

## UČNI NAČRT PREDMETA / COURSE SYLLABUS

<b>Predmet:</b>	Vedenjska znanost, salutologija in psihosomatika
<b>Course title:</b>	Behavioural Science, Salutology and Psychosomatics

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialno svetovanje, druga	Program nima smeri	Prvi	Prvi
Psychosocial counselling, master, second	The programme has no fields	First	First

**Vrsta predmeta / Course type** Obvezni / Obligatory

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

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		20			130	6

**Nosilec predmeta / Lecturer:** doc. dr. Robert Oravec / Assist. Prof. Robert Oravec, Ph.D.

<b>Jeziki / Languages:</b>	<b>Predavanja / Lectures:</b> Slovensko / Slovenian, Angleško / English
	<b>Vaje / Tutorial:</b> Slovensko / Slovenian, Angleško / English

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

Pogoj za vključitev v delo je vpis v 1. letnik magistrskega študija.

**Prerequisites:**

Prerequisite for the subject is the enrollment in the 1st year of master study.

**Vsebina:**

Filozofske dimenzije odnosa med dušo in telesom:

- predstavniki monizma in dualizma
- sodobni koncepti razumevanja zavesti

Razvoj psihosomatike

- psihodinamska usmeritev, konverzija
- psihoonkologija
- kritika psihodinamske usmeritve
- sodobne alternativne usmeritve psihosomatike

**Content (Syllabus outline):**

The philosophical dimensions of the relationship between soul and body:

- representatives of monism and dualism
- contemporary concepts on the theory of mind

Development of psychosomatics

- psychodynamic orientation, conversion
- psycho-oncology
- critics of the psychodynamic orientation of psychosomatics.

<ul style="list-style-type: none"> <li>- psihofiziološka smer</li> <li>- sodobna vedenjska medicina</li> </ul> <p>Fiziologija stresa</p> <ul style="list-style-type: none"> <li>- nevrobiološke poti razvoja stresa</li> <li>- endokrinologija stresa</li> <li>- nevroimunologija stresa</li> </ul> <p>Psihologija stresa</p> <ul style="list-style-type: none"> <li>- Lazarus</li> <li>- teorija salutogeneze</li> <li>- teorija placebo učinka</li> </ul> <p>Somatizacijske in somatoformne motnje</p> <p>Svetovanje in psihoterapija oseb s somatizacijsko in somatoformno motnjo</p> <p>Sodobna psihoonkologija</p>	<ul style="list-style-type: none"> <li>- modern alternative theories of psychodynamic psychosomatics</li> <li>- the theory of modern behavioural medicine</li> </ul> <p>Physiology of stress</p> <ul style="list-style-type: none"> <li>- neurobiology of stress development</li> <li>- endocrinology of stress</li> <li>- neuro-immunology of stress</li> </ul> <p>Psychology of stress</p> <ul style="list-style-type: none"> <li>- theory of Lazarus</li> <li>- theory of salutogenesis</li> <li>- theory of placebo effect</li> </ul> <p>Somatization and somatoform disorders</p> <p>Counseling and psychotherapy of persons with somatization and somatoform disorder</p> <p>Contemporary psycho-oncology</p>
---	---

#### **Temeljni literatura in viri / Readings:**

ZIHERL, S. Psihoterapija. V: Tomori, M, Zihlerl, S. (ur.). *Psihijatrija*. Ljubljana: Litterapicta: Medicinska fakulteta, 1999, 381-401.

KOBAL, Miloš Frančišek. *Psihopatologija za varnostno in pravno področje*. Visoka policijsko-varnostna šola, 2000.

MORRISON, J. Renton. *DSM-IV made easy*. New York: Guilford Press. 2001.

ERIĆ Ljubomir. *Psihoterapija*. Beograd: Institut za mentalno zdravje, 2006.

DAMASIO, Antonio; JUDAŠ, Miloš. *Osjećaj zbivanja: tijelo, emocije i postanak svijesti*. Algoritam, 2005.

DISPENSA, Joe. *Placebo ste vi*. Ljubljana: Primus 2018.

GABOR, Mate. *Ko telo reče ne*. Ljubljana: Primus 2019.

GOLEMAN, Daniel. *Čustvena inteligenca*. Ljubljana: Mladinska knjiga, 1997.

SCHIEPEK, G., et al. Sinergetika za prakso. V: *Bohak, J., Možina, M.(ur.). Četrty študijski dnevi Slovenske krovne zveze za psihoterapijo*, 2005, 3: 25-33.

SELIČ, Polona. *Psihologija bolezni našega časa*. Znanstveno in publicistično središče, 1999.

