UNIVERSIDADE DA CORUÑA

Teaching Guide			
Identifying Data			**2019/20**
Subject (*)	Clinic Psychology	**Code**	653491008
Study programme	Mestrado Universitario en Xerontoloxía (Plan 2011)		
Descriptors			

Cycle	Period	Year	Type	Credits
Official Master's Degree	2nd four-month period	First	Obligatory	6

Language	Spanish
Teaching method	Face-to-face
Prerequisites	
Department	Ciencias Biomédicas, Medicina e FisioterapiaFisioterapia, Medicina e Ciencias Biomédicas
Coordinador	Lorenzo López, Laura
Lecturers	Lorenzo López, Laura / Millan Calenti, Jose Carlos
Web	http://gerontologia.udc.es
General description	Obtain knowledge about the main cognitive and behavioral changes occurring during the aging process, both normal and pathological. Familiarize with the most commonly used assessment instruments to assess psychopathological and behavioral disturbances in older adults. Engage in psychological intervention with older adults.

Coordinador	Lorenzo López, Laura	E-mail	laura.lorenzo.lopez@udc.es
Lecturers	Lorenzo López, Laura	E-mail	laura.lorenzo.lopez@udc.es
	Millan Calenti, Jose Carlos		jose.millan.calenti@udc.es

Study programme competences	
Code	Study programme competences
A1	Saber valorar de xeito integral ás persoas maiores así como utilizar os resultados da valoración para intervir de acordo ao diagnóstico preestablecido.
A2	Saber diagnosticar a patoloxía máis prevalente nas persoas maiores así como establecer as pautas terapéuticas máis indicadas, tanto desde o punto de vista farmacolóxico como non farmacolóxico.
B1	Estar en disposición de integrarse en equipos de Saúde, centros xerontolóxicos e entidades que prestan servizos dirixidos as persoas maiores.
B3	Ter o coñecemento para denominarse especialista en Xerontoloxía Clínica de acordo á especialidade desenvolvida.
B5	Ser capaz de aplicar o método científico.
B7	Estar en disposición de realizar actividades asistenciais e investigadoras de xeito integral nos campos social, sanitario e sociosanitario.
C1	Expresarse correctamente, tanto de forma oral coma escrita, nas linguas oficiais da comunidade autónoma.
C2	Dominar a expresión e a comprensión de forma oral e escrita dun idioma estranxeiro.
C3	Utilizar as ferramentas básicas das tecnoloxías da información e as comunicacións (TIC) necesarias para o exercicio da súa profesión e para a aprendizaxe ao longo da súa vida.
C4	Desenvolverse para o exercicio dunha cidadanía aberta, culta, crítica, comprometida, democrática e solidaria, capaz de analizar a realidade, diagnosticar problemas, formular e implantar solucións baseadas no coñecemento e orientadas ao ben común.

Learning outcomes			
Learning outcomes	Study programme competences		
To know how to transfer theoretical knowledge to different real situations of specific areas of intervention in clinical psychology.	AJ1 AJ2	BJ1	CC3 CC4
To know how to manage psychological methods for diagnostic and treatment in the psychology of aging field.	AJ1 AJ2	BC1	
To be able to assess, interpret and adequately synthesize information from evaluation and psychological diagnostic techniques.	AJ1 AJ2		
Manage and develop methodologies for specific intervention for the older population.		BJ1 BJ3 BR1	

Develop therapeutic communication skills applicable to social contexts with older adults.	BJ1	CC1
		CC2
		CC3
		CC4

Contents	
Topic	**Sub-topic**
Block 1. Clinical psychology and aging	Theme 1. Introduction to the clinical psychology of aging
	1.1. General concepts
	1.2. Main theories
	Theme 2. Methodology in the psychology of aging
	2.1. Evaluation and psychological diagnosis
	2.2. Intervention and psychological treatment
	2.3. Research in clinical psychology
Block 2. Cognition and aging	Theme 3. Orientation and perception
	3.1. Concept and neuropsychology of the orientation and perception
	3.2. Changes in aging
	3.3. Evaluation
	3.4. Intervention
	Theme 4. Attention and executive functions
	4.1. Concept and neuropsychology of attention and executive functions
	4.2. Changes in aging
	4.3. Evaluation
	4.4. Intervention
	Theme 5. Memory and learning
	5.1. Concept and neuropsychology of memory and learning
	5.2. Changes in aging
	5.3. Evaluation
	5.4. Intervention
	Theme 6. Language and communication
	6.1. Concept and neuropsychology of language and communication
	6.2. Changes in aging
	6.3. Evaluation
	6.4. Intervention

Block 3. Psychopathology in aging	Theme 7. Affective disorders: Anxiety and depression		
	7.1. Concept		
	7.2. Epidemiology		
	7.3. Diagnostic process. Main evaluation tools		
	7.4. Treatment		
	7.5. Risk factors for suicide		
	Theme 8. Psychotic disorders and delirium		
	8.1. Concept		
	8.2. Epidemiology		
	8.3. Diagnostic process. Main evaluation tools		
	8.4. Treatment		
	Theme 9. Dementia, cognitive impairment and behavior disorders		
	9.1. Concept/types		
	9.2. Psychological and behavioral disorders		
	9.3. Treatment		
	9.4. Psychological care to the primary caregiver		
Block 4. Personality, adaptation and change in aging	Theme 10. Personality and aging		
	10.1. Personality traits		
	10.2. Theories of stages and personal development		
	10.3. Personality disorders		
	Theme 11. Social relations and sexuality in aging		
	11.1. The social support in the aging		
	11.2. Family relationships and change of roles		
	11.3. Myths and stereotypes about sexuality in aging		
	11.4. Intervention		
	Theme 12. Retirement, death, and mourning		
	12.1. Retirement: Planning and free time		
	12.2. Coping with death		
	12.3. Stages of grief		
	12.4. Psychological support in palliative care		
	Theme 13. Promotion of health and active aging		
	13.1. Perception of health		
	13.2. Promotion of health and prevention of disease		
	13.3. Programmes for the promotion of active aging		

