



## Study Plan

**School:** School of Social Sciences

**Degree:** Bachelor

**Course:** Psychology (cód. 497)

### 1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
BIO11085	Celular and Hereditary Biology	Biological Sciences	6	Semester	156
MAT11086	Statistics Applied to Human and Social Sciences	Mathematics	6	Semester	156
PSI11087	Epistemology and Psychology History	Psychology	6	Semester	156
PSI11088	Infancy Development Psychology	Psychology	6	Semester	156
PSI11089	Seminar in Personal and Academic Development	Psychology	6	Semester	156

### 1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI11091	Introduction to Research Methods in Psychology	Psychology	6	Semester	156
BIO11090	Neuroendocrine Biology	Biological Sciences	6	Semester	156
PSI11092	Psychology of Development in Adolescence, Adulthood and Old Age	Psychology	6	Semester	156
PSI11093	Psychology of Perception and Attention	Psychology	6	Semester	156

### Mandatory alternatives

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
FIL2564	Contemporary Culture Themes	Philosophy	6	Semester	156
FIL2321	Critical Thinking and Argumentation	Philosophy	6	Semester	156
FIL2565	Contemporary Philosophical Thinking	Philosophy	6	Semester	156
SOC2320	Introduction to Social Sciences	Sociology	6	Semester	156

### 2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI11098	Research Methods in Psychology	Psychology	6	Semester	156



## 2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
<b>Group of Options</b>					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
GES2310	Entrepreneurship and Innovation	Management	6	Semester	156
PSI11115	Psychology and Corporeity	Psychology	6	Semester	156
PSI11116	Psychology of Environment	Psychology	6	Semester	156
PSI11117	Political Psychology	Psychology	6	Semester	156
PSI11118	Psychology of Memory and Language	Psychology	6	Semester	156
PSI11119	Psychology of the Family	Psychology	6	Semester	156
PSI11121	Elderly Psychology	Psychology	6	Semester	156
PSI11122	Early Intervention	Psychology	6	Semester	156
PSI11123	Psychology of Physical Activity	Psychology	6	Semester	156
PSI11124	Psychology of Justice	Psychology	6	Semester	156
PSI11125	Psychology of Health	Psychology	6	Semester	156
PSI11126	Psychology and Gender Issues	Psychology	6	Semester	156
PSI11127	Self-knowledge and Emotion Regulation	Psychology	6	Semester	156
PSI11120	Psychology of Pregnancy and Motherhood	Psychology	6	Semester	156
FIL2564	Contemporary Culture Themes	Philosophy	6	Semester	156
FIL2321	Critical Thinking and Argumentation	Philosophy	6	Semester	156
FIL2565	Contemporary Philosophical Thinking	Philosophy	6	Semester	156
SOC2320	Introduction to Social Sciences	Sociology	6	Semester	156
MAT2557	Multivariate Data Analysis	Mathematics	6	Semester	156
PSI11099	Psychology of Learning	Psychology	6	Semester	156
PSI11100	Social Psychology	Psychology	6	Semester	156
PSI11101	Dynamic and Humanistic Models	Psychology	6	Semester	156

## 2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
<b>Group of Options</b>					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
GES2310	Entrepreneurship and Innovation	Management	6	Semester	156
PSI11115	Psychology and Corporeity	Psychology	6	Semester	156
PSI11116	Psychology of Environment	Psychology	6	Semester	156
PSI11117	Political Psychology	Psychology	6	Semester	156
PSI11118	Psychology of Memory and Language	Psychology	6	Semester	156
PSI11119	Psychology of the Family	Psychology	6	Semester	156
PSI11121	Elderly Psychology	Psychology	6	Semester	156
PSI11122	Early Intervention	Psychology	6	Semester	156
PSI11123	Psychology of Physical Activity	Psychology	6	Semester	156
PSI11124	Psychology of Justice	Psychology	6	Semester	156
PSI11125	Psychology of Health	Psychology	6	Semester	156
PSI11126	Psychology and Gender Issues	Psychology	6	Semester	156
PSI11127	Self-knowledge and Emotion Regulation	Psychology	6	Semester	156
PSI11120	Psychology of Pregnancy and Motherhood	Psychology	6	Semester	156
FIL2564	Contemporary Culture Themes	Philosophy	6	Semester	156
FIL2321	Critical Thinking and Argumentation	Philosophy	6	Semester	156
FIL2565	Contemporary Philosophical Thinking	Philosophy	6	Semester	156
SOC2320	Introduction to Social Sciences	Sociology	6	Semester	156
MAT2557	Multivariate Data Analysis	Mathematics	6	Semester	156
PSI11102	Neuropsychology	Psychology	6	Semester	156
PSI11103	Social Psychology of Groups	Psychology	6	Semester	156
PSI11104	Behaviour, Cognitive and Systemic Models	Psychology	6	Semester	156
PSI11105	Psychometry	Psychology	6	Semester	156



