

**Field of study:****Psychology**

Subject: Stress and stress related disorders

Level of study: graduate studies

System of study: Full-time

Profile of studies: general academic

Subject: Stress and stress related disorders

Form of classes and the ECTS points

	Number of hours	ECTS points	Credit
exercises	30		credit with mark
Total	30	5	

Aims of teaching

- To acquaint students with the area of knowledge related to stress and disorders related to it

Intended learning outcomes

KNOWLEDGE		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_W1	-Understanding the mechanism of stress and its effect on mental health	Ps_WG05_Mgr Ps_WG06_Mgr Ps_WG08_Mgr Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr

SKILLS		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_U1	-Ability to translate knowledge into the field of practice	Ps_UW01_Mgr Ps_UW02_Mgr Ps_UW03_Mgr Ps_UW04_Mgr Ps_UW06_Mgr Ps_UW07_Mgr Ps_UW08_Mgr Ps_UW09_Mgr

SOCIAL COMPETENCES		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K1	ability to apply knowledge in the field of practice	Ps_KK01_Mgr Ps_KK02_Mgr Ps_KK03_Mgr

Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	- Theory - Practice	exercises	30 / 30

Conditions of completion

EXERCISES

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Exam (for the lecturers only)	80
Presence in classes	20

Teaching methods

- case studies
- discussion in the class
- lectures

Reading (compulsory)

- Van der Kolk, B. A.. The body keeps the score: Memory and the evolving psychobiology of posttraumatic stress 2014

Reading (additional)

- Lack of literature

Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
KNOWLEDGE			
P_W1	Ps_WG05_Mgr Ps_WG06_Mgr Ps_WG08_Mgr Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr	1	
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U1	Ps_UW01_Mgr Ps_UW02_Mgr Ps_UW03_Mgr Ps_UW04_Mgr Ps_UW06_Mgr Ps_UW07_Mgr Ps_UW08_Mgr Ps_UW09_Mgr	1	
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K1	Ps_KK01_Mgr Ps_KK02_Mgr Ps_KK03_Mgr	1	