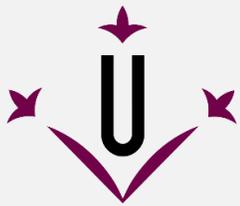




# PSI WELL NEWSLETTER

Erasmus+



## Universitat de Lleida

### Meet our UdL Research Team

**The University of Lleida (UdL)** is one of the oldest universities of Spain. Founded in 1300, UdL aims to educate its students providing high standards of teaching with quality services throughout the university

community that reach society beyond the campus gates.

The UdL of the 21st Century is an entrepreneurial university that promotes a comprehensive educational model. It caters for the requirements of different educational contexts through its involvement in the development of initiatives to ensure all students have the basic skills, the ability to think for themselves and the tools needed to deal with life as citizens in an ever-changing social arena.

The UdL's four campuses are made up of schools and faculties, which teach one or more subject areas. The schools and faculties run a number of courses, which are awarded an official university certificate or qualification on completion. The UdL has seven of its own schools and three UdL-affiliated schools.

The UdL's twenty-six departments are staffed by the lecturers who teach the subjects assigned to each course. The teaching staff devises the course content that counts towards the credits awarded by the University's schools and faculties. Each department has a physical location on one of the campuses.

At present, UdL degrees and certificates are divided into cycles. The short-cycle degrees, which last three years, are awarded a diploma or technical engineering certificate; and the long-cycle degrees consist of two cycles (first and second cycles) and conclude with the granting of a university degree or a degree in advanced engineering.

The University of Lleida is also currently implementing new degrees and certificates that are comply with the guidelines of the European Space for Higher Education.

The UdL's official master's degrees and doctorates provide students with the opportunity to acquire advanced specialised, multidisciplinary training that will prepare them for an academic or professional specialisation, or that focus on improving learners' core research skills.

Finally, it is important to note that the University uses innovative methodologies and a course structure that is coherent with the parameters of the European Higher Education Area (EHEA).

## Meet our UdL Research Team



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de Lleida**



Professor Dr. Gemma Filella Guiu has more than 18 years' experience in the field of emotions. Her previous work has shown that training emotion competences can result in a powerful tool to prevent and fight against disadaptive behaviors. At the same time, professor Filella's interdisciplinary collaborative studies with other research teams has widened up this vision to other countries and it sheds some light in how

this issue can be considered universal and how necessary is to take action in a prophylactic way. Prof. Gemma Filella and her team are one of the pioneering team in Spain to work with emotion regulation and the training of emotional competences.

Professor Dr. Gemma Filella Guiu is the director of GROU Lleida since 2001. The GROU (Research Group on Psychopedagogic Orientation) is a research group consolidated and recognized as quality group by Generalitat de Catalunya. It was created in 1997 at the Faculty of Pedagogy of the University of Barcelona. It is, however, an interuniversity group, made up of professors from the University of Barcelona and faculty from the Universitat de Lleida. The team's main line of research is emotional education. But it also investigates other lines related to psychopedagogical guidance (educational, personal, school and professional).



**Dr. Agnès Ros Morente** has developed her expertise in the psychological and psychopedagogical approach of emotions. She has experience in the study of this subject in adults and children samples. She has been part of the GROU since 2014 and she has developed several study lines under the supervision of prof. Gemma Filella. Her previous experience in other universities has also built strong pillars in the field of attachment, emotion and health.

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*Building Bridges: Promoting  
Social Inclusion and Wellbeing  
for Families*

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