## Course/Modul Description Card

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| To be completed by the Program Committee | Module name:  ELECTIVE MODULE – IN THE FIELD OF CLINICAL AND HEALTH PSYCHOLOGY | | | | | | Module code: G | | |
| Course Title: **PSYCHOLOGICAL THEORIES IN THE CLINICAL CONTEXT** | | | | | | Course code: G/56 | | |
| Organizational Unit Responsible for the Module:  **INSTITUTE OF PEDAGOGY AND LANGUAGES** | | | | | | | | |
| Field of study: **PSYCHOLOGY** | | | | | | | | |
| Module: **Clinical and Health Psychology** | | | | | | | | |
| Form of study: **FULL-TIME** | | | Educational profile:  **PRACTICAL** | | | Level of study: **LONG-CYCLE MASTER’S DEGREE PROGRAMME** | | |
| Year / semester: 3rd Year / 5th Semester | | | Module status:  **COMPULSORY** | | | Language:  **POLISH/ENGLISH** | | |
| Form of classes | Lecture | Practice exercise | | Laboratory | Project | | Seminar | Others |
| Estimated hours | **30** |  | |  |  | |  |  |

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| Subject/module coordinator\* | PhD Arkadiusz Mański |
| Lecturer\* | PhD Arkadiusz Mański |
| Course objectives | Introducing students to knowledge – from the perspective of contemporary psychology – regarding the main theoretical approaches in psychotherapy:   * the psychoanalytic/psychodynamic approach * the cognitive-behavioral approach * the humanistic-existential approach * the systemic approach |
| Entry requirements | Choice of the Clinical and Health Psychology pathway:  The student possesses basic knowledge, skills, and competences in the main psychological orientations, which serve as a foundation for the course content of "Psychological Theories in the Clinical Context". |

*\* A change of course coordinator and course leader is made by the Institute Director upon approval of the Vice-Rector for Education. The new course coordinator and course leader confirm that they have read the content of the course charter.*

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| **LEARNING OUTCOMES** | | | |
| No. | Learning Outcome Description | | Code |
| 01 | | The student knows and understands the issues related to contemporary directions in the development of psychology, its schools and systems, and is familiar with their historical and cultural conditions; the student also knows and understands issues related to the specializations within psychology, including terminology, theory, and methodology. | PS\_W02  PS\_W04 |
| 02 | | The student knows and understands issues related to human development across the life cycle in biological, psychological, and social aspects;  has in-depth knowledge of the specifics of social relationships, social phenomena, and the regularities that govern them from the perspective of psychology. | PS\_W05  PS\_W10 |
| 03 | | The student knows and understands issues related to the psychological foundations of human functioning, as well as the biological, pedagogical, social, and philosophical foundations of mental functioning;  understands the essence of functionality and dysfunctionality. | PS\_W05  PS\_W07  PS\_W12 |
| 04 | | The student is able to observe, search for, and process information about social phenomena of various kinds using different sources, and to interpret them from the perspective of psychological and health-related issues;  is able to use and integrate theoretical knowledge from psychology and related disciplines to analyze complex psychological, educational, support, or therapeutic problems, as well as to diagnose and design practical interventions. | PS\_U02  PS\_U01 |
| 05 | | The student is able to present their own ideas, doubts, and suggestions, supporting them with well-developed arguments within selected theoretical perspectives and the views of various authors, while adhering to ethical principles;  is capable of generating original solutions to complex psychological problems, forecasting the course of their resolution, and anticipating the outcomes of planned actions in specific practical areas. | PS\_U10  PS\_U12 |
| 06 | | The student is able to choose and apply the appropriate approach for a given psychological activity, and is capable of selecting the tools and methods needed to effectively complete the professional tasks that arise. | PS\_U11 |
| 07 | | The student has an in-depth awareness of the level of their knowledge and skills, understands the need for continuous personal and professional development, and lifelong learning; they are prepared to demonstrate professional behavior and adhere to ethical principles in their professional and research activities; they show readiness to properly identify moral issues and ethical dilemmas related to their own and others' work. | PS\_K01  PS\_K05 |

