

## Psychotherapy

### Educational subject description sheet

#### Basic information

<b>Department</b> Faculty of Medicine  <b>Field of study</b> Medical Program  <b>Study level</b> long-cycle master's degree program  <b>Study form</b> full-time  <b>Education profile</b> general academic  <b>Disciplines</b> Medical science  <b>Subject related to scientific research</b> Yes		<b>Didactic cycle</b> 2016/17  <b>Realization year</b> 2019/20  <b>Lecture languages</b> English  <b>Block</b> obligatory for passing in the course of studies  <b>Mandatory</b> obligatory  <b>Examination</b> graded credit  <b>Standard group</b> E. Clinical non-procedural medical disciplines
<b>Subject coordinator</b>	Krzysztof Rutkowski	
<b>Lecturer</b>	Krzysztof Rutkowski, Jerzy Sobański, Edyta Dembińska, Michał Mielimąka, Anna Citkowska-Kisiełewska, Katarzyna KŁasa, Patrycja Jęda, Magdalena Pelc	

<b>Periods</b> Semester 7, Semester 8	<b>Examination</b> graded credit  <b>Activities and hours</b> seminar: 3, classes: 17	<b>Number of ECTS points</b> 1.0
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#### Goals

C1	Ability to maintain therapeutic contact with psychiatric patient.
C2	Ability to basic clinical decisions making and treatment qualification of patients especially regarding psychotherapy.
C3	Advisory competencies regarding choice or verification of psychotherapy related influences (e.g. counselling, support).

## Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
<b>Knowledge - Student knows and understands:</b>			
W1	methods of diagnostic and therapeutic procedures appropriate for specific disease states	O.W3	classroom observation, multiple choice test
W2	symptoms, principles of diagnosis and therapeutic management in the most frequent mental disorders, including 1) schizophrenia, 2) affective disorders, 3) neurotic and adaptive disorders, 4) nutritional disorders, 5) disturbances related to the intake of psychoactive substances, 6) sleep disorders	E.W17	classroom observation, multiple choice test
W3	the specificity of mental disorders and their treatment in children, adolescents and in old age	E.W19	multiple choice test
W4	symptoms of mental disorders in the course of somatic diseases, their influence on the course of the basic disease and prognosis and the principles of their treatment	E.W20	multiple choice test
W5	the problem of human sexuality and fundamental disorders associated with it	E.W21	classroom observation, multiple choice test
W6	basic psychotherapeutic techniques and principles for combining psychotherapy and pharmacotherapy	E.W58	classroom observation, multiple choice test
W7	principles of implementing psychotherapeutic dialog and types of therapeutic interventions	E.W57	classroom observation, multiple choice test
W8	understands the symptoms, understands the etiology, treatment rules and is able to establish therapeutic contact with patients with the most common disorders: a) anxiety, somatic and other neurotic forms b) post-traumatic disorders c) personality and behavioral disorders of adults	E.W56	classroom observation, multiple choice test
W9	ethical, social and legal conditions for practicing the medical profession and the principles of health promotion, based on scientific evidence and accepted standards	O.W4	classroom observation, multiple choice test
<b>Skills - Student can:</b>			
U1	implement appropriate and safe therapeutic treatment and predict its effects	O.U4	classroom observation, multiple choice test
U2	plan own learning activities and constantly learn in order to update own knowledge	O.U5	classroom observation
U3	communicate with the patient and his family in an atmosphere of trust, taking into account the needs of the patient	O.U7	multiple choice test
U4	communicate and share knowledge with colleagues in a team	O.U8	classroom observation, multiple choice test
U5	critically evaluate the results of scientific research and adequately justify the position	O.U9	classroom observation, multiple choice test
U6	plan the diagnostic procedure and interpret its results	O.U3	classroom observation, multiple choice test
U7	identify life-threatening conditions that require immediate medical intervention	O.U2	classroom observation, multiple choice test

