

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Uvod v psihosocialno pomoč
Course title: Introduction to psychosocial help

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč	/	1.	1.
Psychosocial counseling	/	1st	1st

Vrsta predmeta / Course type

Obvezni/Compulsory

Univerzitetna koda predmeta / University course code:

UPSP

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30	0	45	0	0	105	6

Nosilec predmeta / Lecturer:Doc.dr. Nevenka Podgornik / Nevenka Podgornik, Ph.D.,
Assistant Professor**Jeziki /
Languages:****Predavanja /
Lectures:** Slovensko / Slovenian**Vaje / Tutorial:** Slovensko / Slovenian**Pogoji za vključitev v delo oz. za opravljanje
študijskih obveznosti:**

Ni posebnih pogojev.

Prerequisites:

No special prerequisites.

Vsebina:

- Osnovne definicije in okvir psihosocialnega svetovanja
- Razlike in podobnosti med svetovanjem in psihoterapijo
- Razvoj in začetniki psihosocialnega svetovanja
- Prispevek Carla Rogersa k razvoju psihosocialnega svetovanja

Content (Syllabus outline):

- Basic definitions and framework of psychosocial counseling.
- Differences and similarities among psychosocial counselling and psychotherapy
- Development of and pioneers in psychosocial counseling.
- Carl Rogers contribution to the

- Področja svetovanja: zdravstvo, organizacijsko področje, šolsko svetovanje, poklicno svetovanje, svetovanje otrokom in mladostnikom, svetovanje v okviru religiozne skupnosti
- Individualno, partnersko in skupinsko svetovanje
- Psihosocialno svetovanje v okviru različnih psihoterapevtskih pristopov
- Pozitivna psihologija in psihosocialno svetovanje
- Vzpostavljanje svetovalnega odnosa
- Osnovne metode in tehnike psihosocialnega svetovanja

- development of psychosocial counseling
- Learning about various psychosocial problem areas: medical, organizational, school counselling, job counselling, counselling for children and youth, counselling within religious communities
- Individual, partner and group counseling.
- Psychosocial counseling in the context of different psychotherapeutic approaches.
- Positive psychology and psychosocial counseling
- Establishing a psychosocial relationship
- Basic methods and techniques of psychosocial counseling.

Temeljni literatura in viri / Readings:

Vries, Sjef de in Bouwkamp, Roel (2002). *Psihosocialna družinska terapija*. Logatec: Firis.

Čačinovič Vogrinčič, Gabi, Kobal, Leonida, Mešč, Nina in Možina, Miran. (2005). Vzpostavljanje delovnega odnosa in osebnega stika. *Zbirka Katalog socialnega dela*. V Ljubljani: Fakulteta za socialno delo (str. 124).

Žvelc, Maša, Možina, Miran in Bohak, Janko (ur.) (2011). *Psihoterapija*. Ljubljana: IPSA.

Glasser, W. (2000). *Realitetna terapija v praksi*. Radovljica: Mca.

Stewart, I. (1989). *Transactional Analysis Counselling in Action*. London, Newbury Park, New Delhi: SAGE Publications.

Rogers, Carl (2003). *Client-centered Therapy: Its current practice, implications and theory*. London : Constable & Robinson.

Powers, William T. (2005). *Behavior: The control of perception*. New Canaan: Benchmark Publications.

Lamovec, Tanja (1995). *Ko rešitev postane problem in zdravilo postane strup*. Ljubljana: Lumi.

Cilji in kompetence:

Cilj: Spoznavanje osnov psihosocialnega svetovanja.

Učna enota prispeva k razvoju naslednjih splošnih in predmetnospecifičnih kompetenc:

- poznavanje in razumevanje osnovnih konceptov in metod, seznanjenost z novostmi na področju študija
- sposobnost uporabe znanja v praksi in reševanja problemov
- sposobnost uporabe znanja in metod psihosocialnega svetovanja v konkretnih situacijah neposrednega dela s klienti.

Objectives and competences:

Objective: Learning about basics of psychosocial counseling.

Learning unit contributes to the development of the following generic and subject specific competences:

- Knowledge and understanding of basic concepts and methods, familiarity with innovations in the program field
- The ability to apply knowledge in practice and problem solving
- Ability to use knowledge and methods of psychosocial counseling in concrete situations of practical work with clients.