### 3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI2576	Relation and Communication	Psychology	6	Semester	156
<b>Group of Options</b>					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
GES2310	Entrepreneurship and Innovation	Management	6	Semester	156
PSI11115	Psychology and Corporeity	Psychology	6	Semester	156
PSI11116	Psychology of Environment	Psychology	6	Semester	156
PSI11117	Political Psychology	Psychology	6	Semester	156
PSI11118	Psychology of Memory and Language	Psychology	6	Semester	156
PSI11119	Psychology of the Family	Psychology	6	Semester	156
PSI11121	Elderly Psychology	Psychology	6	Semester	156
PSI11122	Early Intervention	Psychology	6	Semester	156
PSI11123	Psychology of Physical Activity	Psychology	6	Semester	156
PSI11124	Psychology of Justice	Psychology	6	Semester	156
PSI11125	Psychology of Health	Psychology	6	Semester	156
PSI11126	Psychology and Gender Issues	Psychology	6	Semester	156
PSI11127	Self-knowledge and Emotion Regulation	Psychology	6	Semester	156
PSI11120	Psychology of Pregnancy and Motherhood	Psychology	6	Semester	156
FIL2564	Contemporary Culture Themes	Philosophy	6	Semester	156
FIL2321	Critical Thinking and Argumentation	Philosophy	6	Semester	156
FIL2565	Contemporary Philosophical Thinking	Philosophy	6	Semester	156
SOC2320	Introduction to Social Sciences	Sociology	6	Semester	156
MAT2557	Multivariate Data Analysis	Mathematics	6	Semester	156
PSI11108	Psychology of Cognition and Emotion	Psychology	6	Semester	156
PSI11107	Psychopathology	Psychology	6	Semester	156
PSI11106	Psychological Evaluation Methods	Psychology	6	Semester	156

### 3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
<b>Group of Options</b>					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
GES2310	Entrepreneurship and Innovation	Management	6	Semester	156
PSI11115	Psychology and Corporeity	Psychology	6	Semester	156
PSI11116	Psychology of Environment	Psychology	6	Semester	156
PSI11117	Political Psychology	Psychology	6	Semester	156
PSI11118	Psychology of Memory and Language	Psychology	6	Semester	156
PSI11119	Psychology of the Family	Psychology	6	Semester	156
PSI11121	Elderly Psychology	Psychology	6	Semester	156
PSI11122	Early Intervention	Psychology	6	Semester	156
PSI11123	Psychology of Physical Activity	Psychology	6	Semester	156
PSI11124	Psychology of Justice	Psychology	6	Semester	156
PSI11125	Psychology of Health	Psychology	6	Semester	156
PSI11126	Psychology and Gender Issues	Psychology	6	Semester	156
PSI11127	Self-knowledge and Emotion Regulation	Psychology	6	Semester	156
PSI11120	Psychology of Pregnancy and Motherhood	Psychology	6	Semester	156
FIL2564	Contemporary Culture Themes	Philosophy	6	Semester	156
FIL2321	Critical Thinking and Argumentation	Philosophy	6	Semester	156
FIL2565	Contemporary Philosophical Thinking	Philosophy	6	Semester	156
SOC2320	Introduction to Social Sciences	Sociology	6	Semester	156
MAT2557	Multivariate Data Analysis	Mathematics	6	Semester	156
PSI11110	Differential Psychology	Psychology	6	Semester	156
PSI11111	Psychology of Education	Psychology	6	Semester	156
PSI11112	Psychossociology of Organizations	Psychology	6	Semester	156
PSI11113	Clinic Psychology	Psychology	6	Semester	156



