

**Introduction to Psychological Treatment**

Code: 102573  
ECTS Credits: 9

| Degree             | Type | Year | Semester |
|--------------------|------|------|----------|
| 2502443 Psychology | OB   | 3    | 1        |

The proposed teaching and assessment methodology that appear in the guide may be subject to changes as a result of the restrictions to face-to-face class attendance imposed by the health authorities.

### Contact

Name: David Sánchez Carracedo  
Email: David.Sanchez@uab.cat

### Use of Languages

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: No  
Some groups entirely in Spanish: Yes

### Other comments on languages

The exams will be in Spanish. Spanish classes: G1 70%, G2 40%, G3 10%, G5 70%. Bibliography in Spanish. Seminar sessions mainly in Catalan. Official documents in Catalan.

### Teachers

María Soledad Mora Giral  
Teresa Gutiérrez Rosado  
Joan Torras Claraso  
Josep Devi Bastida  
Silvia Noguer Carmona  
Joaquim Puntí Vidal

### Prerequisites

Students will have already studied mandatory subjects such as Psychopathology along the Lifespan (2nd course, 3rd semester) and Psychological Assessment (2nd course, 4th semester) in previous courses. Both are subjects in the second year of the Psychology Degree at the UAB. Students who come from outside the UAB are recommended to have studied subjects with basic knowledge on psychological assessment and psychopathology.

### Objectives and Contextualisation

- *Identify the intervention process* in clinical practice and the main therapeutic skills involved.
- *Understand* the main techniques of intervention and psychological treatment, their theoretical and experimental bases, the intervention process and the areas of application.
- *Learn to evaluate them in a critical way.*
- *Undertake* some of the intervention procedures.

- *Understand* the issues and main available data on the efficacy of different psychological treatments.

## Competences

- Apply knowledge, skills and acquired values critically, reflexively and creatively.
- Criticise the effects of personal practice on people, taking into account the complexity of human diversity.
- Distinguish and relate the different focuses and theoretical traditions that have contributed to the historical development of psychology as well as its influence on the production of knowledge and professional practice.
- Formulate hypotheses about the demands and needs of the recipients.
- Identify and recognise the different methods of treatment and intervention in the different applied areas of psychology.
- Maintain a favourable attitude towards the permanent updating through critical evaluation of scientific documentation, taking into account its origin, situating it in an epistemological framework and identifying and contrasting its contributions in relation to the available disciplinary knowledge.
- Recognise the deontological code and act ethically.
- Select and apply the methods and techniques in the plan for intervention in accordance with the established objective in relevant contexts for the service requested.
- Students must be capable of applying their knowledge to their work or vocation in a professional way and they should have building arguments and problem resolution skills within their area of study.
- Students must be capable of collecting and interpreting relevant data (usually within their area of study) in order to make statements that reflect social, scientific or ethical relevant issues.
- Work in a team.

## Learning Outcomes

1. Apply knowledge, skills and acquired values critically, reflexively and creatively.
2. Critically analyse interventions in published cases.
3. Criticise the effects of personal practice on people, taking into account the complexity of human diversity.
4. Describe the basic procedure for administration of basic treatment techniques.
5. Differentiate between the main evidence on the effectiveness of different psychological treatments.
6. Distinguish between the effects due to common factors of the specific effects of different treatments based on evidence.
7. Identify and assess indicators of functionality demanded by the different techniques of psychological intervention, taking into account criteria of success and suitability.
8. Identify constraints and contraindications of various treatment techniques.
9. Identify the main contributions of the different psychotherapeutic models of modern psychological treatment.
10. Identify the main techniques of psychological treatment.
11. Maintain a favourable attitude towards the permanent updating through critical evaluation of scientific documentation, taking into account its origin, situating it in an epistemological framework and identifying and contrasting its contributions in relation to the available disciplinary knowledge.
12. Recognise possible common factors of the different psychotherapeutic models.
13. Recognise the deontological code and act ethically.
14. Recognise the different applications and indications of basic psychological treatment techniques.
15. Recognise the different theoretical and experimental treatment techniques fundamentals.
16. Recognise the stages of intervention.
17. Students must be capable of applying their knowledge to their work or vocation in a professional way and they should have building arguments and problem resolution skills within their area of study.
18. Students must be capable of collecting and interpreting relevant data (usually within their area of study) in order to make statements that reflect social, scientific or ethical relevant issues.
19. Work in a team.

## Content

## SESSIONS GROUP 1/1 AND DISCUSSION GROUPS 1/2

Lesson 1. Efficacy and evidence-based practice.

Lesson 2. The therapeutic skills.

Lesson 3. The intervention process.

Lesson 4. Relaxation techniques and Mindfulness.

Lesson 5. Exposure techniques.

Lesson 6. Social skills Training.

Lesson 7. Operants conditioning techniques.

Lesson 8. Self-control techniques.

Lesson 9. Cognitive techniques.

Lesson 10. Problem solving techniques.

