

<b>ID</b>	1984
<b>Curricular Unit</b>	Strategies of Cognitive-Behavioural Modification
<b>Regent</b>	Maria Margarida Nunes Gaspar de Matos
<b>Learning Outcomes</b>	1) To analyse a problem-situation; 2) to elaborate a problem-centered intervention plan; 3) to know the interventions skills related to the situation; 4) to evaluate the intervention results.
<b>Syllabus</b>	1. Conditioning paradigms; 2. Social learning; 3. Functional analysis of problem-situations; 4. Problem-centered intervention; 5. Behavioural strategies of behaviour modification; 6. Cognitive strategies of behaviour modification; 7. Contextual strategies; 8. Personal competences, self-regulation, savoring and resilience and social capital; 9. Specific applications to sport and exercise.
<b>Evaluation</b>	Participative and expositive strategies. Evaluation: essay discussed in public.
<b>Bibliography</b>	Le Scanff C. (Eds) (2003). L'intervention en psychologie du sport. Manuel de Psychologie du sport. Ed de la Revue EPS. Le Scanff C. (2000). Les Aventuriers de l'extrême. Paris : Calmann-Levy. Singer, R.N., Hausenblas H., & Janelle, C. (2001). Handbook of sport psychology. New York: Wiley. Calmeiro, L & Matos , MG ( 2004) Psicologia do exercício e da saúde, Lisboa: Visão e Contextos Matos MG e Sampaio, D ( 2009) Jovens com saúde, Lisboa:Leya Matos, MG Comunicação, gestão de conflitos e saúde na escola; Lisboa:FMH Morgan, A; Davies, M; Ziglio, E ( 2010) Health assets in a global context; Springer Ridder, D & Wit, J (2006) Self regulation in health behaviour, Wiley and son Neenan, M ; Dryden, W (2002) Life coaching: a cognitive beavioral approach ; Routledge Bryan, F and Veroff, J (2007) Savoring, London, Erlbaum Weissman, M; Markowitz, Klerman, ( 2000) Comprehensive Guide to Interpersonal Psychotherapy, Basic books