## Conditions for obtaining the Degree:

\*\*\* TRANSLATE ME: Psicologia { \ } newline

Para obtenção do grau de licenciado em Psicologia é necessário obter aprovação a 156 ECTS em unidades curriculares obrigatórias e 24 ECTS em unidades curriculares optativas, distribuídas da seguinte forma:

1º Ano

1º Semestre:

5 UC Obrigatórias num total de 30 ECTS

2º Semestre:

4 UC Obrigatórias num total de 24 ECTS

1 UC Obrigatória alternativa num total de 6 ECTS

2º Ano

3º Semestre:

4 UC Obrigatórias num total de 24 ECTS

1 UC Optativa num total de 6 ECTS

4º Semestre:

4 UC Obrigatórias num total de 24 ECTS

1 UC Optativa num total de 6 ECTS

3º Ano

5º Semestre:

4 UC Obrigatórias num total de 24 ECTS

1 UC Optativa num total de 6 ECTS

6º Semestre:

4 UC Obrigatórias num total de 24 ECTS

1 UC Optativa num total de 6 ECTS \*\*\*

## Program Contents

[Back](#)

### **Celular and Hereditary Biology (BIO11085)**

1. Organization and constitution of animal cell
  - 1.1. Structure / Function of the Plasma Membrane
  - 1.2. Membrane transport systems
  - 1.3. System endomembranoso synthesis and distribution of biomolecules
  - 1.4. Endoplasmic reticulum and Golgi apparatus: structure and function
  - 1.5. Exocytosis and endocytosis
  - 1.6. Lysosomes and peroxisomes
  - 1.7. Cytoskeleton
  - 1.8. Nucleus and nucleic acids (DNA and RNA)
  - 1.9. Cell division: mitosis and meiosis
2. Genetic
  - 2.1. Definition of heredity, chromosomes and genes
  - 2.2. Definition of Genotype and Phenotype
  - 2.3. Allelic relationships
  - 2.4. Genealogical trees, construction and interpretation
  - 2.5. Autossomes and sex linkage
  - 2.6. Linked genes and recombination
  - 2.7. Allelic series
  - 2.8. Interaction between genes



[Back](#)

### **Statistics Applied to Human and Social Sciences (MAT11086)**

[Back](#)

### **Epistemology and Psychology History (PSI11087)**

#### 1. MAIN THEORIES IN THE HISTORY OF PSYCHOLOGY

- 1.1. Epistemological frameworks in the history of psychology: positivism and interpretativism
- 1.2. Philosophical and physiological influences to the emergence of scientific psychology
- 1.3. The beginning of scientific psychology
- 1.4. Functionalism in psychology
- 1.5. Behaviorism
- 1.6. Gestalt psychology
- 1.7. Psychoanalysis
- 1.8. Cognitive psychology
- 1.9. Evolutionary psychology

#### 2. RECURRING THEMES IN THE HISTORY OF PSYCHOLOGY

- 2.1. The relationship between the body / mind
- 2.2. The consciousness and the unconscious
- 2.3. The epistemological status of psychology
- 2.4. The unity and diversity in psychology

[Back](#)

### **Infancy Development Psychology (PSI11088)**

#### 1. Introduction to theory and research in human development

- 1.1. Fundamental concepts and questions
- 1.2. Developmental questions
- 1.3. Theoretical perspectives
- 1.4. Research methods

#### 2. Developmental bases

- 2.1. Hereditary vs environment
- 2.2. Prenatal development and newborn child

#### 3. Motor development

- 3.1. Motor competences in childhood, in pre-school age and in school age

#### 4. Cognitive development

- 4.1. Main theories and models
- 4.2. Child's thought characteristics
- 4.3. Language development

#### 5. Psychosocial development

- 5.1. Emotional development
- 5.2. Social development
- 5.3. Identity, self concept and self esteem development
- 5.4. Gender development

#### 6. Developmental contexts

- 6.1. Socialization process: family, daycare, preschool, school and other interactional contexts.



[Back](#)

### **Seminar in Personal and Academic Development (PSI11089)**

1. Integration in the University - personal, social and academic factors.
2. Conceptions and approaches to learning and their influence on the learning process.
3. Goal setting and motivation.
4. Planning, organizing and time managing
5. Cognitive and metacognitive strategies of study and learning.
6. Management and monitoring of emotions / academic feelings in the learning process.
7. Self-regulation of the learning process - phases, components and strategies.

