

**Cognitive and Behavioural Treatment in Children
and Adolescents**

Code: 102537
ECTS Credits: 6

Degree	Type	Year	Semester
2502443 Psychology	OT	4	2

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: Maria Esther Trepà de Ancos
Email: Esther.Trepà@uab.cat

Use of Languages

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

Teachers

Maria Esther Trepà de Ancos

Prerequisites

We recommend that the students should have already taken the subject of Child and Adolescent Psychopathology.

Objectives and Contextualisation

1. Acquiring the basic knowledge about cognitive-behavioural treatment of the main disorders and behavioural problems in childhood and adolescence.
2. Studying specific characteristics of the therapeutic intervention process in childhood and adolescence.
3. Analysing treatment programs and intervention strategies for the most frequent disorders and behavioural problems in childhood.
4. Becoming acquainted with the main cognitive-behavioural techniques applied in the treatment of the main disorders and behavioural problems in childhood and adolescence and the scientific evidence underpinning these techniques
5. Enhancing clinical practice through simulated situations.
6. Focusing on the analysis of cases.

Competences

- Apply knowledge, skills and acquired values critically, reflexively and creatively.
- Define objectives and develop the intervention plan based on the purpose of the (prevention, treatment, rehabilitation, integration, support).
- Dominate the strategies and techniques to include in the intervention with recipients.
- 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.

- Obtain and organise relevant information for the service requested.
- Plan the evaluation of programmes of intervention.
- 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.

Learning Outcomes

1. Apply assessment techniques.
2. Apply communication skills.
3. Apply knowledge, skills and acquired values critically, reflexively and creatively.
4. Differentiate between methods and techniques based on the evidence available to a target of intervention.
5. Formulate treatment goals in operational terms.
6. 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.
7. Plan post-treatment evaluation.
8. Plan the evaluation to be carried out during the intervention.
9. Recognise how to reach consensus in treatment objectives and techniques among all parties involved in the intervention process.
10. Recognise the appropriateness of an intervention methodology for a therapeutic purpose.
11. Recognise the deontological code and act ethically.
12. Specify an action plan based on the assumptions and objectives previously established.
13. Use techniques for motivating change.
14. Use the specific lexicon of subject.

Content

BLOCK 1: INTRODUCTION TO COGNITIVE BEHAVIOURAL TREATMENT

TOPIC 1: Characteristic aspects of the cognitive behavioural-intervention process in childhood and adolescence.

TOPIC 2: Therapeutic skills.

BLOCK 2: TREATMENT FOR DEVELOPMENTAL DISORDERS.

TOPIC 3: Treatment for Autism Spectrum Disorder (ASD).

TOPIC 4: Treatment for Attention Deficit/Hyperactivity Disorder (ADHD).

BLOCK 3: Behavioural disorders

TOPIC 5: Treatment for Conduct Disorders (CD) and Oppositional Defiant Disorder (ODD).

BLOCK 4: ANXIETY DISORDERS AND MOOD DISORDERS.

TOPIC 6: Treatment for Depressive disorder.

TOPIC 7: Treatment for Generalized Anxiety Disorder and Separation Anxiety Disorder.

TOPIC 8: Treatment for Specific Phobias and Obsessive-Compulsive Disorder (OCD).

BLOCK 5: EATING DISORDERS

TOPIC 9: Treatment for Anorexia Nervosa and Bulimia Nervosa.

BLOCK 6: ELIMINATION DISORDERS.

TOPIC 10: Treatment for Enuresis and Encopresis.

Methodology

THE SUBJECT'S TEACHING PROGRAM COMPRISES 2 TYPES OF ACTIVITIES: GUIDED AND AUTONOMOUS.

GUIDED ACTIVITIES

1. THEORETICAL CLASSES

- Theoretical and participative presentation of the corresponding topic.
- Debate about cases.
- Multimedia format.

Size of the groups: 1/1

2. CLINICAL PRACTICE (6 sessions of 2 hours per group)

- Interviews in simulated situations.
- Functional analysis of the case.
- Planning of the intervention: aims and techniques
- Multiple-choice test and a role play

Size of the groups: seminars in small groups

AUTONOMOUS ACTIVITIES

- Compulsory and recommended reading.
- Answering the questions of the multiple-choice test about a case. This test will be in paper format during the clinical practice sessions and prepare the final role play
- Studying the program contents.

