

6.0 credits	30.0 h + 30.0 h	1q
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Teacher(s) :	Zech Emmanuelle ; Godin Philippe ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<p>The course consists of a theoretical presentation and a practical application.</p> <ul style="list-style-type: none"> <li>- ex-cathedra lectures of theoretical and empirical bases related to intervention methods and techniques in psychology;</li> <li>- ex-cathedra lectures about the different techniques and methods;</li> <li>- practical exercises which develops fundamental interaction competences in terms of interview management: e.g. to define the framework, to establish and maintain the relational alliance, to end a relationship;</li> <li>- exercises allowing to develop basic competences ( e.g. empathy, congruency, distance management, unconditional and positive attitude);</li> <li>- exercises allowing to acquire interview techniques and methods: e.g. reformulation and reflection answers, restructuring, concretization (open and closed questions), different techniques of mental imagery (visualization, thinking control methods, autogenous training, etc.) and relaxation (Jacobson and Schultz method);</li> <li>- application of these techniques will help to develop a critical attitude towards their application.</li> </ul>
Aims :	<p>At the end the student:</p> <ul style="list-style-type: none"> <li>- will have acquired competences in terms of clinical interview management, guidance and coaching;</li> <li>- will have acquired basic interaction competences in terms of interview management;</li> <li>- will have acquired fundamental relational competences;</li> <li>- will have acquired interview methods and techniques;</li> <li>- know various possible interview types (e.g. free attitude, motivational interview, bad news announcement, evaluation, guidance and advisory, discipline, decision);</li> <li>- be able to prove his/her critical attitude towards the application of these methods and techniques.</li> </ul> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	<p>The course is part on the one hand of a help perspective aiming at psychological intervention remediation and on the other hand of the facilitation of wellbeing in a perspective of personal development and prevention of psychological difficulties. The various competences will be learned progressively through theoretical and practical presentations (about 1/5 of the student's work), immediately followed by practical exercises in small groups supported by an assistant (roleplays, video, interaction analysis during 4/5 of the remaining time).</p>
Other infos :	<p>Evaluation: the student will be evaluated on his/her knowledge of the various thematic seen during the ex-cathedra lectures and questions to check the integration of theory and practice. Written exam with open and closed questions.</p>
Cycle and year of study :	<p><a href="#">&gt; Master [120] in Psychology</a></p>
Faculty or entity in charge:	PSP