[Back](#)

### **Introduction to Research Methods in Psychology (PSI11091)**

- 1.1. Quantitative and qualitative paradigms in psychology.
- 1.2. Information generation and collection: Observer/observation, research interview, experimental devices and tests/questionnaires.
- 1.3. Interdependence of ethical and technical aspects in research.
2. Relationship between problems and research methods in psychology.
  - 2.1. Cross-sectional and longitudinal studies.
  - 2.2. Case studies.
  - 2.3. Statistical hypotheses and variables (status/types, operationalization, and metrics).
  - 2.4. Types of samples and sampling designs.
  - 2.5. Experimental method: Origins, phases, internal and external validity.
  - 2.6. Descriptive studies and quasi-experimentation: origins, description vs. explanation, internal and external validity.
  - 2.7. Documental, ethnographic and biographic studies.

[Back](#)

### **Neuroendocrine Biology (BIO11090)**

1. Neuroendocrine mechanisms.
  - 1.1. Information flow between neurons (synapses, neurotransmitters and neural networks).
  - 1.2. Organization of the nervous system.
  - 1.3. Mechanisms of secretion.
  - 1.4. Neurotransmitters and hormones.
  - 1.5. Neuroendocrine system.
  - 1.6. Hormones involved in metabolism, development and reproduction.
2. The behaviour of primates
  - 2.1. Learning mechanisms in primates.
  - 2.2. Social organization of primates.



[Back](#)

### **Psychology of Development in Adolescence, Adulthood and Old Age (PSI11092)**

1. ADOLESCENCE Introduction to the problem of adolescence. The Development of Puberty and Sexuality. Cognitive Development in Adolescence. The Socio-Affective Development and the Construction of Identity. Development contexts in adolescence (A group of family and friends, school and leisure spaces). Adolescence to Adulthood
2. THE OLD AND ADULTHOOD Introduction to the study of the development of adult and elderly. Cognitive development in adults and elderly. Aspects of the psychosocial development of adult and elderly. Risks of successful aging aging risks, opportunities and challenges of aging adaptive

[Back](#)

### **Psychology of Perception and Attention (PSI11093)**

1 - Cognitive Psychology

The cognitive revolution; Cognitive sciences; The study of perception

2 - Perception

Foundations; Senses classification; Methods for studying perception; Sensation and perception

3 - Physiological bases of visual perception

Light and the eye; Visual paths; Coding visual stimuli

4 - Foundations of visual perception

Fundamental functions; Representation in multiple spatial scales; Brain systems; Color perception; Depth and size perception

5 - Objects and configurations recognition

Processes involved in object recognition; Pattern recognition; Marr and Nishihara's theory; Biederman's theory; Neuropsychology approach; Cognitive science approach; Face recognition case

6 - Perception, motion, action

Direct perception; Motion guided perception; Motion perception

7 - Attention

What is attention?; Initial research; Focused attention; Divided attention; Automatic processing.

[Back](#)

### **Contemporary Culture Themes (FIL2564)**

Module 1 - History: FROM ILLUMINISM TO GLOBALIZATION

1.1. Public Space - space of transformations

1.2. Society, culture, science and technology - the triumph of the cities

1.3. The intellectual movements of contemporary times

Module 2 - LITERATURE: LITERARY MOVEMENT OF THE 19th CENTURY AND ITS RELATIONS WITH CULTURE

2.1. Notions of artistic vanguard in contemporary literary and political culture: complex and problematic relationships.

2.2. The contemporary narrative fiction: the crisis of the subject and the realistic representation.

Module 3 - PHILOSOPHY

3.1. The malaise in contemporary culture: From Freud to existentialism

3.2. Art and technology: humanization and dehumanization

3.3. Emergence of women in public space theory



[Back](#)

### **Critical Thinking and Argumentation (FIL2321)**

Identification of questions, positions and arguments

Arguments: conclusions and reasons

Implicit premises

Intermediary conclusions

Vagueness and ambiguity

Kinds of definitions

Facts and values

Objective and subjective judgements

Representing arguments with diagrams

Does the conclusion follow from the premises?