### **Cilji in kompetence:**

Cilji: so povezani s štirimi sklopi predmetnika.

Cilj prvega sklopa je posredovati znanje o različnih filozofskih konceptih o relaciji duše in telesa, spodbuditi razmišljanje o enotnosti človeških dimenzij in obenem razumeti kompleksnost teh sistemov.

Cilj drugega sklopa je posredovati znanje o razvoju psihosomatike, od psihodinamske usmeritve do sodobnega razumevanja prepletenosti duševnih in telesnih motenj.

Cilj tretjega sklopa je posredovati znanje o fiziologiji in psihologiji stresnih mehanizmov, kot osnove razvoja večine duševnih in telesnih motenj.

V tem sklopu se študentom posreduje tudi znanje o salutologiji oz. salutogenezi, o razumevanju dejavnikov, ki posameznika in skupnost ohranjajo zdravega.

Študenti bodo seznanjeni tudi s problematiko placebo in nocebo učinka, kot pomembnega dejavnika pri učinkovanju različnih terapevtskih ukrepov.

V četrtem sklopu bo študent seznanjen z značilnostmi somatizacijskih in somatoformnih motenj, tako da bodo razumeli razliko med temi motnjami.

#### **Kompetence:**

- sposobnost poglobljene kritične analize, sinteze in predvidevanja rešitev ter posledic
- sposobnost povezovanja znanja in obvladovanja kompleksnosti, s katero se srečujejo pri strokovnem delu
- zmožnost avtonomno uporabljati vire za učenje z demonstracijo spretnosti upravljanja in integriranja informacij

### **Objectives and competences:**

Objectives: They are linked to the four elements of the curriculum.

The goal of the first section is to convey knowledge regarding various philosophical concepts on the relation of soul and body, to stimulate contemplation on the unity of human dimensions and at the same time to understand the complexity of that systems.

The goal of the second section is to transfer knowledge regarding the development of psychosomatics, starting with the psychodynamic theory and ending at the modern understanding of the interdependence of mental and physical disorders.

The goal of the third section is to convey knowledge about physiology and psychology of stress mechanisms, as the basis of development of most mental and physical disorders.

In this context, the students should receive knowledge regarding salutology and salutogenesis, as theories on the factors that keep the individuals and the community healthy.

Students should receive information regarding placebo and nocebo effect., as an important factor effecting outcome of different therapeutic measures.

In the fourth section, the students should become familiar with the characteristics of somization and somatoform disorders, to understand the difference between these topics, regarding their etiology and dynamics.

#### **Competences:**

- the ability of critical analysis, synthesis and prediction of solutions and consequences
- the ability to connect knowledge and manage complexity faced in professional work
- the ability to autonomously use resources for learning by demonstrating management skills and integration of information
- the ability to synthesize their own integration of theory, counselling practice,

- sposobnost sintetizirati lastno integracijo teorije, svetovalne prakse ter izkušenj procesa osebne rasti
- poglobljena splošna raven razumevanja drugih glavnih svetovalnih pristopov.

- and experience of the process of personal growth
- understanding of other major counselling modalities and approaches

**Predvideni študijski rezultati:**

- demonstrirati znanje, razumevanje in uporabo temeljnih konceptov psihosomatike in vedenjske znanosti
- razumeti in poznati kontekste, v katerih poteka diagnostika stresno pogojenih in somatizacijskih motenj
- demonstrirati kritično mišljenje in refleksijo pri ovrednotenju posameznih psihosomatskih teorij
- demonstrirati uporabo psihoterapevtske in medicinske diagnostike duševnih motenj
- integrirati različna teoretska in diagnostična spoznanja pri delu s klienti v koherentno celoto
- uporabiti teoretska in diagnostična spoznanja pri načrtovanju poteka psihosocialne pomoči in svetovanja
- demonstrirati znanje in razumevanje s področja nevrobiologije, fiziologije in psihologije stresa

**Intended learning outcomes:**

- demonstrate the knowledge, understanding and use of fundamental concepts of psychosomatics and behavioral science
- understand the contexts in which the diagnostics of stress induced and somatization disorders are performed
- demonstrate critical thinking and reflection in evaluation of different psychosomatic theories
- demonstrate the use of psychotherapeutic and medical diagnostics of mental disorders to integrate different theoretical concepts when working with clients
- to use theoretical and diagnostic knowledge in the planning the course of psychosocial help and counselling
- demonstrate the understanding of the field of neurobiology, physiology and psychology of stress

