



## COURSE DATA

### DATA SUBJECT

**Code:** 33320  
**Name:** Intervention and psychological treatment  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 9  
**Academic year:** 2025-26

### STUDY (S)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Facultat de Psicologia i Logopèdia	3	Annual

### SUBJECT-MATTER

Degree	Subject-matter	Character
1319 - Degree in Psychology	Psychological intervention and treatment	COMPULSORY

### COORDINATION

ETCHEMENDY KASTEN ERNESTINA

## SUMMARY

Intervention and Psychological Treatment is a core subject of basic training for Degree in Psychology, third year. The student will have the opportunity to acquire basic knowledge, along with other subjects such as Psychology, Social and Community Intervention, also taught in third grade, Psychological Assessment, the second year, and Design Research in Psychology and Psychopathology, to be taught in fourth grade. That training will provide a solid foundation for the development of further training in other Grade electives such as Clinical Psychology, Clinical Child Psychology, Intervention in Educational Contexts, and the external practice training. Also, this course brings its own set of skills essential for professional development in the field of Clinical Psychology and Health, as well as other areas of professional intervention.

## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

### OTHER REQUIREMENTS

Relationship to other subjects of the same degree



There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

It is advisable to have passed the following subjects:

1. Psychology of Learning. 2. Personality and Individual Differences. 3. Psychological Assessment.

It is recommended to have passed the following subjects:

1. Statistics. 2. Psychometrics. 3. History of Psychology, Science and Profession.

## COMPETENCES / LEARNING OUTCOMES

-

Adopt a scientific spirit and a critical judgment to evaluate the goodness and quality of theoretical models and derived therapeutic procedures.

Become familiar with the professional role of the psychotherapist (basic competences and skills).

Understand the legal, ethical and deontological limits of psychological treatments.

## DESCRIPTION OF CONTENTS

### 1. BASES OF INTERVENTION AND PSYCHOLOGICAL TREATMENTS

Topic 1. - History of intervention techniques and psychological treatments.

Topic 2. - Definition and basic concepts in the field of psychological treatments.

Topic 3. - The psychotherapeutic process.

Topic 4. - Research in psychotherapy and psychological treatments.

Topic 5. - Ethics of psychological treatments.

### 2. MAIN MODELS IN THE FIELD OF PSYCHOLOGICAL TREATMENTS

Topic 6. - Psychoanalysis and psychodynamic psychotherapies major.

Topic 7. - Humanistic and experiential models.

Topic 8. - Behavioral therapies.

Topic 9. - Cognitive-behavioral treatments.

Topic 10. - The cognitive psychotherapies.

Topic 11. - The constructivist psychotherapies.

Topic 12. - The systemic models.

Topic 13. - Other models and procedures.

Topic 14. - Common principles of psychotherapy and integrating therapeutic models.

Topic 15. - Developments and recent advances on psychological treatments.



Topic 16. - Applications of psychological treatments to clinical psychology and health.

## WORKLOAD

### PRESENCIAL ACTIVITIES

Activity	Hours
Theoretical and practical classes	90,00
<b>Total hours</b>	<b>90,00</b>

### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	25,00
Individual or group project	40,00
Independent study and work	20,00
Preparation of lessons	0,00
Preparation for assessment activities	50,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>135,00</b>

## TEACHING METHODOLOGY

M1. Theoretical classes taught by the professor will cover the different content areas of the course, while promoting student participation by addressing questions that arise throughout the presentation.

M10. In-person classes, both theoretical and practical. In-person classes are also supplemented with seminars, workshops, and other activities proposed by the professors. The most commonly used and most notable activities due to their innovative nature are: role-playing to train the use of assessment techniques, case studies (both real and simulated), report preparation, problem-based learning, and cooperative learning through the use of interdisciplinary groups.

M19. Tutorials will be conducted individually and in small groups to solve problems, supervise work, etc. Whenever possible, the Virtual Classroom forum will be used to facilitate questions and clarifications that may be of interest to the working groups.

M21. Seminars, Workshops, and Practical Sessions. Specifically focused on applied aspects, these sessions are designed to enable students, individually or in groups, to develop and apply their knowledge to the reality they will encounter in their professional activities, and to acquire and strengthen all the skills proposed in the subject.

M6. Scheduled individual or group tutorials to supervise practical work, provide guidance, and resolve any questions.

These sessions are detailed below:

1. Lecture.
2. Reading, discussion, and commentary on texts, both from the original authors and from manuals.
3. Viewing and discussion of videos.



