

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** Uvod v psihosocialno pomoč  
**Course title:** Introduction to Psychosocial Support

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč (VS) / Psychosocial support (BA)	Program nima smeri / Program has a single course	Prvi / First	Prvi / First
Prva stopnja / First level			

**Vrsta predmeta / Course type**

Obvezni / Compulsory

**Univerzitetna koda predmeta / University course code:**

UPSP / IPS

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		40			140	7

**Nosilec predmeta / Lecturer:**

Doc. dr. Primož Rakovec / Assist. Prof. Primož Rakovec, Ph.D.

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovenski / Slovenian, Angleški / English

**Vaje / Tutorial:** Slovenski / Slovenian, Angleški / English

**Pogoji za vključitev v delo oz. za opravljanje  
študijskih obveznosti:**

Ni posebnih pogojev.

**Prerequisites:**

No special prerequisites.

**Vsebina:**

- osnovne definicije in okvir psihosocialne pomoči in svetovanja,
- razvoj in začetniki psihosocialnega svetovanja,
- prispevek Carla Rogersa k razvoju psihosocialnega svetovanja,
- vzpostavljanje svetovalnega odnosa,
- osnovne metode in tehnike psihosocialnega svetovanja,
- individualno, partnersko in skupinsko svetovanje,
- pozitivna psihologija in psihosocialno svetovanje.

**Content (Syllabus outline):**

- Basic definitions and framework of psychosocial support and counselling,
- development of and pioneers in psychosocial counselling,
- Carl Rogers contribution to the development of psychosocial counselling,
- establishing a psychosocial relationship,
- basic methods and techniques of psychosocial counselling,
- individual, partner and group counselling,
- positive psychology and psychosocial counselling.

**Temeljni literatura in viri / Readings:**

EGAN, Gerard. *The Skilled Helper. 10 th Ed.* Belmont: Brooks/Cole, 2014.

VRIES, Sjeff de, BOUWCAMP, Roel. *Psihosocialna družinska terapija.* Logatec: Firis, 2002.

YOUNG, E. Mark. *Learning the Art of Helping. 5th Ed.* London: Pearson, 2013.

Gradivo, obravnavano na predavanjih in vajah. / Materials discussed during lectures and tutorials.

**Cilji in kompetence:**

Cilj predmeta je spoznavanje osnov psihosocialne pomoči in svetovanja.

Pridobitev splošnih kompetenc:

- sposobnost uporabe znanja v praksi in reševanja problemov,
- kooperativnost, delo v skupini (in v mednarodnem okolju),
- poznavanje in razumevanje osnovnih konceptov in metod, seznanjenost z novostmi na področju študija,
- občutljivost za raznolikost in družbeno neenakost.

Pridobitev predmetno-specifičnih kompetenc:

- sposobnost uporabe znanja in metod psihosocialnega svetovanja v konkretnih situacijah neposrednega dela s klienti,

**Objectives and competences:**

The objective of the course is learning about basics of psychosocial support and counselling.

Acquisition of general competences:

- ability to apply knowledge in practice and problem-solving ability,
- cooperation, team work (and in the international environment),
- knowledge and understanding of basic concepts and methods, familiarity with innovations in the program field,
- sensitivity to diversity and social inequality.

Acquisition of course-specific competences:

- the ability to use knowledge and methods of psychosocial counselling in concrete situations of practical work with clients,

- sposobnost argumentiranega ter spoštljivega razpravljanja in reševanja problemov,
- zmožnost avtonomno uporabljati vire za učenje konkretnih vsebin,
- zmožnost učenja, strokovnega izpopolnjevanja z visoko stopnjo samostojnosti,
- sposobnost zavzemanja kritičnega odnosa do svojega pristopa, presojanja njegovih meja in primerjanja z drugimi alternativnimi pristopi.

- ability to discuss and solve problems in an argumentative and respectful manner,
- ability to use resources autonomously to learn concrete content,
- ability to learn, professional development with a high degree of independence,
- ability to assert a critical relationship to one's approach and its limits as well as being able to critically compare it with other alternative approaches.

### **Predvideni študijski rezultati:**

Znanje in razumevanje:

Študent/ka:

- pozna in upošteva osnovne definicije in okvir psihosocialne pomoči in svetovanja,
- pozna (zgodovinski) razvoj psihosocialne pomoči in svetovanja,
- osvoji znanje o vzpostavljanju svetovalnega odnosa,
- je sposoben vzpostaviti ustrezen svetovalni (delovni) odnos s klientom in njegovimi svojci,
- pridobi strokovno usposobljenost in senzibilnost za reševanje psihosocialnih težav,
- razume in prepoznavanje v praksi ključnih teorij pomoči,
- kritično razmišlja o vplivu medkulturnih razlik na potek svetovanja,
- prikaže obvladanje aktivnega poslušanja,
- izkazuje zavedanje konteksta svetovalne situacije in se temu prilagodi z ustreznim pristopom,
- razume in uporabi osnovne metode in tehnike psihosocialnega svetovanja,
- dela ustrezne intervence in obvladati ustrezno zaključevanje procesa.