## SEMINAR SESSIONS GROUPS 1/4

1. Difficult situations in psychological treatment

2. Relaxation

3. Exposure I

4. Exposure II

5. Social Skills Training

6. Cognitive Restructuring

## **Methodology**

The "IPT" course aims to promote autonomy and critical attitude.

The methodology is addressed at understanding the main therapeutic techniques, their theoretical bases, implementation procedures, areas of application and efficacy data. Content in the mandatory bibliography, which is a central axis of the course, will be combined with introductory classes and the work with applied cases. The seminars (groups ¼) will be focused on the implementation of different techniques of psychological treatment.

### Directed activities:

1) Introductory online sessions in a large group 1/1: 1.5 hours addressed to all the students in each module. In some groups and sessions, the "flipped classroom" methodology can be applied, in which students must watch a video of around 30 minutes prior to the online session, in addition to doing the corresponding compulsory reading. During the online session, of around 45 minutes, doubts will be clarified, and some information will be completed. Students can be asked about the video and reading content, and their participation can be considered for possible improvements in their final grade.

2) Workshops (groups ½) to discuss mandatory readings and introductory online session. Two hours long, with half for each module. One workshop for each introductory session will be scheduled. It is essential to review the corresponding reading previously to each workshop session. A Work Guideline is available with questions to guide the reading and to encourage critical thinking, and guided work with applied cases. It is mandatory to attend with the corresponding mandatory reading and the Work Guideline.

3) Seminar sessions (groups ¼), 2 hours. Implementation of different techniques.

Students can find the following materials at Virtual Campus: Readings not available in the Library; the Work Guide with guided reading questions, reflection questions and activities by subject, which will be basic in the workshop sessions, and a Dossier of Seminar Sessions.

Autonomous activities include studying, readings, and the possibility of doing an optional group project.

N.B. The proposed teaching and assessment methodologies may experience some modifications as a result of the restrictions on face-to-face learning imposed by the health authorities. The teaching staff will use the Moodle classroom or the usual communication channel to specify whether the different directed and assessment activities are to be carried out on site or online, as instructed by the Faculty.

## Activities

| Title   | Hours | ECTS | Learning Outcomes  |
|---|-------|------|--|
| Type: Directed  |       |      |  |
| D.1. Introductory sessions in large group 1/1             | 18    | 0.72 | 6, 4, 5, 8, 9, 10, 15, 12, 14, 16                        |
| D.2. Workshops groups 1/2                                 | 24    | 0.96 | 6, 4, 5, 8, 9, 10, 17, 18, 15, 12, 16                    |
| D.3. Seminar sessions groups CE                           | 12    | 0.48 | 2, 1, 3, 11, 17, 18, 13, 19                              |
| Type: Supervised  |       |      |  |
| Individual supervisions and optional project supervisions | 10    | 0.4  |  |
| Type: Autonomous  |       |      |  |
| A.1. Mandatory readings                                   | 58    | 2.32 | 6, 4, 5, 8, 10, 11, 15, 12, 14, 16                       |
| A.2. Study of the Dossier of Seminar Sessions.            | 38    | 1.52 | 4, 12  |
| A.3. Study and optional project                           | 60    | 2.4  | 2, 6, 3, 4, 5, 8, 10, 11, 17, 18, 13, 15, 12, 14, 16, 19 |

## Assessment

In addition to the following criteria, the "2019-20 Assessment Guidelines of the Psychology Faculty" must be taken into account, available at

<https://www.uab.cat/web/estudiar/graus/graus/avaluacions-1345722525858.html>

Individual assessment activities: (Ev1, Ev2)

- There will be two multiple-choice partial examinations (worth 30% of final grade each)
- Exams with 25-30 questions, four choices, only one correct and penalty of 1/3. Questions will not be only about descriptions or identification. They will include reflections, associations of different concepts and applications of main topics worked in all sessions to date.

Individual assessment activities: (Ev3, Ev4)

- There will be two open-answer exams with 5 questions. A short answer (not essay-answer) will be required (worth 20% of final grade each one).
- The questions will be based on brief descriptions of applied cases, which will be similar to those worked in the workshops (PA groups 1/2). There will be no penalties, but incorrect answers, answers without

the use of an appropriate technical language, and/or long answers written outside the established margins, will be scored with 0 points.

Group assessment activity: (Ev5)

EV5: Optional group project. This will be assessed according to a rubric that will be published at the beginning of the course (worth 10% of final grade). It can only be added to the final grade if the following requisites are satisfied: (1) Minimum Final Grade >4.95; (2) Attendance at all the assessment activities EV1 to EV4. Grade of EV5 only will be added to the Final Grade if grade of EV5  $\geq 6$ . It will not be possible to hand it in outside the established date.

Assessed / Not assessed

- Students will be assessed if they have attended to two proofs from Ev1 to Ev4.
- If a student is finally assessed, all not attended assessment activities will be graded 0.
- Students who have attended to one or none proof will not be assessed.

