

Course Unit	Seminars on Emotional Competence and Emotional Education		Field of study	Health	
	Postgraduate Course in Emotional Education in Health		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	ECTS credits 5.0
Type	Semestral	Semester	2	Code	5034-680-1207-00-19
Workload (hours)	135	Contact hours	T -	TP -	PL -
			TC -	S 30	E -
			OT -	O 30	

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 Romão da Veiga Branco

### Learning outcomes and competences

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

1. - Apply Emotional Education strategies in crisis context - Emotions management in crisis: a pandemic situation.
2. - Learn Emotional Self aware about our emotions in our body, and in relationship.
3. - Learn Emotional Managing strategies of your own emotions, and exercises of emotional self-control in relational dynamics.
4. - Learn how to prevent the effects of emotions perceived as "negative" or "negative effect on relations" with support of self-help strategies.
5. - Learn Strategies of Management of "negative experience" life as learning and self-motivation from it.
6. - Learning the skill of self-motivation, with support of self-help strategies.
7. - Know Emotional Education Strategies in Education and health Organizations

### Prerequisites

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

### Course contents

Emotional Education - concept and practical applications in life. Emotional Consciousness and Self Awareness. Emotion components and thought-emotion-action relationship. Managing Emotions and Emotion Regulation - concept and strategies. Self Motivation. Resilience. Socio emotional skills - empathy. Groups Emotions Management or Social Skills - concept and characteristics.

### Course contents (extended version)

1. Emotional Education - EMOLABS - Practical strategies to life
2. EmoLab - Consciousness or Emotional Self Awareness
  - Share and express emotions - the emotional expressive grammars
  - Identify emotions - non-verbal communication in the communicative act: Laboratory of Emotions
  - EmoLab - Mindfulness, Meditation, Deep Relaxation
3. EmoLab - Managing Emotions and Emotion Regulation
  - Crisis situation; Suffering or Violence Contexts
  - EmoLab - feeling-thought-action and emotional responses
  - EmoLab - Cognitive restructuring - theoretical and practical approach
  - EmoLab - Assignment Cognitive and Emotional - find personal strategies of emotional regulation
  - EmoLab - Relaxation and Deep Breathing
4. Self Motivation
  - EmoLab for Resilience
  - EmoLab - The duties of the locus of control and the development of self
  - EmoLab - Self esteem - concept and identify capabilities and limitations
  - The hope, optimism - Laboratory of Emotions
5. EmoLabs - emotional skills - empathy
  - EmoLab - Emotional interaction - verbal and nonverbal communication
  - EmoLab - Assertiveness - concept and practical application
  - Empathic Listening - Laboratory of Emotions
6. EmoLabs - Emotions Management Groups or Social Skills
7. Emotional Education - a strategy for training and development in Education and Health.

### Recommended reading

1. Bisquerra, R. (2006). Educación emocional y bienestar. Madrid, Praxis. 5a ed
2. Sharona Moskowitz & Dewaele (2019) Is teacher happiness contagious? A study of the link between perceptions of language teacher happiness and student attitudes, Innovation Language Learning Teaching.
3. Veiga-Branco, A. (2012). Educação emocional, um contributo para a gerontologia. In Pereira, F. (Coord). Teoria e Prática da Gerontologia - Um Guia Para Cuidadores de Idosos. Viseu: Psicosoma. 275-286
4. Correia, Ana; Veiga-Branco, Augusta (2011). Managing emotions - an ability of emotional intelligence. International EI Congress. Book Abstracts. Opatia, Croatia. ISBN 978-953-6104-79-6, p. 66
5. Veiga-Branco, A. (2009) - La Inteligencia emocional en una organización de educación. V Jornades Educació Emocional: La Intel·ligència Emocional a las Organizacions. ISBN 978-84-691-9883-4, p1-6

### Teaching and learning methods

1. Videoconferencing Component:
  - 1.1. Individual Dynamics in Emotion Laboratories - accompanied analysis and reflection on the practical work developed;
2. Component in face-to-face classes in absolute respect for DGS Standards.
  - 2.1. EmoLabs - Group Dynamics in Emotion Laboratories - interactive analysis and accompanied reflection on the practical work developed.

### Assessment methods

- Learning Competences Evaluation - (Regular, Student Worker) (Final)
- Reports and Guides - 100% (Reflection about EmoLabs Experiences.)

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

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26-04-2020	27-04-2020	27-04-2020	27-04-2020