

School of Health
Course Unit Syllabus

Level of qualification:

First cycle (EQF level 6) - Bachelor

Study cycle:

Occupational Therapy

Course Unit: 400334 - Psychology of Interpersonal Relationships

Year 1 Semester 1 ISCED Code: 0313 ECTS: 3,0

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	
75h	20h	10h							40

Prerequisites (if applicable): not applicable

LEARNING OUTCOMES (knowledge, skills and competence)

At the end of this course students should be able to:

1. Know the dynamics of human communication and its implications for society;
2. Know how to develop interpersonal relationships throughout the life cycle;
3. Know the implications of the relationships in the well-being of individuals, groups and communities;
4. Identifying problems of personal and interpersonal development that endanger the health, particularly mental health;
5. Know resolve conflicts and mediate;
6. Know perform a psychosocial intervention group in health settings;
7. Compreender the implications of individual and interpersonal behavior in organizations;
8. Know planning actions that promote professionalism, job satisfaction and professional fulfillment.

CONTENTS

1. The Dynamics of Human Communication. (Psychological Theories; Communication Theories; Concepts and Practices; Communication Culture, Social Networks, Therapeutic Relationship);
2. The Communication in Interpersonal Relations (formation of self and the knowledge of the Other; The process of intra / interpersonal development throughout life; Promotion of Mental Health);
3. Conflict and guidelines in interpersonal relationships (expressivity, emotions and life events; Conflict Resolution, Mediation; Behavior Change; Psychological Wellbeing);
4. Psychosocial intervention groups in community health settings (transactional analysis applied to interactive dynamics in health and disease; Group; leadership styles, group dynamics, human motivation and behavior; emotional intelligence; Affectivity, Sexuality and Gender);
5. The Individual and Interpersonal Behavior in Organizations. (Linking the institution; Groups and work teams; communication processes in organizations).

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

1. The Dynamics of Human Communication. (Goals 1 and 2);
2. Communication in Interpersonal Relations (Goals 2, 3 and 4);
3. Conflito and guidelines in interpersonal relationships (Goals 4 and 5);
4. Intervenção psychosocial groups in community health settings (Goal 6);
5. The Individual and Interpersonal Behavior in Organizations. (Goal 8)

TEACHING METHODOLOGIES

Lectures, small storage media analysis; Group dynamics; online literature search; presentations of research papers analysis; oriented study.

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

- In charge of teaching exposure time (Goals 1, 2, 3,4, 5, 6, 7 and 8.)
- Group dynamics exercises (Goals 4, 5,6)
- Group work Exercises (Goals 3,4,5,6 and 7)
- Problem solving together (Goals 3,4,5)
- Promotion of debates and moments of reflection, in small and large group, based on the analysis of various documents and processes and products arising from the situations proposed (Goals 4,5,6, 7 and 8)

EVALUATION METHODS

1) Continuous assessment: Individual work (Test) (50%); e Group work (50%) (A Guide is provided for this purpose). 2) Exam in normal season: Individual written exam (100%). 3) Examination on appeal: Individual written exam (100%).

The Improvement Exam occurs at the Feature Time: Individual Written Exam (100%).

MAIN BIBLIOGRAPHY

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- Guerra, M. et al. (cd.) (2005). *Intervenção psicológica em grupos em contextos de saúde*. Lisboa: CLIMEPSI;
- Helman, C. (2003). *Cultura, Saúde e Doença*. São Paulo: ARTMED;
- Hofstede, G. (2003). *Culturas e Organizações. Compreender a nossa organização mental*. Lisboa: Edições Sílabo;
- Faria, M.C. (2017). *Florescimento dos Jovens na Escola*. *Revista de Estudios e Investigación en Psicología y Educación*. vol. Extr. (05),
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- Ornelas, J. (2008). *Psicologia Comunitária*. Lisboa: Fim de Século;
- Ribeiro, J. (2007). *Introdução à Psicologia da Saúde*. Coimbra: Quarteto;
- Seijo, J. (2003). *Mediação de conflitos em instituições educativas*. Porto: ASA;
- Shinn, M. (2007). *Contextos comunitários favoráveis ao bem-estar*. *Análise Psicológica*, 1 (XXV): 35-61;
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