U8	identify medical problems and prioritize medical management	O.U1	classroom observation, multiple choice test
U9	carry out a medical history with an adult patient	E.U1	classroom observation, multiple choice test
U10	conduct a psychiatric examination	E.U5	classroom observation, multiple choice test
U11	evaluate and describe the somatic and mental state of the patient	E.U13	classroom observation, multiple choice test
U12	recognize immediate life-threatening conditions	E.U14	classroom observation, multiple choice test
U13	qualify the patient for home and hospital treatment	E.U20	classroom observation, multiple choice test
U14	recognize states in which the duration of life, functional state or patient preferences limit the conduct in accordance with the guidelines specified for a given disease	E.U21	classroom observation, multiple choice test
U15	recognize the symptoms of drug dependence and propose treatment	E.U19	classroom observation, multiple choice test
U16	propose individualization of existing therapeutic guidelines and other methods of treatment in the face of ineffectiveness or contraindications to standard therapy	E.U18	classroom observation
U17	plan diagnostic, therapeutic and prophylactic procedures	E.U16	classroom observation, multiple choice test
U18	perform differential diagnosis of the most common diseases of adults and children	E.U12	classroom observation, multiple choice test
U19	plan specialist consultations	E.U32	classroom observation, multiple choice test
U20	interpret pharmaceutical characteristics of medicinal products and critically assess advertising materials for medicines	E.U31	classroom observation
U21	maintain patient's medical records	E.U38	multiple choice test
U22	negotiate patient referral for psychotherapy and empathic patient support during a crisis	E.U50	classroom observation, multiple choice test
<b>Social competences - Student is ready to:</b>			
K1	to establish and maintain deep and respectful contact with patients and to show understanding for differences in world views and cultures	O.K1	classroom observation, multiple choice test
K2	to be guided by the well-being of a patient	O.K2	classroom observation, multiple choice test
K3	respect medical confidentiality and patients' rights	O.K3	classroom observation, multiple choice test
K4	take actions towards the patient on the basis of ethical norms and principles, with an awareness of the social determinants and limitations of the disease	O.K4	classroom observation, multiple choice test
K5	perceive and recognize own limitations and self-assessing educational deficits and needs	O.K5	classroom observation
K6	promote health-promoting behaviors	O.K6	classroom observation

K7	use objective sources of information	O.K7	classroom observation
K8	formulate conclusions from own measurements or observations	O.K8	classroom observation
K9	implement the principles of professional camaraderie and cooperation in a team of specialists, including representatives of other medical professions, also in a multicultural and multinational environment	O.K9	classroom observation, multiple choice test
K10	formulate opinions on the various aspects of the professional activity	O.K10	classroom observation, multiple choice test
K11	assume responsibility for decisions taken in the course of their professional activities, including in terms of the safety of oneself and others	O.K11	classroom observation, multiple choice test

### Calculation of ECTS points

Activity form	Activity hours*
seminar	3
classes	17
preparation for classes	5
preparation for examination	5
<b>Student workload</b>	<b>Hours</b> 30
<b>Workload involving teacher</b>	<b>Hours</b> 20
<b>Practical workload</b>	<b>Hours</b> 17

\* hour means 45 minutes

### Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Psychotherapy combined with pharmacotherapy	W1, W2, W3, W4, W5, W6, U1, U11, U12, U15, U16, U17, U20, U21, U5, U7, U8, K1, K2, K4, K5, K7, K8, K9	seminar
2.	Neurobiology and psychotherapy	W1, W2, W3, W4, W6, W8, U11, U15, U16, U2, U20, U5, U8, K5, K7	seminar
3.	Psychodynamic etiology of psychiatric disorders treated with psychotherapy	W2, W5, W8, U10, U5, U9, K7, K8	seminar

