

<b>ID</b>	2904
<b>Curricular Unit</b>	Psychotherapy
<b>Regent</b>	Maria Margarida Nunes Gaspar de Matos
<b>Learning Outcomes</b>	To be acquainted with schools and methods in psychotherapy.
<b>Syllabus</b>	Psychotherapy schools Psychoanalytic Cognitive-Behavioural Group Psychotherapy Interpersonal Psychotherapy Family Therapy Art Therapy Integrative Psychotherapy Psychotherapy of personality disorders Psychotherapy and life span Psychotherapy in special groups Systemic approach in Psychotherapy Crisis Intervention Universal, selective, and indicative interventions Techniques for data collection in Psychotherapy Clinical exam and observation of mental state Counseling Interview Intervention plans and evaluation Case studies and group studies
<b>Evaluation</b>	Group work and oral presentation (50%) Individual work and oral presentation (50%)
<b>Bibliography</b>	Main bibliography: Gabbard, G. et al. (2005) Textbook of Psychotherapy, London: Oxford textbooks. Other bibliography: Belloch, A et al (1995) Manual de Psicopatologia vol I e II Lisboa, MacGraw-Hill Abreu, J.P. (1994) Introdução à Psicopatologia compreensiva, Lisboa, FC Gulbenkian APA (1996) DSM IV, Lisboa Climepse Pires, C. (2003) Manual de Psicopatologia, ISLA