### **Intended learning outcomes:**

Knowledge and understanding:

Student:

- understands and considers basic definitions and framework of psychosocial support and counselling,
- understands (historical) development of psychosocial support and counselling,
- acquires knowledge about establishing a counselling relationship,
- is able to establish appropriate counselling (working) relationship with the client and his relatives,
- acquires professional competences and sensitivity to solve psychosocial problems,
- understanding and practical identifying of the fundamental theories of aid,
- critically considers the impact of intercultural differences on the course of counselling,
- demonstrates mastering the skill of active listening,
- demonstrates awareness of context of counselling situation and adapts the used approach,
- understands and uses basic methods and techniques of psychosocial counselling,
- do appropriate intervention and being able to appropriate finish the process.

**Metode poučevanja in učenja:**

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- seminarske vaje (pisne refleksije strokovnih člankov, timsko delo, diskusija na obravnavane tematike vezane na predmet),
- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij,
- seminarske vaje, ki temeljijo na utrjevanju znanja, problemskem učenju, dodatni razlagi, diskusiji, kritičnem razpravljanju,
- skupinska supervizija,
- individualne in skupinske konzultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj).

**Learning and teaching methods:**

- lectures with active student participation (explanation, discussion, questions, examples, case-solving),
- seminars (written reflections on scientific articles, team work, discussing presented themes),
- use of online classroom or other contemporary ICT tools,
- tutorials based on knowledge (strengthening, problem-learning, additional explanation, discussion, critical debate),
- group supervision,
- individual and group consultations (discussion, additional explanation, consideration of specific issues).

Delež (v %) /

Weight (in %)

**Načini ocenjevanja:****Assessment:**

Pisni izpit	70 %	Written exam
Obveznosti vaj	30 %	Tutorials
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading scale - in accordance with the Rules of examination and evaluation of knowledge.

**Reference nosilca / Lecturer's references:***Praktične izkušnje iz področja/ Practical experience in the field:*

- Lastna svetovalna praksa (mag. psihosocialnega svetovanja) (2015 - ) / Private counselling practice (MA in Psychosocial Counselling) (2015 - )
- Prostovoljec pri Rdečem križu Slovenije, OE Kranj / a volunteer at Slovenian Red Cross, OE Kranj.

*Izbrane publikacije, predavanja / Selected publications, lectures:*

ERMAN, Nuša, GOLOB, Tea, JELOVAC, Dejan, RAKOVEC, Primož. The impact of internal dialogue on aggressive driving. *The social sciences*. [Online ed.]. ISSN 1993-6125, 2020, vol. 15, iss. 3, pp. 119-127.

KRIVEC, Jana, RAKOVEC, Primož. Kognitivno-vedenjski profil stresne izkušnje med slovenskimi študentkami in študenti = Cognitive behavioral profile of stress experience among Slovenian students. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2018, letn. 12, št. 1/2, str. 67-86.

KRIVEC, Jana, RAKOVEC, Primož. Depresija in njen vpliv na delovno učinkovitost. V RASPOR, Andrej in NEŽIČ Metka(ur.). *S skrbjo za sodelavce do boljših rezultatov podjetja*. Dolga Poljana: Perfectus. 2020, str. 13-44.

MOŽINA, Miran, FLAJS, Tomaž, JEREBIC, Drago, KOSOVEL, Irena, KRANJC, Urška, RAKOVEC, Primož. Čas za zakon je dozorel: uvodnik o novostih glede normativne ureditve psihoterapije in psihosocialnega svetovanja v Sloveniji = The time for the law is now : editorial about the news concerning legal regulation of psychotherapy and psychosocial counselling in Slovenia. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2018, letn.12, št. 3/4, str. 7-39.

RAKOVEC, Primož. *Kognitivno-vedenjski coachnig čustvene inteligence = Cognitive behavioural coaching of emotional intelligence*. Nova Gorica: Fakulteta za uporabne družbene študije, 2015.

RAKOVEC, Primož. Vpliv notranjega dialoga svetovalca začetnika na vodenje svetovalnega pogovora = Influence of the novice counsellor inner dialogue on the counselling conversation conducting. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2019, letn. 13, št. 1/2, str. 27-35.

RAKOVEC, Primož. The functions of inner dialogue while driving a car. *IASS – Innovative Issues and Approaches in Social Sciences*. [Spletna izd.]. ISSN 1855-0541, 2019, letn. 12, št. 3, str. 6-20.

RAKOVEC, Primož. Differences between psychotherapy and counselling. Who is looking for and who needs them. *Research in Social Change*, 2019, letn. 11, št. 1, str. 4-18.