

ID	3316
Curricular Unit	Psychotherapy
Regent	Maria Margarida Nunes Gaspar de Matos
Learning Outcomes	To be acquainted with schools and methods in psychotherapy.
Syllabus	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
Evaluation	Group work and oral presentation (50%) Individual work and oral presentation (50%)
Bibliography	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 comprehensiva, Lisboa, FC Gulbenkian APA (1996) DSM IV, Lisboa Climepse Pires, C. (2003) Manual de Psicopatologia, ISLA