

<b>ID</b>	660
<b>Curricular Unit</b>	Fundamentals of Psychosomatic Relaxation
<b>Regent</b>	Rui Martins
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>- Is acquainted with the main concepts, the historical evolution of relaxation techniques and methods, and the main theories in psychosomatics;</li> <li>- Knows the historical and epistemological aspects of the Psychosomatic Relaxation (anthropological and social and clinical contexts for the development of the practices);</li> <li>- knows the main theories and fundamentals in Psychosomatic (psychological approach of F. Dunbar and F. Alexander), neuropsychological approach, as well as the main contemporaries approaches;</li> <li>- Knows the impact of the Psychosomatic Relaxation on the capacity of mental insight process and its impact in the somatic impact processes;</li> <li>- Knows the different theoretical approaches for the understanding of relaxation in the neuropsychological and psychotherapeutical plan;</li> <li>- Knows the purposes and the basic methodological principles of intervention in Relaxation.</li> </ul>
<b>Syllabus</b>	<ul style="list-style-type: none"> <li>- Historical, conceptual and methodological aspects of psychosomatic relaxation;</li> <li>- Psychosomatic theories - an integrated and holistic vision of human functioning. Main concepts and theoretical fundamentals;</li> <li>- Impact of the Psychosomatic Relaxation, in the mind and somatic processes;</li> <li>- Target populations and Contextual specificities of relaxation;</li> <li>- Technical and management aspects of the intervention field of psychosomatic relaxation;</li> <li>- The different theoretical approaches for the understanding and fundament of relaxation practices in the neurophysiologic and psychotherapeutically plan;</li> <li>- Purposes and basic methodological principles of the psychosomatic intervention in relaxation;</li> <li>- technical and methodological aspects of the basic methods of relaxation: Progressive Relaxation; Autogenic Training, Eutonia; Therapeutical Relaxation for Children.</li> </ul>
<b>Evaluation</b>	<p>CONTINUOUS ASSESSMENT</p> <p>THEORETICAL PART (90%): The final grade is the mean of the two written tests (1st and 2nd semester). The final grade must to be greater or equal to 10. Grades of each written test must be greater or equal to 7,5.</p> <p>THEORETICAL-PRACTICAL PART(10%): The following parameters are considered: Maturity in psychological and professional domains revealed in practical experiences and in the provision of simulated intervention situations - (10%); Students must obtain a grade greater or equal to 10. Final grade is the arithmetic mean of the theoretical practical assessment.</p> <p>FINAL EXAM: Final examination: a written and an oral exam.</p>

## **Bibliography**

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- Brieghel-Muller, G. (1979). Eutonie et Relaxation, deuxième édition, Lausanne : Delachaux et Niestlé.
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- Chemouni, J. (2000) Psychosomatique de l'enfant et de l'adulte. Paris : Nathan Université.
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- Filho, J. M. (1992). A Psicossomática Hoje. Porto alegre: Artmed Editora.
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