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| ID | 3140 |
| Curricular Unit | Strategies of Cognitive-Behavioural Modification |
| Regent | Maria Margarida Nunes Gaspar de Matos |
| Learning Outcomes | <p>1) To analyse a problem-situation;</p> <p>2) to elaborate a problem-centered intervention plan;</p> <p>3) to know the interventions skills related to the situation;</p> <p>4) to evaluate the intervention results.</p> |
| Syllabus | <p>1. Conditioning paradigms;</p> <p>2. Social learning;</p> <p>3. Functional analysis of problem-situations;</p> <p>4. Problem-centered intervention;</p> <p>5. Behavioural strategies of behaviour modification;</p> <p>6. Cognitive strategies of behaviour modification;</p> <p>7. Contextual strategies;</p> <p>8. Personal competences, self-regulation, savoring and resilience and social capital;</p> <p>9. Specific applications to sport and exercise.</p> |
| Evaluation | Participative and expositive strategies. Evaluation: essay discussed in public. |
| Bibliography | <p>Le Scanff C. (Eds) (2003). L'intervention en psychologie du sport. Manuel de Psychologie du sport. Ed de la Revue EPS.</p> <p>Le Scanff C. (2000). Les Aventuriers de l'extrême. Paris : Calmann-Levy.</p> <p>Singer, R.N., Hausenblas H., & Janelle, C. (2001). Handbook of sport psychology. New York: Wiley.</p> <p>Calmeiro, L & Matos , MG (2004) Psicologia do exercício e da saúde, Lisboa: Visão e Contextos</p> <p>Matos MG e Sampaio, D (2009) Jovens com saúde, Lisboa:Leya</p> <p>Matos, MG Comunicação, gestão de conflitos e saúde na escola; Lisboa:FMH</p> <p>Morgan, A; Davies, M; Ziglio, E (2010) Health assets in a global context; Springer</p> <p>Ridder, D & Wit, J (2006) Self regulation in health behaviour, Wiley and son</p> <p>Neenan, M ; Dryden, W (2002) Life coaching: a cognitive behavioral approach ; Routledge</p> <p>Bryan, F and Veroff, J (2007) Savoring, London, Erlbaum</p> <p>Weissman, M; Markowitz, Klerman, (2000) Comprehensive Guide to Interpersonal Psychotherapy, Basic books</p> |