly called third-generation models;
2. Knowing different various intervention contexts in the field of Clinical and Health Psychology;
3. Knowing how to structure and implement psychological intervention plans and evaluate their effectiveness;
4. Enable students to restructure psychological intervention plans when they prove ineffective.

15. Specific Objectives

Objetivos específicos

1. Understand the theoretical framework of Clinical and Health Psychology, from a critical perspective of the biomedical model to the psychosocial one.
2. Acknowledge the theoretical models: Acceptance and Commitment Therapy (ACT); Mindfulness-Based Cognitive Therapy (MBCT); Compassion-Focused Therapy (CFT); Metacognitive Therapy (MCT); Dialectical Behavior Therapy (DBT); EMDR Therapy (Eye Movement Desensitization and Reprocessing); Psychodrama; Transgenerational Psychoge

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 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, evaluation and intervention programs in Clinic and Health Psychology.

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 in classroom, previously suggested texts.
- Seminars with presentation of group work.

18. Course Unit Program

1. Emergence and Development of Health Psychology;
2. Psychology, Health and Illness;
3. Health Psychology: Future Perspectives
4. Theories and Models
4.1. Health Belief Model (HBM)
4.2. Sociocognitive Model
4.3. Transtheoretical Model;
4.4. Common Sense Self-Regulation Model
4.5. Social Emotional Learning (SEL) Model
4.6. Motivational Interviewing
5. Suitability of intervention models directed at specific individuals/groups and themes:
5.1. Substance Abuse (alcoholism, smoking and/or other addictions)
5.2. Menopause, Andropause and Aging
5.3. Chronic Diseases
5.4. Autoimmune Diseases
5.5. Cancer
5.6. Coronary Heart Disease and Strokes
5.7. Obesity and Eating Disorders
5.8. Palliative Care
6. Adaptation of intervention models to specific contexts:
6.1. Health centers
6.2. Hospitals
6.3. Schools and other educational facilities
6.4. Social Solidarity Institutions
6.5. Prisons
6.6. Other facilities

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19. Assessment Methods

The evaluation for this course unit will be based on three written assignments with oral presentations (continuous assessment) and a final exam.

20. Didactic Resources

Use of practical cases, interactive methods and multimedia material, and scientific publications on the subjects.

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):	Leal, Isabel & Ribeiro, José Pais		
Title:	Manual de Psicologia da Saúde		
Edition:	1.ª	Year:	2020
Local:	Portugal		
Publisher:	Pactor-Edições de Ciências Sociais, Forenses e da Educação		
ISBN Code:	978-989-693-105-6		

Author(s):	Taylor, Shelley, E. & Stanton, Annette, L.		
Title:	Health psychology		
Edition:	11th	Year:	2020
Local:	New York, USA		
Publisher:	McGraw Hill		
ISBN Code:	978-126-025-390-0		

Author(s):	Hagger, Martin, S.		
Title:	The Handbook of Behavior Change		
Edition:	1ª Edição	Year:	2020
Local:	UK		
Publisher:	Cambridge Handbooks In Psychology		
ISBN Code:	978-110-873-367-0		

24. Complementary Bibliography

Author(s):	Ogden, Jane		
Title:	Psicologia da Saúde		
Edition:	1.ª	Year:	2004
Local:	Portugal		
Publisher:	Climpesi Editores		
ISBN Code:	978-972-796-092-7		

Author(s):	Miller, William R. & Rollnick, Stephen		
Title:	Entrevista Motivacional		
Edition:	3ª	Year:	2017
Local:	Portugal		
Publisher:	Climpesi Editores		
ISBN Code:	978-972-796-356-0		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'MODELOS DE INTERVENÇÃO EM PSICOLOGIA CLÍNICA DE SAÚDE': Academic Year 2025/2026
Autor / Author	Prof. Doutora ANA CRISTINA DOS SANTOS LOPES
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s	-
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