

Course Unit	Relational Psychology		Field of study	Psychology	
Bachelor in	Physiotherapy		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9504-770-2105-00-23				
Workload (hours)	108	Contact hours	T -	TP 45	PL -
			TC -	S -	E -
			OT 20	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) Marta Raquel Custodio Correia de Carvalho

### Learning outcomes and competences

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

1. To learn how to contextualize the nature, characteristics, and functions of the relationship between health professionals and patients.
2. To identify the stress associated with the relationship with patients and with the work context, as well as adaptive coping strategies.
3. To acquire and develop relational skills for dealing with patients.

### Prerequisites

Not applicable

### Course contents

1. The health professions as human relations activities.
2. Stress among health professionals.
3. The helping relationship.
4. Relational skills in the interaction with patients.

### Course contents (extended version)

1. The health professions as human relations activities.
- 1.1 Human relationships and social existentialism
- 1.2 Pragmatics of human communication
2. Stress among health professionals.
- 2.1 Concept and processes of stress
- 2.2 Causes of stress in the helping professions
- 2.3 Symptoms and costs of stress
- 2.4 Coping
3. The helping relationship.
- 3.1 Definition and constituents
- 3.2 The helping relationship as coping
4. Relational skills in interacting with patients.
- 4.1 Self-awareness
- 4.2 Cognitive-emotional self-control
- 4.3 Effective interpersonal communication
- 4.4 Active listening
- 4.5 Resolving interpersonal conflicts
- 4.6 Breaking bad news
- 4.7 Management of grief processes

### Recommended reading

1. Corney, R. (2000). O Desenvolvimento das Perícias de Comunicação e Aconselhamento em Medicina (2ª Edição). Lisboa: Climepsi.
2. Dinic, R. C. (2014). Non verbal Communication Indispensable Complement of Oral and Written Communication. Procedia - Social and Behavioral Sciences, 137, 105–111.
3. Ogden, J. (2012). Health Psychology: A textbook (5th ed.) (pp.1 14). Berkshire: McGraw Hill. 2.
4. Ramos, M. (2001). Desafiar o Desafio: Prevenção do Stress no Trabalho. Lisboa: Editora RH.
5. Watzlawick, P., Beavin, J. H., & Jackson, D. D. (1993). Pragmática da Comunicação Humana. Um Estudo dos Padrões, Patologias e Paradoxos da Interação. (9ª ed.). São Paulo: Editora Cultrix.

### Teaching and learning methods

Oral presentation methodology using audiovisual media and debate sessions.  
Research work (individual and/or group), presentation and critical analysis of the results, using specialist literature (books and scientific articles).

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Practical Work - 30% (Proposals for individual and/or group work to be carried out during lessons.)
  - Final Written Exam - 70%
2. Alternative 2 - (Student Worker) (Final)
  - Final Written Exam - 100%
3. Alternative 3 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese

Electronic validation			
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12-11-2023	14-11-2023	14-11-2023	14-11-2023

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