

CLINICAL AND HEALTH PSYCHOLOGY

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Who is this course for? People who have a Bachelor's degree in Psychology.

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The Master's degree in Clinical and Health Psychology continues the Psychology training started on the Bachelor's degree and grants those who complete it the right to join the Portuguese Order of Psychologists. Over two academic years, the Master's course encourages contact with a range of models and guidelines for practice in clinical and health psychology, work settings and the development of features related to the identity, profile and function of professionals in this field. In the first year, as well as compulsory foundation course units, a wide range of optional units are also offered to allow students to adjust their training profiles and adapt them to their interests. The second year of the course ends with specialisation and development by students, who practically apply a range of knowledge and skills in a work placement or dissertation. Skills for setting goals and psychological assessment and intervention in the field of clinical and health psychology, creating and implementing health prevention policies and drawing up intervention and prevention plans for clinical and health psychology are particularly important in this context.

Professional opportunities

Graduates from the Master's degree in Clinical and Health Psychology have specialised training that qualifies them to carry out clinical and health psychology functions, working in hospitals, primary care centres (health centres), mental health centres, addiction rehabilitation centres, private social solidarity institutions, community services that include psychology, municipal councils and in self-employment. The course also grants access to the Portuguese Order of Psychologists and ISMAI's PhD in Clinical Psychology.

What makes this course different?

ISMAI has a range of teachers who have significant experience in Portugal and abroad. The course includes valuable fields of research with national and international publications and presentations at national and international conferences in which students are often involved. Several teachers are members of research units evaluated by the Foundation for Science and Technology, including, the Centre for Psychology at the University of Porto (CPUP), classified as "Excellent" by an international panel. With a unique course structure in Portugal and the chance to attend classes in the daytime or evenings, the Master's course also offers different workshops in clinical and health psychology and related areas to provide contact with the nationally and internationally renowned specialists who regularly visit ISMAI. Furthermore, the course offers a vast range of work placements, thanks to institutional collaboration between ISMAI and several institutions in the region developed over the more than twenty years that ISMAI has offered psychology training (the first Bachelor's degree in Psychology at the university opened in the 1994/1995 academic year). The course operates in cooperation with the Centre for Psychological Support Services at ISMAI, which provides support to the academic community and general public. This enables work placements and traineeships to be held there, as well as research about psychology and psychotherapy sessions in a range of settings.

YEAR 1
SEMESTER 1 • 30 ECTS

- 2 Clinical and Health Psychology - Guidance Module
 - 4 Research Methodology I
 - 4 Clinical Assessment and Differential Diagnosis
 - 4 Training in Therapeutic Relationship Skills
 - 4 Cognitive Behavioural Psychotherapy Models (Group I - a)
 - 4 Constructivist Psychotherapies (Group I - a)
 - 4 Psychological Assessment and Intervention in Childhood and Adolescence I (Group I - a)
 - 4 Health Psychology Models (Group I - a)
 - 4 Occupational Health Psychology Models (Group I - a)
 - 4 Forensic Psychology Assessment Methods and Models (Group II - a)
 - 4 Special Needs Education Models (Group II - a)
 - 4 Career Guidance Models (Group II - a)
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YEAR 1
SEMESTER 2 • 30 ECTS

- 4 Research Methods II
 - 4 Clinical Formulation and Personalised Treatment
 - 4 Cognitive Behavioural Psychotherapy (Group I - b)
 - 4 Humanistic and Phenomenological Psychotherapies (Group I - b)
 - 4 Intervention Plans in Health Psychology (Group I - b)
 - 4 Psychological Assessment and Intervention in Childhood and Adolescence II (Group I - b)
 - 4 Neuropsychology and Psychobiology Applied to Clinical and Health Psychology (Group I - b)
 - 4 Assessment and Intervention in Occupational Health Psychology (Group II - b)
 - 4 Psychological Intervention in Groups (Group II - b)
 - 4 Intervention in Special Needs Education (Group II - b)
 - 4 Psychological Intervention in Career Guidance (Group II - b)
 - 1+1+1 3 Intensive Workshops in Clinical and Health Psychology
 - 1+1+1 3 Workshops in Another Area/Other Areas
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YEAR 2

SEMESTERS 1 AND 2 • 60 ECTS

- 30 Dissertation
- 30 Work Placement

- (a) Choose 4 of the 8 options, of which at least 2 must be in Group I.
(b) Choose 4 of the 9 options, of which at least 2 must be in Group I.