Probability in the premises

Strong and weak inductions

Principles of rational discussion

Common mistakes in the assessment of premises

Good and bad appeals to authority

Mistaking the person for the argument

Disjunctive and conditional claims and how to deny them

Necessary and sufficient conditions

Reasoning from an hypothesis

Contrafactual reasoning

Objecting and refuting

Presenting and assessing counter-examples

Appeals to emotion

Formal fallacies and fallacies with respect to content

Reasoning by analogy

Numbers: graphs and averages

Generalizing

[Back](#)

### **Contemporary Philosophical Thinking (FIL2565)**

1 - Nietzsche: nihilism and the end of metaphysics.

2 - From the things to the language: phenomenology and hermeneutics.

3 - Humanism and the death of the man (Heidegger, Sartre, Foucault).

4 - Post modernity proof fashion: Derrida, Lyotard, Vattimo.

5 - The challenge of politics: the Frankfurt School, and Hannah Arendt.

6 - Irony and the absolute discharge. Blumenberg, Marquard, Sloterdijk





[Back](#)

### **Introduction to Social Sciences (SOC2320)**

I: The problem of knowledge and social sciences

1. Preliminary questions of Social sciences
2. The meaning of social: social facts and objectivity in social sciences
3. Classification of social sciences and interdisciplinarity: borders, complementarities and interceptions

II: Basic concepts of social analysis

4. The identification of the social: analysis, understanding and explanation
5. Social relations: solidarity and sociability
6. The individual and collective: social interaction and group phenomena
7. Other methodological considerations about observation and social facts analysis

III: Contemporary problems of social sciences

8. Dilemmas, problems and trends
9. Exemplifications of the applicability of the social sciences

[Back](#)

### **Entrepreneurship and Innovation (GES2310)**

Module 1 - Introduction to Entrepreneurship and Innovation

- a. Determinants of Entrepreneurship
- b. International comparison and analyses of entrepreneurship
- c. What is innovation? Types of innovation
- d. Dynamics of innovation
- e. International comparison of innovation and situation of Portugal
- f. Entrepreneurship and innovation
- g. Intraentrepreneurship

Module 2 - From Ideas to Firm creation: The Process

- a. Analysis of Markets
- b. Analysis of business ideas
- c. Creating a viable business idea- the structuring process
- d. Simulation games- from ideas to business formation



[Back](#)

### **Psychology and Corporeity (PSI11115)**

- 1- Paradigms and concepts: a look on the Body
  - 1.1. Historical and multicultural perspective
  - 1.2. The Body in Psychology
  - 1.3. The phenomenological experience of the body in movement
  - 1.4. The Person - a unit in a Body
- 2 - The symbolic and significant Body
  - 2.1. Body and Emotion
  - 2.2. Body and Relation
  - 2.3. Body and Expression
  - 2.4. Body Image
- 3- Body's language and nonverbal communication
  - 3.1. The nonverbal communication's dynamics
  - 3.2. Characteristics of body's language
- 4- Body and Pathology
  - 4.1. Body and physical disability
  - 4.2. Body and psychopathology
  - 4.3. The somatic expression
- 5- Corporeity and therapeutic processes
  - 5.1. Body in therapy and therapy of the Body
  - 5.2. Interventions of corporal mediation

[Back](#)

### **Psychology of Environment (PSI11116)**

1. THE ORIGIN AND THEORETICAL ROOTS OF ENVIRONMENTAL PSYCHOLOGY
  - 1.1 Psychological tradition and Environmental Psychology
  - 1.2. The importance of external factors
  - 1.3. Emergence of environmental psychology as a new area of study
  - 1.4. Ecological Psychology - Roger Baker.
2. ENVIRONMENTAL COGNITION AND SOCIO-SPATIAL BEHAVIOR
  - 2.1. Cognitive maps
  - 2.2. Legibility and spatial heuristics
  - 2.3. Personal space and territoriality
  - 2.4. Design for health promotion
3. URBAN ENVIRONMENT AND IDENTITY
  - 3.1. Place attachment and Place Identity
  - 3.2. Residential satisfaction and Relocation
  - 3.3. Institutional environment, School environment and work environment
4. ENVIRONMENTAL STRESS AND RISK PERCEPTION
  - 4.1. Socio-cognitive model of environmental stress
  - 4.2. Perception and evaluation of socio-environmental risks
5. ENVIRONMENTAL PROBLEMS AND HUMAN BEHAVIOR

[Back](#)

### **Political Psychology (PSI11117)**



[Back](#)

### **Psychology of Memory and Language (PSI11118)**

1. Memory: Structure of human memory; Implicit Learning; Amnesia.
2. Language: functions of language and relation to biological and cognitive processes; components of language; access to the models of comprehension and production of language, language disorders.