4.	Psychotherapy effectiveness	W1, W2, W3, W4, W5, W6, W8, W9, U1, U13, U15, U16, U17, U2, U4, U5, K10, K2, K5, K7, K8	seminar
5.	Contact, psychotherapeutic relationship, nonspecific and specific curative factors in psychotherapy process	W1, W2, W3, W4, W5, W6, W7, U1, U10, U11, U12, U15, U17, U22, U3, U4, U9, K1, K10, K2, K3, K4, K5, K8, K9	classes
6.	Psychotherapy versus psychological help	W1, W2, W3, W4, W5, W6, W7, W8, W9, U1, U10, U11, U12, U16, U17, U2, U22, U3, U4, U5, U9, K1, K2, K3, K4, K5, K8, K9	classes
7.	Curative and „developmental“ understanding of psychotherapy	W1, W2, W3, W5, W6, W7, W8, U1, U10, U11, U12, U14, U17, U18, U2, U22, U3, U4, U9, K1, K10, K2, K3, K4, K5, K6, K7, K9	classes
8.	Elements of psychotherapy in every medical action	W1, W2, W3, W4, W5, W6, W7, W8, W9, U1, U10, U11, U12, U13, U15, U19, U2, U21, U22, U3, U4, U7, U8, U9, K1, K2, K4, K5, K6, K8, K9	classes
9.	Behavioral rules when in dialogue (basic rules of intervening for doctors, psychotherapists)	W1, W2, W3, W5, W6, W7, W8, U10, U11, U12, U22, U3, U9, K1, K5	classes
10.	Assumptions and rules of psychoanalytic psychotherapy, behavioral, cognitive, systemic	W1, W2, W3, W6, W7, W8, U1, U22, U5, K1, K10, K5, K7	classes
11.	Qualification for psychotherapy	W1, W2, W3, W4, W5, W6, W7, W8, W9, U1, U10, U13, U14, U15, U16, U17, U19, U22, U3, U5, U6, U8, U9, K1, K10, K11, K2, K3, K4, K5, K6, K7, K8, K9	classes
12.	Range, indications for short-term and long-term psychotherapy	W1, W2, W3, W4, W5, W6, W7, W8, U1, U13, U14, U16, U17, U22, U5, U7, K2, K4, K7, K8	classes
13.	Rules of work focused on symptoms, insight-oriented work focused on background, inclusion of biographical data	W1, W2, W3, W4, W5, W6, W7, W8, U1, U10, U11, U16, U17, U18, U22, U3, U6, U9, K1, K11, K2, K4, K8, K9	classes
14.	Psychotherapist's work in group. Influencing therapy group' dynamics and knowing specific and nonspecific curative factors in group psychotherapy process	W1, W2, W3, W4, W5, W6, W7, W8, W9, U1, U11, U13, U14, U16, U17, U2, U22, U3, U4, U7, K1, K10, K11, K2, K3, K4, K5, K8, K9	classes

15.	Learning psychotherapeutic techniques e.g. hypnosis, psychodrama, psychotherapeutic drawing, guided imagery, music therapy etc.	W1, W2, W3, W4, W5, W6, W8, W9, U1, U14, U15, U17, U2, U3, U5, U6, K1, K10, K2, K4, K5, K7, K9	classes
16.	Application of psychotherapeutic influences in various sectors of medicine and in rehabilitation and with patients with various disorders	W1, W2, W3, W4, W5, W6, W7, W8, W9, U1, U10, U11, U12, U14, U15, U16, U17, U18, U2, U21, U22, U3, U4, U5, U7, U8, U9, K1, K10, K11, K2, K3, K4, K5, K6, K7, K8, K9	classes

## Course advanced

### Teaching methods:

case study, brainstorm, classes / practicals, clinical classes, classes in simulated conditions, demonstration, discussion, staging, problem solving method, case study method, situation method, group work, seminar, simulation

Activities	Examination methods	Credit conditions
seminar	multiple choice test	Test exam is combined with test exam regarding exercises.
classes	classroom observation, multiple choice test	Practicals credited by Chair and Dept assistants based on skills, knowledge and active participation. Test exam consisted of 25 multiple choice questions (60% correct answers is required). Test 25 questions 0-14 – 2,0 15-16 – 3,0 17-18 – 3,5 19-20 – 4,0 21-22 – 4,5 23-25 – 5,0 Student's high activity can be granted 0,5.

### Additional info

The students are required to attend all classes and participate actively in them. The students are expected to complete all assignments requested by the teaching assistant and come to the class fully prepared. Furthermore, the students should participate in the patient's examination, particularly in clinical discussions, including differential diagnosis and treatment planning.

Note: The students must always be on time for the classes. Those arriving late may not join the ongoing patient's examination once it has started.

Should the student's absence be justified with a legitimate reason (in line with the general regulations of the Jagiellonian University Medical College), the teaching assistant shall decide on how the student makes up for the absence.

No change of outfit is required. Business casual or smart casual outfits are recommended.

