

**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 | |