[Back](#)

### **Psychology of the Family (PSI11119)**

1. Theoretical background: Epistemological Bases
  - 1.1. General systems theory and cybernetics
  - 1.2. Understanding fundamental systemic
  - 1.3. Changing and evolving systems
  - 1.4. The Pragmatics of Human Communication
2. The family in a systemic perspective
  - 2.1. Development and Family Life Cycle Family
  - 2.2. Evaluation of family functioning
  - 2.3. Intervention with Families

[Back](#)

### **Early Intervention (PSI11122)**

1. Contextualization
  - 1.1 Definitions and objectives of Early Intervention;
  - 1.2 Levels of Intervention; Primary, secondary and tertiary Prevention. Pre, Peri and Post natal diagnostics. Diagnostic Levels.
  - 1.3 Risk factors and developmental disorders.
2. Early Intervention Process
  - 2.1 The Case for Early Intervention: intervention models, assessment and intervention planning. Intervention: child, family and community
  - 2.2 Intervention Teams: conceptual models, supporting structures of the EI programs

[Back](#)

### **Psychology of Physical Activity (PSI11123)**

1. Introduction
2. The intervention of the sport psychologist.
3. The knowledge of the participant. The collection and recording of information.
4. The psychological assessment in sport.
5. The personality and sport. The relationship between personality and sports.
6. The motivation in the context of sports.
7. The emotional processes. Stress, anxiety and arousal. The self-confidence.
8. The coach-athlete relationship. The affective and instrumental aspects.
9. The group and team dynamics. Group cohesion, leadership processes.
10. The exercise psychology.
11. The mental training. The hypothesis of concentric spheres and integrated approach to training.
12. The psychological skills training. The arousal and emotion regulation. The concentration and imagery.
13. The mental training and strategies focused on the situation. The modeled training. The goal setting. The management of inter-personal processes.
14. A model of psychological intervention.



[Back](#)

### **Psychology of Justice (PSI11124)**

1. Psychology of Justice: general aspects
  - 1.1. Historical background
  - 1.2. Definition, goals and conceptual models
  - 1.3. Ethical and deontological issues in the context of justice: assessment, intervention and research.
  
2. Victimology: the study of the victim
  - 2.1. Evolution and criminal-justice system
  - 2.2. Models and concepts
  - 2.3. Domestic Violence: characterization
  
3. Criminology: the study of the offender
  - 3.1. Concept of Crime and processes of criminalization.
  - 3.2. Methodology and assessment tools
  - 3.3. Explanatory theories of the criminal phenomenon

[Back](#)

### **Psychology of Health (PSI11125)**

1. Health psychology: object of study and main social-cognition models of health behavior
  - 1.1. Evolution of the concepts of health and disease
  - 1.2. The biopsychosocial paradigm
  - 1.3. Health behavior and its determinants
  - 1.4. Determinants of compliance
  - 1.5. Model of health beliefs
  - 1.6. Model of planned action
  - 1.7. Leventhal's model of self-regulation
2. Relevant topics of health psychology
  - 1.1. Stress
  - 2.2. Addictive behaviors: smoking and alcoholism
  - 2.3. Chronic pain
  - 2.4. Obesity and eating disorders
  - 2.5. Cardiovascular disease
  - 2.6. Oncological disease

[Back](#)

### **Self-knowledge and Emotion Regulation (PSI11127)**

Introduction to Course

The different emotions, awareness of emotions and sharing

The inner world and the interaction with the outside world

Life events, integration of life events and defensive behaviors

The non-integration of life events and their interference in relation to the other

The formation of self-representation, how the representation of the relationship itself interferes with others

The self-knowledge as the development of reflective function and its relation with the development of empathic skills.

