

Course Unit	Communication and Counseling		Field of study	Psychology	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	4.0
Code	8149-501-3101-00-22				
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) Daniela Alexandra Marcos Santos

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: Sêniors, 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.
 - Intra and interpersonal communication.
2. Communication approaches with Specific Groups - transversal ways of living Communication
 - Contacts with communicational diversity and group analysis.
3. Counseling. Concepts and practical application
 - Types of Counseling.
 - 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-conscience, Emotions Management and Empathy
 - From unhappiness to resilience, and the motivational interview
5. Guiding Counseling: Coaching applied to Nutritional Sciences
 - Nutrition Care Process

Recommended reading

1. Magalhães, T; Neves, L; Poínhos R. (2018) A metodologia de coaching aplicada às ciências da nutrição: usos, potencialidades e controvérsias em Portugal. Ata Portuguesa de Nutrição 12: 26-31
2. Marion J. Franz, MS, RDN; et al. (2017). Nutrition Practice Guideline for Type 1 and Type 2 Diabetes in Adults. Journal Academy of Nutrition and Dietetics.2212-2672 2212-2672
3. Elin Lövestam, Alison Steiber, Angela Vivanti et al. (2019). Use of the Nutrition Care Process and Terminology. (2):225-241

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

Daniela Alexandra Marcos Santos	Ana Maria Nunes Português Galvão	Maria Cristina Martins Teixeira	Adília Maria Pires da Silva Fernandes
05-01-2023	11-01-2023	12-03-2023	13-03-2023