

Third-generation psychological therapies

Total number of ECTS credits	6	
Type	Optional	
Temporal organisation	Year 4; Semester 8	
Modality	Face-to-face	
Language	English	
Contents	• Theoretical foundations History of psychology: the three waves • Acceptance and commitment therapy • Third-generation psychological therapies based on Mindfulness • Dialectical behaviour therapy	
DEGREE learning outcomes of	Knowledge and content	CC6 Know the specific psychological intervention techniques for child and adolescent populations.
	Skills and abilities	HD1 Use assessment instruments appropriate to psychological, emotional, cognitive and behavioural characteristics. HD2 Communicate the results and conclusions obtained in psychology rigorously. HD3 Apply therapeutic intervention techniques and strategies appropriate to the target population. HD6 Identify risk and protective factors in children, adolescents, adults and older people.
	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 • HDEIP3 Apply third-generation psychological therapies in appropriate contexts.		

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