FINAL GRADE / Pass criteria

- Grade Ev1-Ev4 = [(Grade Ev1 x 0.30) + (Grade Ev2 x 0.30) + (Grade Ev3 x 0.20) + (Grade Ev4 x 0.20)]
- Final Grade = (Grade Ev1-Ev4) + (Grade Ev5 x 0.10). In order to sum the EV5 grade (optional group project) to Ev1-Ev4 grade, it will be essential: (1) Grade Ev1-Ev4 > 4.95; (2) To attend to all the assessment activities EV1 to EV4; (3) Grade of EV5  $\geq 6$ .
- To pass this course students must achieve a grade of Ev1-Ev4 >4,95.

Reassessment process:

- Reassessment will be offered for assessment activities Ev1, Ev2, Ev3 i Ev4 not passed (grade  $\leq 4.95$ ).
- The students can opt to the reassessment process only if: (1) Final Grade is not passed; (2) assessed of a minimum weight of 2/3 of the Final Grade; (3) Grade Ev1-Ev4  $\geq 3.5$ . All the requisites must be fulfilled.
- The reassessment process will consist in assessment activities with the same characteristics as the previous ones. The same criteria will be applied.
- Students with more than one assessment activity not passed could opt to do all of them or choose between them. The obtained grade in the reassessment process will substitute the previous grade in any case. Not retaken assessment activities will retain the previous grade in order to estimate the new grade Ev1-Ev4.
- It will not be possible to retake the Ev5.
- The pass criteria will be the same as in the previous assessment. All new grades will be calculated with the same previous criteria, replacing the grades of the retaken assessment activities.
- In any case the reassessment process can be used to improve passed assessment activities.

No unique final synthesis test for students who enrol for the second time or more is anticipated.

Grade review process. After all grading activities have ended, students will be informed of the date and way in which the course grades will be published. Students will be also be informed of the procedure, place, date and time of grade review in line with University regulations.

N.B. Except for exceptional situations, and only if previously agreed with a student, one week before the assessments, and until the end of the ordinary review, "content" questions will not be answered by email or Moodle. Students must attend teachers office hours.

## Assessment Activities

| Title   | Weighting | Hours | ECTS | Learning Outcomes                  |
|---|-----------|-------|------|------------------------------------|
| EV1. Multiple choice exam, subjects: 1,2 3, 4 and 5 / first assessment period | 30%       | 1.5   | 0.06 | 4, 7, 8, 9, 10, 11, 15, 12, 14, 16 |

|  |     |     |      |   |
|--|-----|-----|------|---|
| EV2. Multiple choice exam, subjects: 6, 7, 8, 9 and 10 / Second assessment period    | 30% | 1.5 | 0.06 | 6, 4, 5, 7, 8, 10, 15, 12, 14                 |
| EV3. 5 short open-answer questions 1st part of the course / First assessment period  | 20  | 1   | 0.04 | 1, 4, 8, 10, 17, 18, 13, 14                   |
| EV4. 5 short open-answer questions 2nd part of the course / Second assessment period | 20% | 1   | 0.04 | 1, 4, 8, 10, 17, 18, 13, 14                   |
| EV5. Optional project / week 16  | 10% | 0   | 0    | 2, 1, 3, 4, 8, 10, 11, 17, 18, 13, 14, 16, 19 |

## Bibliography

Provisional

Subject 1: Efficacy and evidence-based practice

M. Pérez Álvarez, J.R. Fernández Hermida, C. Fernández Rodríguez y I. Amigo Vázquez (2003) *Guía de tratamientos psicológicos eficaces I*. Madrid: Pirámide. (1 capítulo) (Virtual Campus)

Sánchez-Carracedo, D. (2020). *Eficacia de los tratamientos psicológicos y práctica basada en evidencia*. Unpublished documento. (Virtual Campus)

Subjects 2-10:

Labrador, F.. J (2008). *Técnicas de Modificación de Conducta*. Madrid: Pirámide (Chapters 2, 15, 20, 29) (Virtual Campus).

\*Ruiz, M.A., Díaz García, M.I., Villalobos, A. (2012). *Manual de Técnicas de Intervención Cognitivo Conductuales*. Bilbao: Desclee de Brouwer. (Cap 3, 4, 5, 6, 7, 8). E-book available at:

[https://cataleg.uab.cat/iii/encore/record/C\\_\\_Rb2084711](https://cataleg.uab.cat/iii/encore/record/C__Rb2084711)

\* We are waiting for the library to acquire the new versión of 2017:

Díaz García, M.I., Ruiz, M.A., Villalobos, A. (2017). *Manual de Técnicas y Terapias Cognitivo Conductuales*. Bilbao: Desclee de Brouwer. (Chapters 3, 4, 5, 6, 7, 8)

Additional documents can be provided by the teaching team for some subjects.

Detailed bibliography and recommended web pages are available at the WORK GUIDE for each subject.