

Psychological intervention in adulthood and old age

Total number of ECTS credits	6	
Type	Compulsory	
Temporal organisation	Year 3; Semester 6	
Modality	Face-to-face	
Language	English	
Contents	• Psychological intervention in mood problems in adults and older people • Intervention in mental and cognitive problems • Psychosocial intervention in adults and older people • Psychological well-being and promotion of healthy habits • Active ageing programmes	
DEGREE of learning outcomes	Knowledge and content	CC8 Understand the theoretical bases of psychosocial intervention and the promotion of healthy habits.
	Skills and abilities	HD2 Communicate the results and conclusions obtained in psychology rigorously. HD3 Apply therapeutic intervention techniques and strategies appropriate to the target population. HD5 Apply professional ethics and deontology in patient care.
	Competences	CP4 Structure a complete intervention plan adapted to the biopsychosocial characteristics of the case and its context. CP5 Design a psychological assessment interview that facilitates the collection of information and the establishment of goals. CP7 Motivate recipients by creating greater adherence to the therapeutic process so that dropout and the probability of relapse are reduced.
SUBJECT learning outcomes • Know the most common mental and cognitive problems in the adult population. • Apply different psychological intervention techniques in the adult population. • Know the well-being and ageing programmes that improve a person's quality of life.		

Face-to-face modality	Training activities		Total hours	
	Lectures		28	
	Seminars		4	
	Practical classes		26	
	Viewing and analysis of audiovisual content		6	
	Tutorials		12	
	Independent work		72	
	Final assessment test		2	
	Total		150	
	Assessment systems		MINIMUM	MAXIMUM
	Final assessment: face-to-face test or exam		50	50
	Problem solving		10	30
	Case studies - Projects		10	30
	Other continuous assessment activities		0	10
	Total		70	120

