

## SYLLABUS

<b>COURSE TITLE</b>	<b>PSYCHOLOGY IN PRACTICE – HOW TO WORK WITH MENTALLY ILL PERSON?</b>
<b>CREDITS</b>	30 h (4 ETCS)
<b>LANGUAGE OF INSTRUCTION</b>	English
<b>DEPARTMENT/FACULTY</b>	Faculty of Pedagogy and Psychology
<b>LECTURER(S)</b>	mgr Marlena Stradomska
<b>COURSE OBJECTIVES</b>	
<p>Students who successfully complete this course will have a basic knowledge of and insight into:</p> <ul style="list-style-type: none"> <li>• The student is able to apply how to work with a person who has psychological, emotional or suicidal problems in professional way.</li> <li>• The student recognizes the problems related to difficult patient, people with depression, schizophrenia, bipolar disorder or suicidal thoughts.</li> <li>• The student is acquainted with specific forms of work with a person who needs psychological help, for students is it important to know the therapeutic, diagnostic, assistance methods and literature, which should be used to supplement knowledge about psychological threats in the modern world.</li> <li>• The student gains awareness of mental problems, determinants of mental disease and learns to position him/herself in debates.</li> </ul>	
<b>PREREQUISITES</b>	
<b>COURSE ORGANISATION – LEARNING FORMAT AND NUMBER OF HOURS</b>	
<p>Classes: 2 x 3 hrs/w.</p> <p>One workshops and one tutorial per week (on-line), both lasting three hours.</p>	
<b>COURSE DESCRIPTION</b>	
<p>The aim of the course is to familiarize students with the subject of working with a difficult client - in a special reference to mentally ill people. During the course will be presented issues generally related to working with a person suffering from mental disorders. The topic of skills will be addressed to person who want to practice. All of this predispositions should be possessed by a person working with mentally ill patients and after a suicide attempt, as well as the possibility of verifying them and widening. In the part devoted to aspects of professional practice, particular emphasis will be placed on assistance activities, prevention and social perception of people with mental illness.</p> <p>Topics:</p> <ol style="list-style-type: none"> <li>1. Characteristics of a difficult patient.</li> <li>2. Social perception and mental illness in the civilization of the 21st century.</li> <li>3. Types and determinants of mental illness.</li> <li>4. Organizational and preventive activities for mentally ill people.</li> <li>5. The role of the psychologist in working with people with mental problems.</li> <li>6. The specificity of working with a mentally ill person (therapy, workshop methods, psychological conversation, etc.)</li> <li>7. Places where you can acquire experience working with a mentally ill person.</li> <li>8. Care for people with mental disorders.</li> </ol>	
<b>METHODS OF INSTRUCTION</b>	Presentation, discussion, didactic film, reading assignments, quizzes,

demonstrations, case studies, workshops

#### REQUIREMENTS AND ASSESSMENTS

- \* Active participation in classes
- \* One presentation
- \* Final written exam

#### GRADING SYSTEM

Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.

**Presentation:** There will be one presentation to make and present on a faculty.

**Final test:** There will be an exam at the end (test: multiple choice, true/false and open cloze)

The exam will cover the text and workshops material

0-50% - 2.0 50-59%-3.0 60-69% -3.5

70-79%-4.0 80-89% - 4.5 90-100%-5.0

#### TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS

Activity	Hours:
Workshops	30
Preparation for classes (Reading, homework etc.)	25
Preparing a presentation	25
Revising for the final test	24
Final test	1
Total	105
ECTS	4

#### STUDYMATERIALS

#### PRIMARY OR REQUIRED BOOKS/READINGS:

1. Stradomska, M., Wolińska, J., Marczak, M. (2016). Circumstances and underlying causes of suicidal attempts in teen patients of mental health facilities - A psychological perspective, *Journal of Psychiatry and Clinic Psychology*, 16(3), 136-149.
2. Stradomska, M. (2018). Media education, advertisements and conscious prevention – preventing difficult situations and suicides in a younger age group. *Kongitywistyka i media w edukacji*, 2(2), 1-12.
3. Stradomska, M. (2019). Suicide and Internet addiction – psychological perspective. *Scientific Journal of Bielsko-Biala School of Finance and Law*, 23(1) 42-46.
4. World Health Organization (2016). Mental Health, [http://www.who.int/mental\\_health/media/investing\\_mnh.pdf](http://www.who.int/mental_health/media/investing_mnh.pdf)

#### SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:

1. Stradomska, M. (2019). Determinants of suicide attempts in a group of students – a preventive program at the university. *Journal of Psychiatry and Clinic Psychology*,

19(3), 293–307.

2. World Health Organization (2018). National suicide prevention strategies: progress, examples and indicators.