The identity and the development process of self-knowledge



[Back](#)

### **Psychology of Pregnancy and Motherhood (PSI11120)**

1. From pregnancy to m/paternity
  - 1.1. Pregnancy and m/paternity representations
  - 1.2. Parenting: singularities and pluralism
  - 1.3. Pregnancy and m/paternity roles, functions and tasks
2. Parenting disorders
  - 2.1. Puerperium mourning
  - 2.2. Puerperium psychosis
  - 2.3. Baby blues
  - 2.4. Pos partum depression
3. Evaluation and intervention in pregnancy and m/paternity

[Back](#)

### **Multivariate Data Analysis (MAT2557)**

Elementary concepts of the theory of matrices. The Multivariate Normal Distribution. Univariate analysis of variance. Multivariate Analysis of Variance. Non-Parametric Tests (Multivariate). Principal Component Analysis. Factorial Analysis. Cluster Analysis.

[Back](#)

### **Psychology of Learning (PSI11099)**

1. Introduction
  - 1.1. Learning definition
  - 1.2. Learning, development, education and teaching
2. Behavioral theories of learning
  - 2.1. Classical Conditioning
  - 2.2. Operant Conditioning
  - 2.3. Social Learning
3. Cognitive Theories of Learning
  - 3.1. Information Processing
  - 3.2. Piaget's Cognitive Constructivism
  - 3.3. Vygotsky's socio-Constructivism
4. Individual characteristics and factors involved in learning
  - 4.1. Cognitive styles and learning styles
  - 4.2. Self-concept
  - 4.3. Motivational cognitions
5. Student-Centered Learning
  - 5.1. Conceptions and approaches to learning
  - 5.2. Self-regulated learning
  - 5.3. Cognitive and metacognitive strategies and self-regulation



[Back](#)

### **Social Psychology (PSI11100)**

1. Introduction
  - 1.1. Definition of Social Psychology
  - 1.2. Historical trends and current themes in Social Psychology
  - 1.3. Methodological issues in social psychology
  - 1.4. Research ethics in social psychology
  
2. Interpersonal Relationships
  - 2.1. Genesis of the social relationship
  - 2.2. Interpersonal attraction
  - 2.3. Aggression and Prosocial behavior
  
3. Social Knowledge
  - 3.1. Forming impressions
  - 3.2. Social representation
  - 3.3. Causal attribution
  
4. Processes of social Influence
  - 4.1. Social Influence
  - 4.2. Attitude formation and functions of attitudes
  - 4.3. Attitudes and behaviours
  - 4.4. Changing attitudes

[Back](#)

### **Dynamic and Humanistic Models (PSI11101)**

1. Historical development of psychoanalysis.
  - 1.2. Freud and the theory of drives: the topographic model, the structural model.
  - 1.3 Developments subsequent to Freud:
    1. 3.1. Object relations theory - the contributions of M. Klein
    - 1.3.2. The school of Winnicott
    - 1.3.3. Self Psychology and the theory of Heinz Kohut
    - 1.3.4. The main ideas of Bion
    - 1.3.5. The ideas of Peter Fonagy
    - 1.3.6. Relational Psychoanalysis: fundamental aspects
  2. The main types of mental functioning in the light of psychoanalytic concepts
    - 2.1. The main aspects of psychoanalytic technique
    - 2.2.. The concept of transfer
    - 2.3. Empathy and intersubjectividad



[Back](#)

### **Neuropsychology (PSI11102)**

1. Historical review and methodologies of study in cognitive neuroscience
2. Functional neuroanatomy
  - 2.1 Attention
  - 2.2 Perception
  - 2.3 Memory
  - 2.4 Language
  - 2.5 Motor behaviour
  - 2.6 Executive Functions
  - 2.7 Emotions and psychiatric diseases
3. Neurological diseases with psychological impairments
4. Introduction to the neuropsychological assessment and rehabilitation

[Back](#)

### **Social Psychology of Groups (PSI11103)**

1. Introduction
  1. Group Processes
    - 1.1. Definition of group and types of groups
    - 1.2. Leadership
    - 1.3. Conflict and Cooperation
    - 1.4. Social identity
    - 1.5. Stereotypes
  2. Intercultural Relationships
    - 2.1. Globalization and intercultural relationships
    - 2.2. Dimensions in the cultural characterization
    - 2.3. Psychological dimensions of the contact between cultures
    - 2.4. Behavioral changes and behavioral changes and acculturation
3. Collective Behaviour
  - 3.1. Collective behavior in small groups
  - 3.2. Collective behavior and social identity
  - 3.3. Behavior in crowds

[Back](#)

### **Behaviour, Cognitive and Systemic Models (PSI11104)**



[Back](#)

