

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** Psihološka prva pomoč  
**Course title:** Psychological First Aid

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	Tretji / Third	Šesti / Sixth
Prva stopnja / First level			

**Vrsta predmeta / Course type**

Izbirni / Optional

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

PPP / PFA

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
20		40			120	6

**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:**

- definicija in zgodovina psihološke prve pomoči (PPP),
- tipi kriznih stresnih dogodkov,
- psihološke posledice travme ob soočanju s kriznim stresnim dogodkom,
- RAPID model nujenja psihološke prve pomoči,
- kognitivno vedenjske intervence v kriznem stresnem dogodku,
- skrb zase kot izvajalca psihološke prve pomoči,
- analiza kriznega stresnega dogodka - razbremenilni razgovor.

**Content (Syllabus outline):**

- definition and history of psychological first aid (PFA),
- types of crisis stressful events,
- psychological consequences of trauma in facing with crisis stressful event,
- RAPID model of providing psychological first aid,
- cognitive-behavioral interventions in crisis stressful event,
- self-care as a provider of psychological first aid,
- critical incident stress debriefing (CISD).

**Temeljni literatura in viri / Readings:**

DATTILIO M., Frank, FREEMAN, Arthur (ur.). *Cognitive-Behavioral Strategies in Crisis Intervention. 3rd Ed.* New York: The Guilford Press. 2007.

EVERLY S., George, LATING M., Jeffrey. *The Johns Hopkins Guide to Psychological First Aid.* Baltimore: Johns Hopkins University Press. 2017.

JACOBS A., Gerard. *Community-based Psychological First Aid. A Practical Guide to Helping Individuals and Communities During Difficult Times.* Osgord: Elsevier. 2016.

LAVRIČ, Andreja, ŠTIRN, Mateja. *Psihosocialna pomoč po nesrečah in drugih kriznih dogodkih.* Ljubljana: Uprava RS za zaščito in reševanje, 2016.

WHO. *Psihološka prva pomoč. Priročnik za delavce na terenu.* Ljubljana: Prelomi, 2015.

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

**Cilji in kompetence:**

Cilj predmeta je študentom približati psihološko prvo pomoč v kriznem stresnem dogodku ter jih prek tega naučiti principov nujenja psihološke prve pomoči.

Pridobitev splošnih kompetenc:

- poznavanje in razumevanje osnovnih konceptov in metod, seznanjenost z novostmi na področju študija,
- občutljivost za raznolikost in družbeno neenakost,
- etična refleksija in zavezanost profesionalni etiki,

**Objectives and competences:**

The aim of the course is to bring students closer to psychological first aid in a crisis stressful event and through them to teach them the principles of providing psychological first aid.

Acquisition of general competences:

- knowledge and understanding of basic concepts and methods, familiarity with innovations in the field of study,
- sensitivity to diversity and social inequality,
- ethical self-reflection and commitment to professional ethics,

- kooperativnost, delo v skupini (in v mednarodnem okolju),
- sposobnost uporabe znanja v praksi in reševanja problemov.

**Pridobitev predmetno-specifičnih kompetenc:**

- sposobnost uporabe znanja in metod psihosocialnega svetovanja v konkretnih situacijah neposrednega dela s klienti,
- poznavanje skupinske dinamike v primeru dela s skupino in/ali sosvetovalci,
- zmožnost razumevanja kritičnega vrednotenja implikacij problemov kulture, rase, spola, seksualnih orientacij za svetovalno in psihosocialno delo,
- sposobnost timsko sodelovati tako s klientskimi sistemi kot strokovnjaki (tudi z eksperti drugih disciplin).

- cooperation, team work (and in the international environment),
- ability to apply knowledge in practice and problem-solving ability.

**Acquisition of course-specific competences:**

- ability to use the methods and knowledge of psychosocial counselling in concrete situations with direct client work,
- knowledge of group dynamics in group work and/or with co-counselor,
- ability to understand the critical evaluation of the implications of problems of culture, race, gender, sexual orientation for counselling and psychosocial work,
- the ability of teamwork with both client systems and experts (including experts from other disciplines).

**Predvideni študijski rezultati:**

**Znanje in razumevanje:**

**Študent/ka:**

- izpelje krizno intervenco v sklopu individualne ali skupinske svetovalne obravnave,
- dela ustrezne (krizne) intervence in obvladati ustrezno zaključevanje procesa,
- konstruktivno sodeluje z drugimi v procesu soustvarjanja možnih (želenih) rešitev,
- kritično in konsistentno reflektira svoje funkcioniranje v procesu psihosocialne pomoči za izboljšavo svoje prakse,
- obvladuje osnove učinkovitega medosebnega komuniciranja, verbalnega in neverbalnega,
- zaveda se etične in profesionalne odgovornosti biti psihosocialni svetovalac,
- zaveda se problemov meja, vključujoč zaupnosti, v specifičnih situacijah.

**Intended learning outcomes:**

**Knowledge and understanding:**

**Student:**

- performs (crisis) intervention and know about the appropriate finishing process,
- carries out crisis interventions in the context of individual or group counselling treatment,
- constructively cooperates with others in the process of co-creation potential (desired) solution,
- critically and consistently reflects their functioning in the process of psychosocial support to improve their practices,
- masters the basics of efficient interpersonal communication, verbal and non-verbal,
- is aware of the ethical and professional responsibility of being a psychosocial counsellor,
- is aware of the problems of the borders, including confidentiality, in specific situations.

**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,
- 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),
- individual and group consultations (discussion, additional explanation, consideration of specific issues).

Delež (v %) /

Weight (in %)

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

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
<p>Timska projektna naloga</p> <p>Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.</p>	100 %	<p>Team project work</p> <p>Grading scale - in accordance with the Rules of examination and evaluation of knowledge.</p>

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

- Rdeči križ Slovenije, OE Kranj, predavatelj za izvajanje Prve psihološke pomoči (2016 -) / Slovenian Red Cross, OE Kranj, lecturer for implementation of psychological first aid (2016 -).
- Društvo psihologov Slovenije: Usposabljanje za nudenje psihosocialne pomoči beguncem. Ljubljana, 2015 / Slovenian Psychologists' Association: Training in providing psychosocial support to refugees Ljubljana, 2015.

*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.

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.