Planning				
Methodologies / tests	Competencies	Ordinary class hours	Student?s personal work hours	Total hours
Guest lecture / keynote speech	A1 A2 B1 B3 B7	28	56	84
Workshop	A1 A2 B1 B3 B5 B7 C1 C2 C3 C4	10	6	16
Supervised projects	B5 B7 C1 C2 C3 C4	4	22	26
Multiple-choice questions	A1 A2 B1 B3 B5 B7 C4	2	20	22
Personalized attention		2	0	2

(*)The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
Methodologies	**Description**
Guest lecture / keynote speech	Oral presentation by the teachers (expository teaching) guided by audiovisual media. Keynote sessions will aim to convey general knowledge about the subject and solving doubts. Wednesdays from 16:00 to 18:00 hours.
Workshop	Students will develop eminently practical tasks (both in the classroom and at home) on specific themes, with support and supervision of the teachers: study of clinical cases, debate and discussion of specific contents of the subject, review and analysis of papers selected by the teacher and related topics, videos, reviews of current news...
Supervised projects	The student will develop a supervised work (experimental or theoretical) related to the subject. Regardless of the type of selected work (experimental or theoretical), it will include the review of scientific articles (in Spanish and English) on the topic and a critical appraisal of them. The work must be exposed in class with the support of audiovisual media.
Multiple-choice questions	The topics treated in class during the keynote sessions will have to be overcome by a written test consisting of 40 questions with 4 response options.

Personalized attention	
Methodologies	**Description**
Supervised projects Workshop	The tutoring of supervised projects and practical exercises required in the workshops can be done in the tutorial hours or by email: laura.lorenzo.lopez@udc.es. In addition to the personalized attention that students demand, there will be two mandatory meetings to carry out the monitoring of supervised work. The form and the time in which these mandatory meetings will take place will be indicated throughout the course. -- Students with part-time dedication and academic waiver of exemption from attendance recognition must indicate it at the beginning of the course to adopt appropriate measures of attention in each case.

Assessment			
Methodologies	**Competencies**	**Description**	**Qualification**
Supervised projects	B5 B7 C1 C2 C3 C4	The ability to synthesize and critically assess the topic studied will be evaluated, as well as the content and format of the work, and its oral presentation. The qualification of the supervised project will contribute to 30% of the total grade of the subject.	30
Multiple-choice questions	A1 A2 B1 B3 B5 B7 C4	Test type exam consisting of 40 questions with 4 answer options, being only a correct answer. Each question poorly answered will subtract 0.25 points, not subtracting the unanswered ones. Formula: (Hits-(Errors*0,25))*10/40. This qualification will contribute to 50% of the total grade of the student.	50
Workshop	A1 A2 B1 B3 B5 B7 C1 C2 C3 C4	The active participation will be evaluated taking into account the ability to solve cases, and the ability to work as a team. This qualification will contribute to 20% of the total qualification of the student.	20

Assessment comments
The detection of fraud, copying or plagiarism in the writing of the work of the subject will involve a suspense in the opportunity of assessment concerned (0,0) and direct referral to the next opportunity. This attitude will be communicated to the Academic Committee and the rest of the title teachers. It reiterate the irregularity in a 2nd evaluation, the Commission may request to the Rector the temporary or perpetual expulsion of the student in the course Title.

Sources of information

Basic	Belsky, J.K. (2001). Psicología del Envejecimiento. Paraninfo. Madrid.Fernandez-Ballesteros, R. (2007). GeroPsychology. European Perspectives for an Aging World. Hogrefe. Washington.Fernandez-Ballesteros, R. (2009). Psicología de la vejez. Una psicogerontología aplicada. Pirámide. Madrid.Fernández Liria, A., Rodríguez Vega, B. (2006). Habilidades de entrevista para psicoterapeutas. Desclée. Bilbao.Izal, M., Montorio, I. (1999). Gerontología Conductual. Bases para la intervención y ámbitos de aplicación. Editorial Síntesis. Madrid. Montorio, I., Izal, M. (2000). Intervención psicológica en la vejez. Aplicaciones en el ámbito clínico y de la salud. Sintesis. Madrid.Muñoz Tortosa., J. (2002). Psicología del envejecimiento. Pirámide. Madrid.Triadó, C., Villar, F. (2006). Psicología de la vejez. Alianza Editorial. Madrid.
Complementary	

Recommendations
Subjects that it is recommended to have taken before
Subjects that are recommended to be taken simultaneously
Assessment and intervention in Gerontology/653491001
Non-pharmacological intervention in dementias/653491017
Subjects that continue the syllabus
Other comments
To help achieve a sustainable immediate environment and meet the strategic objective 7 of the third Plan of sustainability - environmental Green Campus FCS, the documentary work carried out on this subject:a. Will be mostly requested in a virtual format and computer supportb. If paper is used:-Do not use plastics-Use double-sided printing-Use recycled paper-Prevent the realization of draftsGENERAL RECOMMENDATIONS:1. To attend the face-to-face sessions.2. To work continuously throughout the course.3. Whenever there is a doubt attend tutorials.4. Correctly prepare the oral presentation of the work.