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| **PROGRAM** |
| **Lectures**   1. Factors responsible for change in the psychotherapy process - integrative model. 2. Assumptions about human functioning, basic clinical theories, understanding of maladaptive behavior, methods, and approaches in psychotherapy – based on the analysis of leading psychological paradigms:  * Psychoanalysis/psychodynamic approach; * Cognitive-behavioral approach; * Humanistic-existential approach; * Systemic approach.  1. Synthesis of main therapeutic systems - the trans-theoretical model and its application in so-called higher-order psychotherapy. 2. Evaluation of psychotherapy effectiveness - empirical analysis. |
| **Practical Classes** |
| Laboratory |
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| Project |
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| **Seminar** |
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| **Others** |
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| Basic literature\* | * Cave S. (2005). Terapie zaburzeń psychicznych. Gdańsk: GWP. * Gelso Ch.J., Hayes J.A. (2005). Relacja terapeutyczna. Gdańsk: GWP. * Grzesiuk L. (red.) (2006). Psychoterapia. ( tom 1-2), Warszawa: Eneteia. * Heaton A.H., (2005). Podstawy umiejętności terapeutycznych. Gdańsk: GWP. * Kottler J.A., (2005). Skuteczny terapeuta. Gdańsk: GWP. * Prochaska J.O., Norcross J.C. (2006). Systemy psychoterapeutyczne. Analiza transteoretyczna. Warszawa: Instytut Psychologii Zdrowia PTP. * Rakowska J. (2005). Skuteczność psychoterapii. Warszawa: Wydawnictwo Naukowe Scholar. * Sikorski W. (2009). Werbalne i niewerbalne oddziaływania w psychoterapii. Warszawa: Difin * Weeks G.R., L`Abrate L. (2000). Paradoks w psychoterapii. Gdańsk: GWP. * Zyss T. (red.) (2007). Przypadki kliniczne z psychiatrii i psychoterapii. Wrocław: Elsevier Urban & Partner. |
| Supplementary literature\* | * Corey G. (2005). Teoria i praktyka poradnictwa i psychoterapii. Poznań: Wydawnictwo Zysk i Ska. * Czabała J.Cz. (2006). Czynniki leczące w psychoterapii. Warszawa: Wydawnictwo Naukowe PWN. * Drat- Ruszczak K., Drążkowska- Zielińska E. (2005). Podręcznik pomagania. Podstawy pomocy psychologicznej. Szkoły i kierunki psychoterapii. Warszawa: Wydawnictwo SWPS „Academica”. * Edgan G. (1997). Kompetentne pomaganie. Poznań: Wydawnictwo Zysk i S-ka. * Grzesiuk L. (red.) (2006). Psychoterapia. (tom 3), Warszawa: Eneteia. * Kratochwil S. (2003). Podstawy psychoterapii. Poznań: Wydawnictwo Zysk i Ska. * Lazarus A. (2000). Wyobraźnia w psychoterapii. Gdańsk: GWP. * Preston J. (2005). Zintegrowana terapia krótkoterminowa. Podejście poznawcze, psychodynamiczne, humanistyczne i neurobehawioralne. Gdańsk: GWP. * Stirling J.D. (2005). Psychologia kliniczna. Psychopatologia. Gdańsk: GWP. |
| Teaching methods | Informative lecture with a multimedia presentation, problem-based lecture, discussion. |
| Distance learning methods |  |

\* *The literature may be changed after approval of the Director of the Institute*

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| Verification method | | Related learning outcomes |
| Active participation, contributions during classes | | 01, 02, 03, 07 |
| Preparation of a presentation on the specified topic. | | 01 - 06 |
| Assesment methods and conditions |  Final Assessment: Written examination | |

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| **STUDENT WORKLOAD** | | | |
| Type of activity | Estimated hours | | |
| Total | Including activities related to practical professional training | Including participation in classes conducted using distance learning methods and techniques |
| Participation in lectures | 30 | - |  |
| Independent study | 20 | - |  |
| Participation  in practical classes/workshops/seminars | - | - |  |
| Preparation for classes | - | - |  |
| Project/essay preaparation |  |  |  |
| Exam or assessment preparation | 23 |  |  |
| Consultations | 2 |  |  |
| Other |  |  |  |
| **TOTAL student workload** | 75 | - | - |
| Number of ECTS credits for the course | **3** | | |
| ECTS credits for practical activities | **0** | | |
| ECTS credits for distance learning activities: | **0** | | |
| ECTS credits for direct academic contact hours | **1,2** | | |