Predvideni študijski rezultati:

Od študentov se pričakuje, da bodo zmožni:

- formulirati model človeškega delovanja in posameznikov razvoj, formulirati model terapevtske spremembe,
- vzpostaviti in delati z odnosom v svetovalnem delu, skladnim z njihovo modaliteto,
- oblikovati in uporabiti ustrezne procese v svetovalnem delu,
- delati ustrezne intervencije in obvladati ustrezno zaključevanje procesa,
- kritično in konsistentno reflektirati svoje funkcioniranje v procesu svetovalnega dela za izboljšavo svoje prakse,
- izkazati zavedanje konteksta svetovalne situacije in se temu prilagaja

Intended learning outcomes:

Student have to show the capability to:

- formulate a model of human functioning and development, and to formulate a model of therapeutic change,
- establish and maintain a relationship with a client during counseling, which is congruent with the used approach,
- design and use appropriate processes in counseling process,
- use appropriate interventions and appropriate termination processes,
- critically and consistently reflect their functioning in the process of counseling to improve their practices,
- to be aware of ethical and professional responsibility as counselor.

Metode poučevanja in učenja:

Predavanja z aktivno udeležbo študentov (razlaga, diskusija, analiza primerov, vprašanja)

Eksperimentalne vaje, ki temeljijo na izkušenjskem, sodelovalnem in problemskem učenju (skupinske diskusije na podlagi predhodnega študija teoretskih virov, skupinski proces, terapevtsko delo v trojkah, supervizije v živo, delo v vrstniških skupinah, igre vlog, demonstracije metod in tehnik)

Individualne in/ali skupinske konzultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj);

Learning and teaching methods:

Lectures with the active participation by the students (explanation, discussion, presentation, problems solving, questions)

Seminars based on experience based learning, participation in problem learning (group discussion based on independent study of relevant theory, team work, therapeutic work in groups of three, live supervisions, peer work groups, role playing, demonstrations of methods and techniques);

Individual and/or groups consultations (discussion, additional explanation, dealing with specific issues);

Načini ocenjevanja:

Delež (v %) /
Weight (in %)

Assessment:

Izdelava in zagovor projektne naloge, ki demonstrira integracijo teorije in osebne izkušnje (prakse).

40%

Seminar work with reports on experimental exercises and presentation of the work and demonstrates integration of theory and personal experience (practical work).

Pisni izpit.

60%

Written exam.

Reference nosilca / Lecturer's references:

PODGORNIK, Nevenka. *Psihične krize sodobnega človeka. Sociološko-antropološka perspektiva in vpogled v psihoterapevtsko prakso*. Trnava: Univerza Sv. Cirila in Metoda, 2014

PODGORNIK, Nevenka. Mental health as a public social problem. *Global journal of human social sciences*, 2014, vol. 14, issu. 1, str. 22-31

PODGORNIK, Nevenka. Reality psychotherapeutic process with a person that has mental disorders. *Research in social change*, ISSN 1855-4202, 2012, no. 4, iss. 3, str. 187-216

PODGORNIK, Nevenka. Depression : a socio-cultural way of manifesting women's psychological crises. *Anthropological notebooks*, 2012, year 18, no. 2, str. 55-67

PODGORNIK, Nevenka. Reflektiranje učne terapije. *Svet kakovosti*, dec. 2009, letn. 14, str. 28-29.

PODGORNIK, Nevenka. A Psychotherapeutic treatment of psychosomatic problems. *Innovative*

issues and approaches in social sciences, 2014, vol. 7, no. 3, str. 148-166.

PODGORNIK, Nevenka. Terapevtsko-svetovalni proces z osebo, zasvojeno s spolnostjo = A counselling process with a person addicted to sex. *Kairos*, 2012, letn. 6, št. 1-2, str. 67-84

PODGORNIK, Nevenka. Psihologija osebne svobode sodobnega človeka. *Anthropos*, 2010, letn. 42, št. 3/4, str. 153-167.

PODGORNIK, Nevenka. Terapevtsko svetovalni proces z otrokom in mladostnikom s težavami v odraščanju in njegovimi starši. *Educa*, jun./jul. 2011, letn. 20, [št.] 2/3, str. 62-74.

PODGORNIK, Nevenka. Prikaz obravnave težav v duševnem zdravju z realitetnim svetovalno-terapevtskim pristopom : študija primera = A presentation of a treatment of psychological problem with reality therapy : case study. *Kairos*, 2011, letn. 5, št. 1/2, str. 59-73.