**Metode poučevanja in učenja:****Learning and teaching methods:**

<ul style="list-style-type: none"> <li>- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov)</li> <li>- seminar (kritične refleksije teoretskih argumentacij, metode kritičnega branja in pisanja, refleksija izkušenj, projektno timsko delo, diskusija)</li> <li>- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij</li> <li>- individualne in skupinske konsultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj)</li> </ul>	<ul style="list-style-type: none"> <li>- lectures with students' active participation (lecture, discussion, questions, examples, problem solving exercises)</li> <li>- seminar (critical reflection on theoretical argumentation, methods of critical reading and writing, reflection on experience, project teamwork, discussion)</li> <li>- use of online classroom or other contemporary ICT tools</li> <li>- individual and group consultations (discussion, additional explanation, dealing with specific questions)</li> </ul>
--	--

<b>Načini ocenjevanja:</b>	Delež (v %) / Weight (in %)	<b>Assessment:</b>
Pisni izpit.	60	Written examination.
Poročila iz vaj.	40	Reports from tutorials.
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading is in accordance with the Faculty's evaluation Ordinance.

**Reference nosilca / Lecturer's references:**

<p>ORAVECZ, Robert, PENKO, Jerica, SUKLAN, Jana, KRIVEC, Jana. Prevalence of post-traumatic stress disorder, symptomatology and coping strategies among Slovene medical emergency professionals. <i>Sigurnost</i>, ISSN 0350-6886, [Tiskana izd.], 2018, vol. 60, no. 2, str. 117-127, ilustr., tabele, doi: <a href="https://doi.org/10.31306/s.60.2.2">10.31306/s.60.2.2</a>.</p>
<p>ORAVECZ, Robert, SISTI, Davide, ROCCHI, Marco B.L., PRETI, Antonio. Changes in the seasonality of suicides over time in Slovenia, 1971 to 2002. Amplitude is only positively related to suicide rates among females: brief report. <i>Journal of affective disorders</i>, ISSN 0165-0327. [Print ed.], 2007, vol. 104, no. 1/3, str. 211-215.</p>
<p>ORAVECZ, Robert, MOORE, Melinda. Recognition of suicide risk according to the characteristics of the suicide process. <i>Death studies</i>, ISSN 0748-1187, apr. 2006, vol. 30, iss. 3, str. 269-279, doi: <a href="https://doi.org/10.1080/07481180500493492">10.1080/07481180500493492</a>.</p>

ORAVECZ, Robert, ROCCHI, Marco B.L., SISTI, Davide, ROŠKAR, Maja, MARUŠIČ, Andrej, PRETI, Antonio. Changes in the seasonality of suicides over time in Slovenia, 1971 to 2002. *Journal of affective disorders*, ISSN 0165-0327, [Print ed.], 2006, vol. 95, no. 1/3, str. 135-140.

ORAVECZ, Robert, ERDOS, Marta B. Farewell letters of patriots sentenced to death: acts of ultimate identity reconstruction. *Journal of loss & trauma*, ISSN 1532-5024, 2006, vol. 11, no. 3, str. 247-256.

ORAVECZ, Robert, MOORE, Melinda. Suicide, the discursive process. *Pogled: revija za multidisciplinarno proučevanje in preprečevanje samomora*, ISSN 1581-7504, 2004, letn. 2, št. 1-2, str. 14-23.

ORAVECZ, Robert, CZIGLER, Balázs, LESKOŠEK, Franc. Correlation between suicide rate and antidepressant use in Slovenia. *Archives of suicide research*, ISSN 1381-1118, 2003, vol. 7, no. 3, str. 279-285.

ORAVECZ, Robert. Znanstvene kontroverze v slovenski suikidologiji 80-ih let = The scientific controversies in Slovenian suicidology in the 80's. *Anthropos: časopis za psihologijo in filozofijo ter za sodelovanje humanističnih ved*, ISSN 0587-5161, [Tiskana izd.], 2000, letn. 32, st. 3/4, str. 77-94.

ORAVECZ, Robert. O vsebini suicidalnih zapisov slovenskih samomorilcev in poslovilnih pisem rodoljubov, ustreljenih med drugo svetovno vojno = On the contents of suicide notes and the farewell letters of patriots, executed during the Second World War. V: *Etnološki in antropološki vidiki preučevanja smrti : mednarodni simpozij, 5.-8. november 1998 = Ethnological and anthropological approaches to the study of death: international symposium 5th-8th November 1998*, (Etnolog, ISSN 0354-0316, letn. 9(60), št. 1). Ljubljana: Slovenski etnografski muzej: = Slovene Ethnographic Museum. 1999, str. 219-230.