



SYLLABUS	
Course:	Psychology
Subject:	Training: How to overcome stress
Department	Department of Psychology
Study Level	Master degree
Semester	Spring
ECTS Credits	4 (30hrs)
Teaching methods	Workshop (30hrs)
Course Topics	Workshops <ol style="list-style-type: none">1. Own resources in the work of a psychologist - identification and improvement-2h2. Cognitive-behavioral techniques of working on rational / healthy thinking and coping with stress-2h3. Relaxation as a source of relaxation and a health support technique. The role of breathing and muscle relaxation - 2h4. Jacobson training-2h5. Schultz autogenic training. -2h6. Creative visualization as a way of coping with stress and the possibility of using it in group work -2h7. Mindfulness in work with adults - practical exercises-2h8. Mindfulness in working with children and youth - practical exercises-2h9. Effective methods of coping with stress - practical exercises based on selected relaxation techniques - 3h10. Effective methods of coping with stress - practical exercises based on selected breathing techniques - 3h11. Effective methods of coping with stress - practical exercises based on selected cognitive-behavioral techniques-2h12. Effective methods of coping with stress - practical exercises based on selected mindfulness-4h techniques13. Practical exercises to counteract burnout - 2 h
Grading policy	The final evaluation from the lectures is the sum of the grades: - developing tasks (in preparation for classes) and presenting them in class (60%), - activity during classes (40%) - documented with pluses: 3 pluses - 5.0; 2 pluses - 4.0; 1 plus - 3.0.
References	Greenberg J.S. (2020) <i>Comprehensive Stress Management</i> , 15th Edition, McGraw-Hill.



	Lehrer, P. M., Woolfolk, R. L. (2021) <i>Principles and Practice of Stress Management</i> , 4th Edition, Guilford Publications. Taylor, S. E. (2017) <i>Health Psychology</i> , 11th Edition, McGraw-Hill.	
Prerequisites	Language: English, CEFR level B1 or higher	
	Other:	
Teacher	mgr Agnieszka Korcz	
	Location:	ul. Malczewskiego 22
	Email:	a.korcz@urad.edu.pl
	Phone:	(48) 48 361 78 41
Tuition fees	do not apply for EU/EEA citizens or exchange students	