

## Course Unit: 41303 – Community Psychology

Year 1 Semester 1 ISCED Code: 311 ECTS: 5

**Type of Course Unit:** Compulsory **Delivery Mode:** Face-to-face

**Language of Instruction:** Portuguese

**COURSE COORDINATOR:** Maria Cristina Campos de Sousa Faria

### HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
125		27					8		90

Prerequisites (if applicable): Not applicable

### LEARNING OUTCOMES (knowledge, skills and competence)

It is intended that students will:

- Know the community psychology located in the vast field of social sciences and humanities.
- Understand the origins and foundations of Community Psychology.
- Understand and articulate the various theories and psychosocial problems in the community.
- Understand the key directives from the perspective of community psychology to enable the development of a community intervention based on action research and participatory research.
- Knowing the dynamics of community development combined with entrepreneurship.
- Identify the psychological knowledge that enable us to relate and apply theory to practice in an interactive, supportive and prevention.
- Learn to develop projects under the Rehabilitation and Inclusion in Mental Health
- To design and evaluate projects for community intervention, which take an overview of interventional change and promotion of mental health.

### CONTENTS

1. Introduction (Origins and Foundations of Community Psychology, Contributions of Clinical Psychology, Health Psychology, Positive Psychology and Social Psychology, Values of Community Psychology, Recovery and Empowerment, Research and Community Feeling); - Objectives 1,2,3 and 4
2. Community Psychology and Health Promotion (Community Development, and the Competent Individual and Social Change, Mental Health Promotion and Entrepreneurship; Planning and Preventive Interventions); -Objectives 4,5, and 6.
3. Community Mental Health (Theoretical Origins of Community Mental Health, Models of Community Support Services, Community Feeling and Community Integration, Research in Social Support and Mental Health, Rehabilitation and Inclusion in Mental Health, Community Integration Programs)-Objectives 6, 7 and 8.

### DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

1. Introduction (Origins and Foundations of Community Psychology, Contributions of Clinical Psychology, Health Psychology, Positive Psychology and Social Psychology, Values of Community Psychology, Recovery and Empowerment, Research and Community Feeling); - Objectives 1,2,3 and 4
2. Community Psychology and Health Promotion (Community Development, and the Competent Individual and Social Change,

Mental Health Promotion and Entrepreneurship; Planning and Preventive Interventions); Objectives 4,5, and 6.

3. Community Mental Health (Theoretical Origins of Community Mental Health, Models of Community Support Services, Community Feeling and Community Integration, Research in Social Support and Mental Health, Rehabilitation and Inclusion in Mental Health, Community Integration Programs) Objectives 6,7,and 8..

### **TEACHING METHODOLOGIES**

- 1.Lectures,
2. Small storage media analysis,
- 3.Group dynamics,
4. Research literature on-line;
- 5.Presentations of analysis of research papers,
- 6.Directed study,
7. Study visits...

### **DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

- 1.Lectures, - Objectives 1,2,3,4,5,6,7, and 8.
2. Small storage media analysis, - Objectives 5,6 e 7
- 3.Group dynamics, - Objectives 5,6,7, and 8
4. Research literature on-line; - Objectives 5,6,7, e 8.
- 5.Presentations of analysis of research papers, 5,6,7, and 8
- 6.Directed study, -Objectives 5,6,7 and 8
7. Study visits.- Objectives 5, 6, 7 and 8

### **EVALUATION METHODS**

- Working Group 1 (individual written work) with a 50% weighting in the final grade
- Working Group 2 (group work) with a 50% weighting in the final grade

### **MAIN BIBLIOGRAPHY**

Amaro, J. (2007).Sentimento Psicológico de Comunidade: Uma revisão. *Análise Psicológica*. 1, (XXV): 25-33;

Duarte,T. (2007).Recovery da doença mental:uma visão para os sistemas e serviços de saúde mental. *Análise Psicológica*, 1 (XXV): 127-133;

Leiria, A. et al. (2006). O contrato psicológico em organizações empreendedoras: Perspectivas do empreendedor e da equipa. *Comportamento Organizacional e Gestão*, Vol. 12, Nº 1, 67-94.;

Leite, A.et al. (2002).O Bem-Estar Psicológico em indivíduos de risco para doenças neurológicas hereditárias de aparecimento tardio e controlos.*PSICOLOGIA, SAÚDE & DOENÇAS*.3(2),113-118;

Ornelas,J.(2008).*Psicologia Comunitária*. Lisboa: Fim de Século;

Ribeiro, J. (2004). Avaliação das intenções comportamentais relacionadas com a promoção e protecção da saúde e com a prevenção das doenças.*AnálisePsicológica*. 2 (XXII): 387-397;

Shinn,M.(2007). Contextos comunitários favoráveis ao bem-estar. *Análise Psicológica*, 1 (XXV): 35-61;.