**SYLLABUS**

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| 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:* The student recognizes basic relaxation methods and techniques.
* The student can implement various forms of relaxation in real life situations
* 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
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| 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 | \* Attendance and active participation in classes\* One practical presentation \* Written or practical work |
|  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  |

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| **Activity** | **Hours:** |
| Lecture | 10 |
| Workshops | 20 |
| Preparation for classes (Reading, homework etc.) | 20 |
| Preparing a presentation  | 10 |
| Total | 60 |
| ECTS | 4 |

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| 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.
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