## Entry requirements

Presence is obligatory.

## **Literature**

### **Obligatory**

1. Kaplan & Sadock's Synopsis of Psychiatry / Edition 12, 2016, ISBN 9781975145569

### **Optional**

1. Michael J. Lambert, ed. Bergin and Garfield's Handbook of Psychotherapy and Behavior Change, 6th Edition. Wiley, 2013, ISBN: 978-1-118-03820-8.
2. Stanley B. Messer and Alan S. Gurman, Essential Psychotherapies, theory and practice. The Guilford Press, 2014

## Standard effects

Code	Content
E.U1	carry out a medical history with an adult patient
E.U5	conduct a psychiatric examination
E.U12	perform differential diagnosis of the most common diseases of adults and children
E.U13	evaluate and describe the somatic and mental state of the patient
E.U14	recognize immediate life-threatening conditions
E.U16	plan diagnostic, therapeutic and prophylactic procedures
E.U18	propose individualization of existing therapeutic guidelines and other methods of treatment in the face of ineffectiveness or contraindications to standard therapy
E.U19	recognize the symptoms of drug dependence and propose treatment
E.U20	qualify the patient for home and hospital treatment
E.U21	recognize states in which the duration of life, functional state or patient preferences limit the conduct in accordance with the guidelines specified for a given disease
E.U31	interpret pharmaceutical characteristics of medicinal products and critically assess advertising materials for medicines
E.U32	plan specialist consultations
E.U38	maintain patient's medical records
E.U50	negotiate patient referral for psychotherapy and empathic patient support during a crisis
E.W17	symptoms, principles of diagnosis and therapeutic management in the most frequent mental disorders, including 1) schizophrenia, 2) affective disorders, 3) neurotic and adaptive disorders, 4) nutritional disorders, 5) disturbances related to the intake of psychoactive substances, 6) sleep disorders
E.W19	the specificity of mental disorders and their treatment in children, adolescents and in old age
E.W20	symptoms of mental disorders in the course of somatic diseases, their influence on the course of the basic disease and prognosis and the principles of their treatment
E.W21	the problem of human sexuality and fundamental disorders associated with it
E.W56	understands the symptoms, understands the etiology, treatment rules and is able to establish therapeutic contact with patients with the most common disorders: a) anxiety, somatic and other neurotic forms b) post-traumatic disorders c) personality and behavioral disorders of adults
E.W57	principles of implementing psychotherapeutic dialog and types of therapeutic interventions
E.W58	basic psychotherapeutic techniques and principles for combining psychotherapy and pharmacotherapy
O.K1	to establish and maintain deep and respectful contact with patients and to show understanding for differences in world views and cultures
O.K2	to be guided by the well-being of a patient
O.K3	respect medical confidentiality and patients' rights
O.K4	take actions towards the patient on the basis of ethical norms and principles, with an awareness of the social determinants and limitations of the disease
O.K5	perceive and recognize own limitations and self-assessing educational deficits and needs
O.K6	promote health-promoting behaviors
O.K7	use objective sources of information
O.K8	formulate conclusions from own measurements or observations



<b>Code</b>	<b>Content</b>
O.K9	implement the principles of professional camaraderie and cooperation in a team of specialists, including representatives of other medical professions, also in a multicultural and multinational environment
O.K10	formulate opinions on the various aspects of the professional activity
O.K11	assume responsibility for decisions taken in the course of their professional activities, including in terms of the safety of oneself and others
O.U1	identify medical problems and prioritize medical management
O.U2	identify life-threatening conditions that require immediate medical intervention
O.U3	plan the diagnostic procedure and interpret its results
O.U4	implement appropriate and safe therapeutic treatment and predict its effects
O.U5	plan own learning activities and constantly learn in order to update own knowledge
O.U7	communicate with the patient and his family in an atmosphere of trust, taking into account the needs of the patient
O.U8	communicate and share knowledge with colleagues in a team
O.U9	critically evaluate the results of scientific research and adequately justify the position
O.W3	methods of diagnostic and therapeutic procedures appropriate for specific disease states
O.W4	ethical, social and legal conditions for practicing the medical profession and the principles of health promotion, based on scientific evidence and accepted standards