

Course Unit	-	Field of study	-
Master in	Long Term Care	School	School of Health
Academic Year	2016/2017	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	135	Contact hours	T - TP 30 PL - TC - S 15 E - OT 10 O -
Code 1350-478-1106-00-16			

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) Ana Maria Nunes Português Galvão

### Learning outcomes and competences

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

1. Develop psychotherapeutic intervention competences for promoting healthy lifestyles
2. Describe the importance of psychotherapeutic intervention in continuous and palliative care
3. Describe the importance of psychotherapeutic intervention in oncological and intensive care context
4. Describe the importance of psychotherapeutic intervention in neuro-cognitive disturbances
5. Evaluate the importance of non-verbal communication: proxemics
6. Develop competences based on the caring perspective: humanitude, coaching and logo therapy
7. Develop competences of help relationship in gerontologic and geriatric context
8. Develop competences of help relationship in the mourning process and in the transmission of bad news

### Prerequisites

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

### Course contents

- Components of help relationship - Therapeutic contexts of help relationship: gerontology, geriatrics, neuro-cognitive disturbances, stress, burnout, continuous and palliative care, oncology. - Protocols in transmitting bad news - Mourning process - Healthy lifestyles - Humanitude - Coaching - Logo therapy - Emotional competences - Chronic diseases and personality traits

### Course contents (extended version)

1. Help relationship and therapeutic communication
  - The principles of help relationship
  - Phases of help relationship
  - Vectors of therapeutic intervention
2. Help relationship in gerontologic and geriatric context
  - Functional and multidimensional evaluation among elderly
  - Study of the methodology "Older Americans Resources and Services"
3. Help relationship and psychotherapeutic intervention in oncological and intensive care context
  - Emotional reactions of the oncological patient
  - Kubler Ross Model: illness adaptation phase
  - Adaptation modifying factors and coping strategies
4. The neurocognitive disturbances carrying patient: help relationship competences
  - Intervention: cognitive rehabilitation, cognitive stimulus and cognitive training
5. Help relationship in transmitting bad news and in mourning processes
  - Protocols
6. Help relationship and psychotherapeutic intervention in presenteeism, stress burnout contexts
7. Help relationship and psychotherapeutic intervention in continuous and palliative care contexts
8. Help relationship tools: humanitude, logo therapy and coaching
9. Non-verbal communication: proxemics communication
10. Development of emotional competences in help relationship
11. Psychotherapeutic intervention in the promotion of healthy lifestyles
  - Motivational interview
  - Wellness coaching
12. Chronic diseases and personality traits. Psychotherapeutic help.

### Recommended reading

1. Gineste, Y. & Pellissier, J. (2008). Humanitude. Cuidar e compreender a velhice. Lisboa: Editora Piaget
2. Phaneuf, M. (2005). Comunicação, entrevista, relação de ajuda e validação. Lisboa: Editora Lusociência
3. Phaneuf, M. (2010). A Doença de Alzheimer, O Envelhecimento Perturbado. Lisboa: Editora Lusodidacta
4. Rogers, C. (2009). Tornar-se pessoa. Lisboa: Padrões Culturais
5. Rollnick, S. (2010). Entrevista Motivacional no Cuidado da Saúde. Porto Alegre: Artmed Editora

### Teaching and learning methods

Theoretical development of the programmatic content. Reflexive analysis of scientific articles. Thematic workshops about the covered themes. Reflections about clinical cases. Visualisation of movies.

### Assessment methods

1. Discussion of case study (40%) + exam (60%) - (Regular) (Final)
2. Final Exam - (Regular, Student Worker) (Final, Supplementary, Special)

### Language of instruction

Portuguese

Electronic validation		
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