

## PSYCHOLOGY AND MENTAL HEALTH PROGRAMME

*Psychology and Mental Health* (code 801890) is an elective subject that complements other psychology subjects such as *Basic Psychology* (801855), *Foundations of Human Interaction* (801861), *Behavior in its Contexts* (801872), *Behavior in Group Contexts* (801891) and *Psychological Prevention of Mild and Moderate Cognitive Decline* (801902).

The main **objectives** of the subject are:

1. Knowing the main psychological disorders.
2. Being able to identify such disorders in the professional field of Social Work, though without making a diagnosis (as this requires additional specific training).
3. Knowing the most effective intervention procedures according to available scientific evidence.
4. Constructing a network of local and national resources for each of the disorders that enables problems to be connected with solutions.
5. Developing professional communication, assessment, intervention and problem-solving skills.

The **methodology** to be used will be theoretical-practical. The theory classes will be completed with the independent study of a **mandatory text** (see below) and with guided practical work involving case studies, reflection and debate.

A **class profile is mandatory** and must be submitted before first 15 days. On the back of the profile, students may write down all the disorders they wish to study in detail that are not initially included in this programme. The most interesting disorders will be studied in topic 8.

The **official assessment** will be conducted via an exam based on the theoretical part (70%) and the practical part (30%) of the subject.

Starting from a minimum score of 4 for each exam, additional points (up to 2) may be obtained via the following activities:

1. *Classroom presentations.* With the teacher's prior approval, any presentation may be made (no longer than 10 minutes) that is related with the subject (professional or personal experiences, critical commentary on a book or film, etc.). Score up to 0.25 points per presentation (maximum of 5 presentations).
2. *Participation in class and in departmental studies.* Participation in class and in the various studies that the department proposes during the subject will also be rewarded. Score up to 0.5 points in total.

Additionally, learning-friendly attitudes (punctuality, interest, etc.) will be positively evaluated, while those which in the teacher's judgment have the opposite effect (distraction through mobile phone use, speaking out of turn, irritating others, etc.) will be **negatively** evaluated.

The **final grade** will be awarded on a scale from 0 to 10, calculated by adding the examination mark to the additional points obtained.

### **PROGRAMME**

Topic 1. Introduction: A biopsychosocial approach to mental health

Topic 2. Anxiety and anxiety-related disorders

Topic 3. Mood disorders

Topic 4. Psychotic disorders

Topic 5. Impulse control disorders

Topic 6. Eating disorders

Topic 7. Personality disorders

Topic 8. Other interesting disorders

### **MANDATORY TEXT**

Barlow, D., & Durand, V. M. (2003). *Psicopatología* (3ª ed.). Madrid: Thomson. (later editions may also be used).

This book is considered one of the finest texts in the specialist area. Its authors, David Barlow and Mark Durand, offer us a comprehensive perspective of psychological disorders, emphasizing the reciprocal influences of behavior, emotions, biology and the sociocultural context. They also describe numerous real cases that assist us in attaining a better understanding of each disorder, as well as the most effective assessment and treatment procedures.

### **RECOMMENDED BIBLIOGRAPHY**

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5th Ed.) Washington, DC: Author.

Knapp, H. (2007). *Therapeutic communication: Developing professional skills*. Thousand Oaks, CA: Sage.

#### Spanish bibliography

Kriz, J. (2001). *Corrientes fundamentales en psicoterapia*. Buenos Aires: Amorrortu.

Labrador, F. J. (Coord.) (2011). *Situaciones difíciles en terapia*. Madrid: Pirámide.

Leader, D. (2015). *Estrictamente bipolar*. México: Sexto Piso.

Linehan, M. M. (2003). *Manual de tratamiento de los trastornos de personalidad límite*. Barcelona: Paidós.

Mingote Adán, J. C. (2004). *Suicidio: Asistencia clínica. Guía práctica de psiquiatría médica*. Madrid: Díaz de Santos.

- Navarro, J. F. (Coord.) (2000). *Bases biológicas de las psicopatologías*. Madrid: Pirámide.
- Olivares Rodríguez, J., Macià Antón, D., Rosa Alcázar, A. I., and Olivares-Olivares, P. J. (2013). *Intervención psicológica. Estrategias, técnicas y tratamiento*. Madrid: Pirámide.
- Prados, J. M. (2008). *Ansiedad generalizada*. Madrid: Síntesis.
- Raich, R. M. (2011). *Anorexia, bulimia y otros trastornos alimentarios*. Madrid: Pirámide.
- Rodríguez González, A. (1998). *Rehabilitación psicosocial de personas con trastornos mentales crónicos*. Madrid: Pirámide.
- Sarason, I. G., y Sarason, B. R. (2006). *Psicopatología. Psicología anormal: el problema de la conducta inadaptada* (11ª Ed.). México: Pearson Educación.
- Spitzer, R. L., Gibbon, M., Skodol, A. E., Williams, J. B. W., and First, M. B. (1996). *DSM-IV. Libro de casos*. Barcelona: Masson.
- Stahl, S. M. (2002). *Psicofarmacología esencial* (2ª Ed.). Barcelona: Ariel.
- Vallejo Ruiloba, J. (2006). *Psiquiatría para no expertos: conozca los problemas más frecuentes*. Barcelona: Ars Comunicación.