

## SYLLABUS

COURSE TITLE	Relaxation and imagery techniques										
CREDITS	4										
LANGUAGE OF INSTRUCTION	English										
DEPARTMENT/FACULTY	Faculty of Education and Psychology										
LECTURER(S)	Dr hab. Krzysztof Stachyra										
COURSE OBJECTIVES											
Students who successfully complete this course will have a basic knowledge of and insight into:											
<ul style="list-style-type: none"><li>• The student recognizes basic relaxation methods and techniques.</li><li>• The student can implement various forms of relaxation in real life situations</li><li>• The student is aware of the level of their knowledge and skills in using relaxation and imagery techniques and the need of constant work on self-development</li></ul>											
PREREQUISITES	No										
COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS											
Contact hours 30 Total number of hours with an academic teacher 30 Non-contact hours 30 Total number of non-contact hours 30											
COURSE DESCRIPTION											
The aim of the course is to get knowledge and skills how to cope with stress, support wellbeing and transform it all into better personal and professional life. Most of classes will take place in a practical form, during learning and experiencing various relaxation techniques (mostly connected to music) and discuss the results, feelings and thoughts.											
METHODS OF INSTRUCTION	Presentation, observation, discussion, reading assignments, demonstrations										
REQUIREMENTS AND ASSESSMENTS	<ul style="list-style-type: none"><li>* Attendance and active participation in classes</li><li>* One practical presentation</li><li>* Written or practical work</li></ul>										
GRADING SYSTEM	Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.  The practical part is very important. Students will be able to lead an example of relaxation or imagery technique with the other students or prepare written work.										
TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS		<table><tr><td>Activity</td><td>Hours:</td></tr><tr><td>Lecture</td><td>10</td></tr><tr><td>Workshops</td><td>20</td></tr><tr><td>Preparation for classes (Reading,</td><td>20</td></tr></table>		Activity	Hours:	Lecture	10	Workshops	20	Preparation for classes (Reading,	20
Activity	Hours:										
Lecture	10										
Workshops	20										
Preparation for classes (Reading,	20										

	homework etc.)	
	Preparing presentation	10
	Total	60
	ECTS	4

## STUDY MATERIALS

### PRIMARY OR REQUIRED BOOKS/READINGS:

1. Grocke D., Wigram T. (2007), *Receptive Methods in Music Therapy*. Jessica Kingsley Publishers, London & Philadelphia.
2. Booth J. (2005-2006), *Music, Drawing and Narrative. An adaptation of the Bonny Method of Guided Imagery and Music*. "Journal of the Association for Music and Imagery", vol. 10, s. 55-73.
3. Hammer S. E. (1996), *The effects of Guided Imagery through Music on state and trait anxiety*. "Journal of Music Therapy", 33 (1), s. 47-70.

### SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:

1. Bush C. (1995), *Healing imagery and music*. Rudra Press, Portland, OR.