MASTERCLASS · TRAINING PROGRAMME

Occupational Health

Psychology

(For Psychologists and Psychology students)

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

6 HOURS / IN PERSON OR ONLINE

A programme for psychologists and psychology students who want to work with health, safety and wellbeing in organisations. From theoretical framing to the practice of assessment and intervention.

Objectives

- Understand the field of occupational health psychology and its frameworks.
- Assess psychosocial risks and working conditions with validated methods.
- Design and follow through interventions in organisations.
- Act with ethics, confidentiality and competence limits.

Themes and training dynamics

30 min	**The field and the profession** What an occupational health psychologist does: settings, roles and opportunities.
45 min	**Health and work models** Demands and resources, salutogenesis and the JD-R model applied to real cases.
50 min	**Assessing psychosocial risks** COPSOQ III and ISTAS21: when to use, how to apply and how to read results.
15 min	**Break**
50 min	**Intervening in the organisation** Levels of intervention, plans, management involvement and impact evaluation.
45 min	**High-risk settings** Emergency teams, remote work, shifts and large organisations.
45 min	**Ethics and limits** Confidentiality, dual loyalty, referral and limits of competence.
80 min	**Lab and synthesis** Group case: diagnosis, intervention plan and supervised practice.

Leave with a framework for practice, assessment tools and an intervention plan reviewed in group.

Psychology at the service of work.

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