

**INDEPENDENT LABORATORY OF PSYCHOLOGY AND SOCIOLOGY IN MEDICINE
COURSE IN PSYCHOLOGY
FOR STUDENTS OF FACULTY OF MEDICINE**

The name of Unit in which the subject is realized

Independent Laboratory of Psychology and Sociology in Medicine

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Head

Dr hab. n. hum. Aleksandra Żukrowska

Assistant providing

mgr Aleksandra Zarek

mgr Monika Tyszkiewicz-Bandur

Total hours:

30 hours include:

20 h of seminars

10 h classes

ECTS: 1

The aim of teaching Psychology is to convey knowledge on psychology of cognitive processes, emotion, motivation and personality, as well as acquaint the students with psychological mechanisms typical for stressful situation, including illness, mechanisms of interpersonal communication and its blockades and resolution of conflicts. The aim of the subject is also to use gained knowledge in the process of collecting information from a patient during interview.

FORMS OF ACTIVITIES

Subject of Psychology is carried out in V term in the form of classes, seminars and credit test. There are no lectures.

1. **Classes with Psychology** include 20 h in V term and are devoted to medicine psychology with special attention to communication skills helpful in successful interview. The classes, lasting 2 h, are carried out in 10-12 group of students per tutor.
2. **Seminars with Psychology** are conducted during 10 h in V term. They include basic knowledge in general psychology, including personality and testing. The seminars are carried out in group of 20-30 students a one tutor.
3. **The credit test** with psychology is carried out as a paper with 5 questions to be covered. The exam has two re-takes.

PROGRAM OF PSYCHOLOGY

1. **The introduction to psychology. The basic approaches:**
 - psychodynamic
 - learning theory
 - cognitive
 - humanistic,
 - physiological
 - social
 - evolutionary
2. **Testing in psychology**
 - aims of testing
 - psychometric testing – features of a good test (cogency, reliability, standardization)
 - methods of testing
 - WAIS – R Skala Inteligencji Wechslera dla Dorosłych
 - Test Matryc Ravena
 - Test Roschacha
 - Skala Inteligencji Emocjonalnej – Twarze
3. **Personality in Sigmund Freud's theory.**
 - topographical, genetical, dynamical, economical and structural aspect of a model of personality
 - structural components of personality: id, ego, superego and their functioning
 - psychosexual stages of development: oral, anal, phallic, latency and genital, Oedipus complex
 - basic defense mechanisms of Ego
4. **Body image as one aspect of self in health and illness.**
5. **Building the relationship with a patient**
 - nonverbal skills
 - empathy (reflection, legitimation)
 - personal support
 - respect
6. **Assessing the patients problems**
 - listening behaviour
 - facilitation
 - clarification and direction
 - checking
7. **Managing the patients problems**
 - education about the illness
 - providing a basic diagnosis
 - responding to the patient feelings about the diagnosis
 - checking the patient knowledge of the illness
 - providing details of the diagnosis
 - checking the patient's understanding of the problem
 - negotiation and motivation
8. **Basic counseling skills** (video illustration)

- non-specific skills (attending, minimal encouragements)
 - specific skills (open invitation to talk, paraphrasing, reflecting feelings, summarizing, clarification, concreteness)
9. **Common stress of illness.**
10. **Adaptive tasks of illness.**
11. **Typical emotional reactions to illness**
- regression, denial, suppression, repression, anxiety, anger, sadness
12. **Maladaptive reactions to illness**
- persistent anger, adjustment disorder with depressed mood and major depression, adjustment disorder with anxious mood/anxiety disorder.
13. **Specific problems in medical interview:**
- sexual issues
 - interviewing family
 - interviewing elderly patients
 - breaking bad news
14. **Troubling personality styles and somatization**
15. **Personality self-portrait**
- self-adjusted tests – factors influencing cogency and reliability
 - personality styles

Textbooks

1. Cole, Steven A.: The medical interview. St. Louis : Mosby, 2000.
2. Taylor, Shelley E.: Health psychology. Boston : McGraw-Hill, 2006.
3. Glassman, William E.: Approaches to psychology. Maidenhead, New York: Open University Press, 2007.
4. Cash, Thomas F. Red.: Body image :. New York ; London : Guilford Press, 2002.