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| Course Unit | - | | Field of study | - | |
| Master in | Long Term Care | | School | School of Health | |
| Academic Year | 2016/2017 | Year of study | 1 | Level | 2-1 |
| Type | Semestral | Semester | 2 | ECTS credits | 5.0 |
| Code | 1350-478-1205-00-16 | | | | |
| Workload (hours) | 135 | Contact hours | T - | TP 30 | PL - |
| | | | TC - | S 15 | E - |
| | | | OT 10 | 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) 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. Reflect about death in Western society, cognitions about death, pain and suffering in human development. Religion.
2. To know the several theoretical models about the mourning process and the elaboration of the same.
3. To know psychotherapeutic intervention in the process of mourning elaboration according to age.
4. To know the dimensions of spiritual intelligence.
5. To apply motivational interviewing in the support of solving the mourning process.

Prerequisites

Before the course unit the learner is expected to be able to:
No pre-requisites

Course contents

A phenomenological view on death in Western society. Cognitions about death. Models of mourning elaboration. Pain and suffering in human evolution. Spirituality. Spiritual intelligence. How professionals face death.

Course contents (extended version)

1. A phenomenological view on death in Western society. Cognitions about death.
2. Models of mourning elaboration.
 - Death for a child
 - Death for adolescents and young adults
 - The elderly and death
 - Death and the process of mourning elaboration
 - Kubler-Ross model
 - Worden model
 - Psychological aspects of loss. Psychosomatic reactions
 - Mechanisms to handle death: coping strategies and cognitive restructuring
3. Normal mourning versus pathological mourning
4. Pain and suffering in human evolution.
5. Spirituality. Spiritual intelligence.
6. Religion and spirituality
7. How professionals face death.

Recommended reading

1. Reyes, M. (2010). A Inutilidade do Sofrimento. Conselhos para aprender a viver de maneira positiva. Lisboa : A esfera dos livros.
2. Frankl, V. (2012). O homem em busca de um sentido. Lisboa: Leya.
3. Zohar, D., & Marshall, I. (1990). QS: inteligência espiritual. Rio de Janeiro: Record, 2000. O ser quântico. São Paulo: Best Seiler.
4. Kübler-Ross, E., & Menezes, P. (2001). Sobre a morte e o morrer. São Paulo: Martins Fontes.
5. Kovács, M. J. (1992). Morte e desenvolvimento humano. São Paulo: Casa do Psicólogo.

Teaching and learning methods

Theoretical Lectures: expository methodology, interactive and participatory. Seminars Group work (Apart from the material provided during the lessons, students are encouraged to conduct research (internet, libraries, etc.)).

Assessment methods

1. Test / written exam 60% - (Regular, Student Worker) (Final, Supplementary, Special)
2. Research paper with presentation 40% - (Regular) (Final)

Language of instruction

Portuguese

Electronic validation

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| Ana Maria Nunes Português Galvão | Maria Augusta Pereira da Mata | Maria Helena Pimentel |
| 06-11-2016 | 06-11-2016 | 10-11-2016 |