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.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Clinical practice	12	0.48	3, 2, 1, 12, 4, 5, 6, 7, 8, 9, 11, 10, 14, 13
Theoretical classes	24	0.96	4, 6, 7, 8, 9, 11, 10, 14
Type: Supervised			
Tutorials	8	0.32	3, 12, 4, 5, 6, 7, 8, 9, 11, 10
Type: Autonomous			
Activities	35.5	1.42	3, 12, 4, 5, 6, 7, 8, 11, 10
Compulsory and recommended reading.	22.5	0.9	3, 12, 4, 5, 6, 7, 8, 11, 10
Studying the program contents	45	1.8	3, 12, 4, 5, 6, 7, 8, 9, 11, 10

Assessment

Evaluable student: evaluable students are those enrolled in the subject who have provided evidences of learning with a weight of 40% or more.

Passed Subject: the requirements for passing the subject are as follows.

1. The student must have been evaluated in EV1 and EV2 in order to aim for the weighted average grade of the continuous evaluation and also to have obtained a grade superior to 3,5 in both evaluations.
2. The average mark for all the evidences (both exams and 6 practical exercises) must be equal to or above 5.
3. If the student does not meet these requirements, the maximum possible grade obtained in continuous evaluation will be 4.5.

Criteria for passing the subject

$$(E1 \times 0,30) + (E2 \times 0,30) + (E3 \times 0,40) \geq 5$$

Re-evaluation process: To participate in the re-evaluation process, students must have been evaluated on evidences provided during the continuous evaluation whose weight amounts to 2/3 of the total grade and must have obtained a grade below 5 but equal to or above 3.5.

The final grade of the subject will be the average of the resit exam (multiple-choice test on the contents of the whole subject) plus the average of EV3 (multiple-choice tests on the 4 clinical cases and the final role play of one of the cases worked on).

$(E3 \times 0.5) + (\text{Remedial exam} \times 0.5) \geq 5$

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

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

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Ev 1: Multiple-choice test in the first assessment period. Individual.	30%	1.5	0.06	3, 12, 4, 5, 6, 9, 11, 10, 14
Ev 2: Multiple-choice test in the second assessment period. Individual.	30%	1.5	0.06	3, 12, 4, 5, 6, 9, 11, 10, 14
Ev 3: Individual written multiple-choice tests at the end of each clinical practice session and a role play on one of the cases worked	40%	0	0	3, 2, 1, 12, 4, 5, 6, 7, 8, 9, 11, 10, 14, 13

Bibliography

Comeche M.I y Vallejo M.A. (coord.) (2012). Manual de Terapia de Conducta en la Infancia. Madrid: Dykinson

Topic 1: Moreno I. Características de la Intervención terapéutica en la infancia. Cap1, pp25-68.

Topic 2: Moreno I. Características de la Intervención terapéutica en la infancia. Cap1, pp50-55

Ezpeleta, L. La evaluación de los trastornos infantiles. Cap 3, pp.85-114.

Topic 4: De Corral y Zúñiga. La hiperactividad infantil y juvenil. Cap.13,pp 559-593.

Topic 5: Brioso, A. Trastornos del espectro del Autismo. Cap 14, pp 595- 629.

Topic 6: Díaz-Sibaja, M.A. Trastornos del comportamiento perturbador: Trastorno negativista desafiante y trastorno disocial. Cap 12, pp 503-556.

Topic 7: García- Vera, M y Sanz, J. Depresión. Cap 5, pp 197-240.

Topic 8: Orgilés, Espada y Méndez. Terapia de conducta en los trastornos de ansiedad infantil. Cap 4, pp 151-193.

Topic 9: Méndez, Orgilés y Espada. Terapia de conducta en los miedos y fobias infantiles. Cap 3, pp117-149.

Orgilés, Espada y Méndez. Terapia de conducta en los trastornos de ansiedad infantil. Cap 4, pp 151-193. (TOC).

Topic 10: Comeche,I. Trastornos de la Eliminación: enuresis y encopresis. Cap 8. Pp341-384.

Software

No specific software is required.