



## Study Plan

**School:** School of Social Sciences

**Degree:** \*\*\* TRANSLATE ME: Pós-Graduação \*\*\*

**Course:** Relationship-communication in caring for the elderly (cód. 602)

### 1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11947O	Non-Verbal Communication I	Education Sciences	3	Semester	78
DES11948O	Body Experiences in the relationship-communication I	Human Kinetics	3	Semester	78
PED11950O	Pedagogical Principles of care	Education Sciences	3	Semester	78
PSI11949O	Psychology of Aging	Psychology	3	Semester	78
PED11951O	Investigation and Reflection on Action	Education Sciences	3	Semester	78

### 1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11952O	Non-Verbal Communication II	Education Sciences	3	Semester	78
DES11953O	Body Experiences in the relationship-communication II	Human Kinetics	3	Semester	78
PSI11954O	Development, Inclusion and Well-being	Psychology	3	Semester	78
SOC11955O	Social Dynamics of Aging	Sociology	3	Semester	78
ENF11956O	Sexuality within the elderly	Nursing	3	Semester	78

### Conditions for obtaining the Degree:

\*\*\* TRANSLATE ME: Para aprovação na componente curricular é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares:

1º Semestre:

5 UC obrigatórias num total de 15 Ects

2º Semestre:

5 UC obrigatórias num total de 15 Ects

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### **Non-Verbal Communication I (PED119470)**

1. Human communication.
  - 1.1. Verbal aspect.
  - 1.2. Non-verbal aspect.
    - 1.2.1 Field and functions of non-verbal communication.
      - 1.2.1.1 Paralanguage.
      - 1.2.1.2 Kinesics (Body language).
      - 1.2.1.3 The touch.

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### **Body Experiences in the relationship-communication I (DES119480)**

To achieve these objectives we set the following contents:

- o Self-awareness of body-tonic and tonic-emotional availability;
- o Situations that express the relational care (caregiver relationship);
- o The corporal relationship i to engage, contain and take care the elderly;
- o Motor expressiveness and its association with emotional security space through: potential space, transitional space, proxemia, look, voice;
- o Containment, container-contained, self-awareness, awareness of the continuity of existence.

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### **Pedagogical Principles of care (PED119500)**

1. What it is be a human being?
2. Some classic and contemporary conceptions on what human person is.
3. Care: the human ethos
4. Care dimensions
5. Nature of care
6. Significance (rapport) of care
7. Care embodiments ( concretization / specificities)
8. Care pathologies
9. Synagogue: the joint make (built) up of our common home and its habitants (dwellers)

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### **Psychology of Aging (PSI119490)**

Aging as part of the life cycle: Myths and realites.  
Aging and different theories of psychological development.  
From aging as risk to successful aging.  
Facing death.

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### **Investigation and Reflection on Action (PED119510)**

1. Characteristics of scientific research
  - 1.1. Construction of scientific knowledge
  - 1.2. Fundamentals of scientific knowledge
2. Research methods: diversity and characteristics
3. Sources of scientific knowledge
4. Construction of scientific discourse: formal aspects and content
5. Research as a strategy: improving the professional action.



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### **Non-Verbal Communication II (PED119520)**

1. Human communication.
  - 1.1 Non-verbal aspect.
    - 1.1.1 Proxemics.
    - 1.1.2 Cronemics.
2. Non-verbal communication in the professional practice with the elderly.
3. Barriers, of non-verbal nature, to communication, in the course of professional practice with the elderly.
  - 3.1 Among people, among people and groups and among groups.
  - 3.2 In situation.

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### **Body Experiences in the relationship-communication II (DES119530)**

To achieve these objectives we set the following contents:

- Dynamic practice that use the dynamic relationship and communication in the sensorimotor and symbolic availability through:
  - o Experiences that go from sensorimotor to representation;
  - o Spontaneous activities;
  - o Therapeutic touch as a form of protection;
  - o Active-passive relaxation;
  - o Tonic and motor communication with and without dynamic movement;
  - o Tonic-emotional empathy, cooperation, communication and self-knowledge, relationship and communication;
  - o Body image, physical / psychic continent, Self-skin, body archaic anxieties, caregiver distress, defense mechanisms of caregivers.

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### **Development, Inclusion and Well-being (PSI119540)**

- I - Elderly people and their contexts:
  - Conditions for the inclusion and well-being at personal, familiar and social level
  - Literacy: more resources and autonomy earnings
- II - Training/empowerment caregivers': positive and negative impacts of the act of care

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### **Social Dynamics of Aging (SOC119550)**

1. The social construction of aging: faces, stereotypes and prejudices
2. The sociological construction of aging: numbers, terminologies and methodologies
3. Structures and aging processes: cultural contexts, profiles and social trajectories
4. Aging and family dynamics: (in)visible daily life, networks and solidarities
5. (In)active aging: paid-work, institutionalization and social (re)invention



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### **Sexuality within the elderly (ENF11956O)**

1. Historical-cultural perspective of sexuality and affective and sexualized relationships of the elderly
2. Intimacy in the elderly
  - a. Age and role changing inside the couple; gains, losses and grief
  - b. Theoretical models: Master and Johnson, Basson, Hazan and Shaver
3. Bio-psycho-social determinants of affective and sexual expressions of the elderly
  - a. The Partner's absence/presence
  - b. Physiological conditions of the elderly's affective and sexual expression
    - i. Female
    - ii. Male
  - c. Seminar: disease and expression of sexuality of the elderly
4. Sexuality and affective and sexual expressions of institutionalized elderly
5. Tools to access to the elderly's affective and sexual expressions