4. Debate on the conceptual and practical implications of the topics.
5. Analysis of research reports on specific treatments.
6. Designing research on a psychological treatment.
7. Presentation and discussion of cases in which errors and ethical violations have been committed in the sessions.
8. Discussion of concepts and role-playing in a therapeutic session.
9. Analysis of a case according to different psychological tendencies.
10. Group work.
11. Student presentations on remote work.

The use of mobile devices, tablets, and laptops will be available in accordance with the teaching methodology proposed by each teacher.

## EVALUATION

Following the regulations of the University of Valencia, approved by the Governing Council on May 30, 2017 (ACGUV 01.08 / 2017), the overall evaluation of the student is obtained as a result of the evaluation obtained in the final tests (performed at the end of each four-month period) together with the one obtained in the different activities of continuous evaluation carried out throughout the course. These activities can be practical and carried out in class or individually, reading texts and preparing reports on the matter, joint or individual work with its corresponding reports, class presentations of the work, etc.

SE1.- Assessment of theoretical and practical content through oral, written or skill performance tests. The final tests of the subject (SE1) will account for 70% of the mark.

SE2.- Oral or written presentation of reports, individual or group work, clinical cases, problem solving and management of diagnostic tests.

SE3.- Active participation in class activities, seminars and workshops and motivation for the quality of learning results.

The continuous assessment is composed by SE2 and SE3 will account for 30% of the mark.

Minimum requirements to pass the subject: The mark to pass the subject is 5 (out of 10).

In order to pass the subject, a 5 (or its corresponding weighting) must be obtained in the official calls in the exam (SE1).

The evaluation of the first semester will account for 40% of the final grade for the subject, and that of the second semester, 60%.

There are no differences between the first and the second call regarding the assessment system.

The professor in charge of the subject will record in the Agenda the student assessment, and at the beginning of the course, how the theoretical matter and continuous assessment activities will be organized.

Optionally, the teacher in charge of the subject may propose an assessment test for the first semester.

The final grade and the outstanding with honors (MH) degree will be based, in addition to the exam grades, individual and group work, activities, class attendance and participation, as well as attendance at tutorials. The outstanding of honors (MH) can be awarded to the student who has obtained a grade equal to or greater than 9.0, and in strict order



of note in the qualification certificate.

The exams will be written, multiple-choice and may include practical activities like resolution of practical cases.

The grading will be subject to the provisions of the Regulations for Evaluation and Qualification of the University of Valencia for Bachelor's and Master's degrees (ACGUV 108/2017 of May 30, 2017).

[http://www.uv.es/graus/normatives/2017\\_108\\_reglament\\_avaluacio\\_qualificacio.pdf](http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf)

In the event of fraudulent practices, the procedure determined by the Protocol for action against fraudulent practices at the University of Valencia (ACGUV 123/2020) will be followed:

<https://www.uv.es/sgeneral/Protocols/C83sp.pdf600>

## REFERENCES

### Basic references

Bernstein, D.A., y Nietzel, M.T. (1982). *Introducción a la psicología clínica*. México, McGraw-Hill.

Capafons, A. (2016). *Intervención y tratamientos psicológicos*, tema 13: técnicas de control de la activación. Material I: relajación. Valencia: Material no publicado.

Capafons, A. (Comp.) (1990). *Psicoterapia y modificación de conducta: compendio de lecturas básicas -I-*. Valencia: La Nau Llibres

Capafons, A., y Milán, M<sup>a</sup>J. (2003). *Temas básicos de introducción a las técnicas y tratamientos psicológicos*. Valencia: Promolibro

Caro, I. (2007). *Manual teórico-práctico de psicoterapias cognitivas*. Bilbao: DDB.

Caro, I. (2011). *Hacia una práctica eficaz de las psicoterapias cognitivas*. Bilbao: DDB.

Díaz, M.I., Ruiz, M.A., Villalobos, A. y Paz, M. (2012). *Manual de Técnicas de Intervención Cognitivo Conductuales*. Bilbao: Desclée de Brouwer.

Feixas, G. y Miró, M.T. (1993). *Aproximaciones a la psicoterapia. Una introducción a los tratamientos psicológicos*. Barcelona: Paidós.

Fonseca-Pedrero, E. (coord.) (2021). *Manual de tratamientos psicológicos. Adultos*. Pirámide.

Haynes, S., Godoy, A., & Gavino, A. (2011). *Cómo elegir el mejor tratamiento psicológico*. Madrid:

Pirámide



Kleinke, C.L. (2009). *Principios comunes en psicoterapia*. Bilbao: Desclée de Brouwer, S.A

Labrador, F.J. (Ed.) (2011). *Técnicas de modificación de conducta*. Madrid: Pirámide

**Supplementary references**

The professor will provide supplementary references in class.