UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
OPTION II - PSYCHOSOCIAL INTERVENTION WITH CHILDREN AND YOUNG PEOPLE AT RISK

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

OPTION II - PSYCHOSOCIAL INTERVENTION WITH CHILDREN AND YOUNG PEOPLE AT RISK (N5220)

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	15,00
Tutorial Guidance:	

9. ECTS Credits

2,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA DANIELA BARRETO ALEIXO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

This module aims to provide students with a comprehensive understanding of psychosocial interventions for at-risk children and youth. The focus will be on applying principles from Developmental Psychology and Developmental Psychopathology to assess, design, and implement effective intervention strategies.

15. Specific Objectives

- To analyze the developmental trajectories of at-risk children and youth.
- To identify key risk and protective factors influencing developmental outcomes.
- To develop skills in assessing psychosocial needs and designing intervention programs.
- To evaluate the effectiveness of various intervention strategies.
- To promote interdisciplinary collaboration in addressing the needs of at-risk populations.

16. Skills to be acquired

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By the end of the module, students will be able to:

- Critically analyze developmental theories in the context of at-risk children and youth.
- Assess psychosocial risks and needs using evidence-based methods.
- Design and implement intervention plans tailored to the developmental stages of at-risk children and youth.
- Evaluate the outcomes of psychosocial interventions using appropriate metrics.
- Demonstrate awareness of ethical considerations in working with vulnerable populations.
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17. Teaching Methodology

Lectures: Provide foundational knowledge and theoretical perspectives.
Seminars: Facilitate in-depth discussion and analysis of case studies.
Workshops: Develop practical skills in assessment and intervention planning.
Group Projects: Encourage collaborative learning and application of interdisciplinary approaches.

18. Course Unit Program

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1. Introduction to Developmental Psychology and Developmental Psychopathology
- Key concepts and theories
- Overview of developmental stages

2. Risk and Protective Factors
- Biological, psychological, and social influences
- Impact of family, peers, and community

3. Assessment of At-Risk Children and Youth
- Diagnostic tools and techniques
- Ethical considerations in assessment

4. Designing Psychosocial Interventions
- Principles of intervention planning
- Evidence-based intervention strategies

5. Implementation of Interventions
- Case management and service coordination
- Engaging families and communities

6. Evaluating Intervention Outcomes
- Methods for measuring effectiveness
- Challenges in outcome evaluation

7. Special Topics in Psychosocial Interventions
- Trauma-informed care
- Substance abuse prevention
- Educational support and school-based interventions

8. Interdisciplinary Collaboration
- Roles of various professionals
- Strategies for effective teamwork

9. Sustainable Development Goals (SDGs) and Psychosocial Interventions
- Integrating SDGs into practice
- Promoting mental health and well-being

19. Assessment Methods

Group assignment with presentation
Final written exam

20. Didactic Resources

Bibliography
Powerpoint presentations

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21. Sustainability Objectives

Goal 3: Good Health and Well-Being
Ensure healthy lives and promote well-being for all at all ages.
Goal 4: Quality Education
Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.
Goal 16: Peace, Justice, and Strong Institutions
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

Developmental Psychology
Developmental Psychopathology
Psychosocial Interventions
At-Risk Youth

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23. Main Bibliography

Author(s): Cicchetti, D.
Title: Developmental Psychopathology, Volume 4: Risk, Resilience, and Intervention
Edition: 3rd Year: 2016
Local:
Publisher: John Wiley & Sons
ISBN Code:

Author(s): World Health Organization
Title: Guidelines on promotive and preventive mental health interventions for adolescents - Helping Adolesc
Edition: Year: 2020
Local:
Publisher: WHO
ISBN Code:

Author(s): Belsky, J., Caspi, A., Moffit, T.E., Poulton, R.
Title: The origins of you
Edition: Year: 2020
Local:
Publisher: Harvard University Press
ISBN Code:

24. Complementary Bibliography

Author(s): Anu Rangarajan
Title: The Oxford Handbook of Program Design and Implementation Evaluation
Edition: Year: 2023
Local: Oxford
Publisher: Oxford University Press
ISBN Code:

Author(s): Sroufe, A., Egeland, B., Carlson, E. & Collins, W.A.
Title: The development of the person
Edition: Year: 2005
Local: New York
Publisher: The Guilford Press

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ISBN Code:

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'OPÇÃO II - INTERVENÇÃO PSICOSSOCIAL COM CRIANÇAS E JOVENS EM RISCO': Academic
Autor / Author	Prof. Doutora ANA DANIELA BARRETO ALEIXO
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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