

Course Unit	Systemic Intervention in the Family		Field of study	Nursing	
Master in	Nursing in Family Health		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	8.0
Code	5039-527-1203-00-19				
Workload (hours)	216	Contact hours	T -	TP 45	PL -
			TC -	S 15	E -
			OT 15	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria Augusta Pereira da Mata

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. To develop the process of nursing care with the family collaboration thru an ecological perspective of the family unit, integrating it in a systemic view;
2. - To identify the needs of the family, considering the complexity of family processes inherent to their development;
3. - To develop theoretical concepts and principles of a systemic approach
4. - To analyze a practical model of systemic family intervention;
5. - To explore programs and strategies of systemic intervention within family

### Prerequisites

Before the course unit the learner is expected to be able to:  
not applicable

### Course contents

Origin and foundations of the systemic approach; Systemic practical guidance; Strategies and family intervention programs; Models of network intervention

### Course contents (extended version)

1. Origin and foundations of the systemic approach
  - general systems theory
  - cybernetics
  - communication theories
2. Systemic practical guidance
  - Concepts
  - problem
  - change
  - solution
  - Role and powers of the facilitator
3. Strategies and family intervention programs
  - Models of family therapy: structural, paradoxical, centered solutions
  - Intervention modalities network (community): collaborative models
  - Interventions in specific situations: family with chronically ill and psychoeducational intervention
  - Multiple assisted families
  - Intervention in extended systems
4. Models of network intervention - work on mixed network

### Recommended reading

1. Gonçalves, O. (2002). Viver narrativamente. Coimbra, Quarteto, 63-74.
2. Relvas, A. (1999). Famílias, terapia e terapeutas. In A. Relvas (org) Conversas com famílias. Porto, Edições Afrontamento, 9-46.
3. Sousa, L. (2004). Padrões de interação disfuncionais entre profissionais de saúde, pacientes e suas famílias: uma abordagem sistémica. *Psychologica*, 37: 169-186.
4. Sousa, L & Rodrigues, S (2012). The collaborative professional: towards empowering vulnerable families. *Journal of Social Work Practice*, 2-15. <http://dx.doi.org/10.1080/02650533.2012.668878>
5. Sousa, L. (2005). Building on personal networks when intervening with multi-problem poor families. *Journal of Social Work Practice*, 19(2), 163-179.

### Teaching and learning methods

The teaching methodology focuses on participatory exposure of theoretical components, and in case analysis (using videos, case presentations by students and role-playing) of the theoretical and practical components.

### Assessment methods

1. Final evaluation - (Regular, Student Worker) (Final)
  - Final Written Exam - 50% (developed by a written test)
  - Development Topics - 50% (Case study and correspondent discussion in classroom)
2. Supplementary evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Final exam including all the topics)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Maria Augusta Pereira da Mata	Manuel Alberto Morais Brás	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
27-02-2020	09-03-2020	10-03-2020	10-03-2020