### **Relation and Communication (PSI2576)**

1. The relationship
  - 1.1. The relational source of psychic life.
  - 1.2. From early intercommunication to relationship.
  - 1.3. From the internalization of communication patterns, to the construction of dynamic models of relationship.
2. The communication
  - 2.1. "The behavior as communication or the impossibility of not communicating."
  - 2.2. The process of communication.
  - 2.3. Communication and language (language and meaning. The performative dimension of language. Different types of language and its role in the communication process).
  - 2.4. The relationship as a subject of communicative practice.
3. Being in the relationship and communicate with each other.
  - 3.1. Who I am and how I am with the other.
  - 3.2. From the emotional literacy to social skills.
  - 3.3. The active listening.
  - 3.4. Empathy.
  - 3.5. The assertive communication.
4. The psychological intervention as a relational practice

[Back](#)

### **Psychology of Cognition and Emotion (PSI11108)**

- 1 - Theoretical models explaining the human cognition and emotion.
- 2 - Cognitive processes and the human mind.
- 3 - Emotions and feelings.
- 4 - Cognition, metacognition and affect.

[Back](#)

### **Psychopathology (PSI11107)**

- 1 - Psychopathology: Subject of Study, Concepts, Methods and Semiology
  - 1.1-Psychopathology as a discipline
  - 1.2-Classification and diagnosis in psychopathology
  - 1.3- Psychopathological semiology
- 2 - Nosology: Description of Diagnostic Entities in Psychopathology
  - 2.1-Schizophrenia and other Psychotic Disorders
  - 2.2- the Depressive Disorders
  - 2.3- The Bipolar Disorders
  - 2.4-The Anxiety Disorders
  - 2.5- The Somatoform Disorders
  - 2.6-The Personality Disorders
  - 2.7- Anorexia and Bulimia
  - 2.8- The Substance Related disorders
  - 2.9- Some disorders of childhood and adolescence





[Back](#)

### **Psychology of Education (PSI11111)**

#### 1. Educational Psychology

- Evolution of paradigms and models
- Psychological intervention in educational contexts: perspectives on practice and research
- Ethical and deontological considerations

#### 2. Development and Learning in Educational Contexts

- Educational contexts and psychological development
- Psychological development and school learning
- Learning in educational contexts: behavioral and cognitive theories, sociocultural, constructivist and ecological theories; self-regulation of learning processes.

#### 3. Students engagement in School: personal, contextual and relational factors

- Conceptual Models
- Personal and emotional dimensions: Self-esteem, self-concept, self-efficacy and causal attributions
- Motivational Processes

#### 4. Perspectives for Psychological Intervention in Educational Contexts

- Intervention and educational counseling
- Emotional, behavioral and learning problems
- School transitions, adaptation processes and development

[Back](#)

### **Psychossociology of Organizations (PSI11112)**

#### 1. Introduction

##### 1.1 Characterization of the Social Psychology of Organizations

##### 1.2 The organizations in today's world

#### 2. The organization as a machine - the scientific approach of organizations

##### 2.1 The engineering tasks and functions of the profiles

##### 2.2 The adaptation of workers to work

#### 3. The adaptation of the organization to employees - the School of Human Relations

##### 3.1 The work motivation and satisfaction

##### 3.2 The humanization of work

#### 4. The organization as a system: the Socio-technical approach

##### 4.1 The systemic approach of organizations

##### 4.2 The contingency approach

#### 5. The organization as a culture

##### 5.1 Organizational culture and identity

##### 5.2 Organizational culture, communication and leadership

#### 6. The politic approach of organizations

##### 6.1 The power relations in organizations

##### 6.2 Conflicts and cooperation in organizations

#### 7. The organization as a project

##### 7.1 The teamwork in organizations

##### 7.2 Cooperation, competition and individualism



[Back](#)

### **Clinic Psychology (PSI11113)**

#### 1. Introduction

1.1 Respect in the context of the interaction between human beings;

1.2. The clinical view of development and human suffering;

#### 2. The specific activity of the Clinical Psychologist;

2.1. The skills of the clinical psychologist and ethical aspects;

2.2. General principles, procedures and techniques of clinical psychology, psychological assessment, psychotherapy and counseling support;

2.3. The science and practice of Clinical Psychology

2.4. The different practice areas and target populations: a clinical intervention in various contexts of society in general, health, justice and education.