

Course Unit	Communication and Counseling	Field of study	Psychology
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2021/2022	Year of study	3
Type	Semestral	Semester	1
Level	1-3	ECTS credits	4.0
Code	8149-501-3101-00-21		
Workload (hours)	108	Contact hours	T - TP 30 PL - TC - S 10 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) 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. Be able to recognize the need of the Communication and Counselling in Health in Dietetic and Nutrition, to all of the individuals, to singular level and or communal, in a holistic conception.
2. Recognize communication - verbal and non-verbal - in its multiple typologies, functions and interactions.
3. Develop the scientific knowledge in Counselling level, in oriented practice, in interaction with other scientific areas, in other extracurricular contexts.
4. Develop Counselling Approaches and Techniques, in Health, in Health Promotion, or in Illness Prevention Level.

### Prerequisites

Not applicable

### Course contents

Communication - Intrapersonal and Interpersonal - Communication Approaches with Specific Groups: Séniores, Infants, Adolescents, Ethnic Minority. Communication Difficulties - Strategies for Behavior Change and empowerment - Counselling - Basic skills - Technician's Skills - Experience the Emotional Management in Specific Situations - Training the Counselling: To listen, Do the Mirror, Corporal Language - Emotional Management

### Course contents (extended version)

1. Communication - a Counseling tool
  - The Six Senses in the Conceptual Age. Design, Story, Symphony, Empathy, Fun, Sense.
  - Basic Forms of Communication - the Communication Intrapersonal: Needs and Motivations, Cognitions
  - Approach to the Interpersonal Communication: Not Verbal and Verbal :
    - The Voice, the word and prosody. The Gesture and Movement, the Touch, the Environment.
2. Communication approaches with Specific Groups - transversal ways of living Communication
  - Contacts with communicational diversity and group analysis.
3. Counselling. Concepts and practical application
  - Types of Counselling.
  - Basic abilities of Contact in Counseling: How can we create a Pleasant Relation.
  - Training of the Three Phases of the Counseling: Inquiry, Decision and Action.
4. Competences of Counseling: The Emotional Education:
  - Self-science, Emotions Management and Empathy
  - From unhappiness to resilience, and the motivational interview

### Recommended reading

1. Berry, D. (2007). Health Communication. Theory and Praticce. Berkshire. Open University Press.
2. Drumm, K. (2009). Becoming a family Counselor: A Bridge to Family Therapytheory and Praticce". Journal of Teaching in Social Work, 29: 3.
3. Botelho, A., Pinto, A., Correia, C., Pinheiro, J. & Viana, V. (2018). Entrevista motivacional no aconselhamento em Nutrição. Ata Portuguesa de Nutrição, N.º13 Resumos Comunicações Oraís, p38-47
4. Vilegas, D. F. et al. (2019). Evolução de pacientes dislipidémicos em atividade educativa num grupo sobre alimentação e nutrição na atenção primária à saúde Rev. Ciênc. Ext. v15, nº3, p.62-74
5. Lieberman, A. (2018). Counseling Issues: Addressing Behavioral and Emotional Considerations in Treatment Communicat Dis. Am J Speech Lang Pathol. Feb 6; 27(1):13-23.doi:10.1044/2017AJSLP-16-0149

### Teaching and learning methods

1. Guided Search: Schemes Construction (advanced organizers) to be presented and analyzed by the student. 2. Discussions/arguments, reflection - on the basis of the way of pedagogical work self centered. Works of Group: researches\* produced by the student: elaboration of works (with direct orientation of the teacher).

### Assessment methods

1. Evaluation of Learning Skills - (Regular) (Final)
  - Intermediate Written Test - 50%
  - Work Discussion - 50% (Presentation and oral discussion of papers)
2. Examination - (Student Worker) (Supplementary, Special)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Maria Augusta Romão da Veiga Branco	Juliana Almeida de Souza	Maria Cristina Martins Teixeira	Adília Maria Pires da Silva Fernandes
21-06-2022	24-06-2022	29-06-2022	29-06-2022