

## Faculty of Psychology and Education Sciences



### PSY2850 Seminar in psychological intervention : emotions and health

[30h] 3 credits

This course is taught in the 1st semester

**Teacher(s):** Eric Baruffol, Philippe Godin (coord.), Bernard Rimé, Nady Van Broeck, Emmanuelle Zech  
**Language:** French  
**Level:** Second cycle

#### Aims

- to recall the theoretical and empirical bases of the therapeutic interventions in the various types of psychological dysfunctioning;
- to initiate the students to the functional analysis and to allow them to plan the cognitive-behavioural interventions taking into account the life context of the person and the type of dysfunctioning;
- to prompt the students to a reflection on the deontology and ethics of the clinical intervention, on the socio-economical aspects of the interventions, on the relation cost/benefit, etc..

#### Main themes

1. The approaches of analysis and intervention in cognitive-behavioural therapies are presented on the basis of clinical cases. The students will have to gather, analyse and structure the data, to formulate aims, to plan intervention and evaluation of the therapeutic processes and effects.
2. Each year different problems in the field of mental and physical health will be tackled. For example: behaviour disorders and use of the treatment by an intermediary, anxiety and the technics of exposure, hyperventilation, eating disorders, overweight, enuresis, etc.
3. The clinical literature and the data from empirical research are used in order to tackle the questions of ethics, economy and efficiency of the interventions.

Methods: work on the experiments met by the students during their practical training and on the clinical cases presented.  
 Methodological tools : Role-playing, videos, discussion of cases...

#### Content and teaching methods

- to learn how to apply the approaches of the process of the behavioural therapy (from the first contact to the function analysis), how to recognize the following stages of the process (from the therapeutic plan to the evaluation)
  - to apply the approaches in the treatment of various problems of children, young people and adults
  - to realize basic interventions: bill, achievement, treatment by intermediary, self-management...
  - to master the technics of interviews specific to the cognitive-behavioural interventions
- Work on real cases by using setting and role-playing.

#### Other credits in programs

<b>PSY23/8</b>	Troisième licence en sciences psychologiques (Psychologie clinique : émotions, cognitions et comportements)	(3 credits)	Mandatory
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