

## Intellectual Output 2: Emotional Competence Course

### MAIN GOAL 1: Personal competence

#### LEARNING OUTCOMES

- Demonstrating the ability to recognize and understand your own emotions and motivations
- Demonstrating the ability to recognize individual strengths, weaknesses and needs related to emotions
- Developing self-control of one's emotions or knowing how to address them in a flexible and constructive manner

## Emotional Competence Course

### Themes and contents

- C1. Emotional Intelligence- conceptual clarification and theoretical models and biological mechanisms
- C2. Perceiving, recognition and expressing emotions
- C3. Exploring and addressing positive emotions (hope, gratitude, happiness, satisfaction, optimism) and negative emotions (fear, anger, sadness, helplessness, hopelessness, guilt, shame) in healthcare settings
- C4. Emotions in relation with Strength and Virtue Model
- C5. Emotion regulation- theoretical models
- C6. Emotion regulation and emotional health. The link between emotional development and physical and mental health
- C7. Emotion regulation- adaptative and maladaptive strategies Interventions for people with emotional difficulties in medical settings;

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### MAIN GOAL 1: Personal competence

Themes and contents	Teaching methods	Assessment methods
C1. Emotional Intelligence- conceptual clarification and theoretical models and biological mechanisms	C1. PBL and Theory	C1. Triple jump
C2. Perceiving, recognition and expressing emotions	C2. Diary on internship experience	C2. Triple jump
C3. Exploring and addressing positive emotions (hope, gratitude, happiness, satisfaction, optimism) and negative emotions (fear, anger, sadness, helplessness, hopelessness, guilt, shame) in healthcare settings	C3. Simulation scenarios	C3. OSCE
C4. Emotions in relation with Strength and Virtue Model	C4. Simulation scenarios	C4. OSCE
C5. Emotion regulation- theoretical models	C5. Simulation scenarios	C5. OSCE
C6. Emotion regulation and emotional health. The link between emotional development and physical and mental health	C6. PBL and Simulation scenarios	C6. OSCE
C7. Emotion regulation- adaptative and maladaptative strategies Interventions for people with emotional difficulties in medical settings;	C7. PBL and Simulation scenarios	C7. OSCE

## **Intellectual Output 2: Emotional Intelligence Course**

### **MAIN GOAL 1: Personal competence**

#### **METHODS**

- Reflect on their experience using the diary on internship experiences. By focusing on emotions you avoid becoming a victim of them and exercise greater self-control.
- Discuss and analyse alternative solutions on healthcare problems through problem solving,(PBL; simulation scenarios) to consolidate self-esteem
- Supervise and guide [PBL Secretary role - Simulations - triple jump assessment and Objective Structured Clinical Examination (OSCE)]

## Intellectual Output 2: Emotional Competence Course

### MAIN GOAL 2: Social competence

#### LEARNING OUTCOMES

- Analyse emotions, needs and concerns of others
- Discuss the patient's emotional signs
- Demonstrate the ability to see things from the point of view of others
- Build a good relationship and clear communication in order to influence and inspire others through the use of your own emotions and other people's emotions

## Emotional Competence Course

### Themes and contents

- C1. Social intelligence social functions of emotions
- C2. Attachment and emotion in social life. Patterns of adult attachment and implications for social relationships
- C3. Perceiving, recognition and expressing emotions in relation with others (patients and relatives)
- C4. Emotions and teamwork
- C5. Empathy – development and consequences Empathic and assertive communication
- C6. Interpersonal conflict Emotion regulation- adaptative and maladaptive strategies in interpersonal relationships
- C7. The role of medical professionals in relation to patients and relatives' emotions

**Intellectual Output 2:**  
**Emotional Competence Course**  
**MAIN GOAL 2: Social competence**

<b>Themes and contents</b>	<b>Teaching methods</b>	<b>Assessment methods</b>
C1. Social intelligence social functions of emotions	C1. PBL and Theory	C1. Triple jump
C2. Attachment and emotion in social life. Patterns of adult attachment and implications for social relationships	C2. PBL and Theory	C2. Triple jump
C3. Perceiving, recognition and expressing emotions in relation with others (patients and relatives)	C3. Only theory	C3. Triple jump
C4. Emotions and teamwork	C4. Simulation scenarios	C4. OSCE
C5. Empathy – development and consequences Empathic and assertive communication	C5. Simulation scenarios	C5. OSCE
C6. Interpersonal conflict Emotion regulation- adaptative and maladaptive strategies in interpersonal relationships	C6. Simulation scenarios	C6. OSCE
C7. The role of medical professionals in relation to patients and relatives emotions	C7. PBL	C7. Triple jump

## Intellectual Output 2: Emotional Competence Course

### MAIN GOAL 2: Social competence

#### METHODS

- Solving healthcare problems through scenarios based on increasing complexity (multilevel problem solving cases - multilevel triple jump)
- Learning teamwork skills (Simulations scenarios for Teamwork skills)