

**DOCTORAL SCHOOL OF WROCLAW UNIVERSITY OF SCIENCE AND
TECHNOLOGY**

SUPERVISOR DECLARING/CONDUCTING COURSE: Katarzyna Zahorodna, Joanna Szymańska
DEPARTMENT: Department of Humanities and Social Sciences
SCIENTIFIC DISCIPLINE: psychology

COURSE CARD

Course name in Polish: Zdrowie psychiczne człowieka.
Course name in English: Mental health.
Course language: polish
University-wide general course type*:
The course is intended for all PhD students: YES /~~NO~~
1) BASIC COURSE
2) SPECIALIST COURSE
3) SEMINAR
4) HUMANISTIC COURSE
5) LANGUAGE

Subject code: DHQ100039S

* delete as applicable

	Lecture	Foreign language course	Seminar	Mixed forms
Number of hours of organized classes in university (ZZU)			30	
Grading	Exam	Exam	Oral presentation	Exam, inspection, evaluation classes
ECTS			0	

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER COMPETENCES

- 1.
- 2.

COURSE OBJECTIVES

- C1 introduction to the issue of mental health and wellbeing
 C2 presentation of selected mental health and behavioral problems
 C3 presentation of forms of psychological therapy and elements of health psychology
 C4 achievement of the ability to recognize disfunctions of emotional and cognitive nature in ones own life and the ability to successfully cope with them

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PROGRAM CONTENTS

Form of classes		Number of hours
1.	The psychological notion of the human being.	2
2.	Health and disease. Destigmatisation.	2
3.	Affective disorders.	2
4.	Anxiety disorders.	2
5.	Autoaggression and suicide.	2
6.	Psychotic disorders.	2
7.	Addictions.	2
8.	Violence.	2
9.	Types of psychological help.	2
10.	Schema therapy.	2
11.	Resilience. Mindfulness.	2
12.	Stress and forms of coping with it.	2
13.	The meaning of relationships in human life.	2
14.	The meaning of emotional intelligence and communication.	2
15.	Summary.	2
Total hours		30

TEACHING TOOLS USED

- N1. Interactive lecture
 N2. Group work
 N3. Individual students work
 N4. Discussion

ACHIEVED SUBJECT LEARNING OUTCOMES

Type of learning outcome	Code of learning outcome	Assessment of learning outcome
Knowledge	P8S_WK	Oral presentation, test
Abilities	P8S_UU	Individual work, group work
Abilities	P8S_UO	Group work
Social competencies	P8S_KO	Discussion, group work

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Lidia Cierpiałkowska, *Psychopatologia*, Scholar, Warszawa 2020
 [2] David Rosenhan, Walker Elaine, Martin Seligman, *Psychopatologia*, Zysk i S-ka, Warszawa 2017
 [3] James Butcher, Jill Hooley, Susan Mineka, *Psychologia zaburzeń*, GWP, Gdańsk 2017

SECONDARY LITERATURE:

- [1] Bruce Stevens, Eckhard Roediger, *Emocjonalne pułapki w związkach*, GWP, Sopot 2019
 [2] Matthew McKey, Patrick Fanning, Avigail Lev, Michelle Skeen, *Relacje na huśtawce*, GWP, Sopot 2018
 [3] John Teasdale, Mark Williams, Zindel Segal, *Praktyka uważności*, Wydawnictwo Uniwersytetu

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Jagiellońskiego, Kraków 2016

- [4] Rick Hanson, Forrest Hanson, *Rezyliencja*, GWP, Sopot 2019
- [5] Steven Hayes, Spencer Smith, *W pułapce myśli*, GWP, Sopot 2019
- [6] Zofia Mińska-Wrzościńska [red.] *Psychoterapia dziś. Rozmowy*, PWN, Warszawa 2018

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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Dr Joanna Szymańska (joanna.szymanska@pwr.edu.pl)