

Course Unit	Communication and Counseling	Field of study	Psychology
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2019/2020	Year of study	3
Type	Semestral	Semester	1
Level	1-3	ECTS credits	4.0
Code	8149-501-3101-00-19		
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 level with the Communication and Counselling, in oriented practice, in interaction with other scientific areas, in other extracurricular contexts.
4. Develop the Approaches and Techniques of Counselling in Health, in Health Promotion, or in Prevention Level of the Illness, in interactions and or co-creation with companies contexts
5. Be able to apply the Communication methodology in contexts of Counselling in Dietetic and Nutrition, in interactions and or co-creation with companies staff.

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 in interactions or co-creation with companies contexts
 - 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.
 - Training communication skills in interactions or co-creation with companies contexts
2. Communication approaches with Specific Groups - transversal ways of living Communication
 - Contacts with communicational diversity and group analysis.
 - The labor, company and social institutions diversity
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-conscience, 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. Rodrigues, E., Soares, F., & Boog, M. (2005). Resgate do conceito de aconselhamento no contexto do atendimento nutricional. Revista de Nutrição, 18(1), 119-128
4. Britt, E. et al. (2004). Motivational interviewing in health settings: a review. Patient Education and Counseling, 53, p 147-155
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. 1044/2017_AJSLP-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

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06-02-2020	17-02-2020	26-02-2020	26-02-2020