

ID	3140
Curricular Unit	Strategies of Cognitive-Behavioural Modification
Regent	Maria Margarida Nunes Gaspar de Matos
Learning Outcomes	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.
Syllabus	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.
Evaluation	Participative and expositive strategies. Evaluation: essay discussed in public.
Bibliography	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