

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

<b>Predmet:</b>	Svetovanje pri specifičnih težavah v duševnem zdravju
<b>Course title:</b>	Counselling of Specific Mental Health Issues

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

**Vrsta predmeta / Course type**

Obvezni / Obligatory

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

SSTDZ / CSMHI

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		20			100	5

**Nosilec predmeta / Lecturer:**

doc. dr. Robert Oravec / Assist. Prof. Robert Oravec, Ph.D

**Jeziki /  
Languages:**

<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 2. letnik študija.

**Prerequisites:**

Prerequisite for the subject is the enrollment in the 2nd year of master study.

**Vsebina:****Content (Syllabus outline):**

#### Diagnostični sistemi duševnih motenj

- psihoterapevtski izvidi: struktura, predpostavke, področja, etični vidiki
- raziskovalne verzije DSM-IV in MKB-10
- uporaba diagnostičnih sistemov pri raziskovalnem delu
- novosti v diagnostiki: Mednarodna klasifikacija funkcioniranja, zmanjšane zmožnosti in zdravja (MKF)
- razvoj diagnostike v prihodnosti: novi sistemi za oceno in orientiranje psihoterapevtov (npr. Stili navezanosti, generična sinergetska načela)

#### Duševne motnje in duševno zdravje

- psihoterapija psihotičnih motenj
- psihoterapija motenj hranjenja
- psihoterapija seksualnih disfunkcij
- psihoterapija psihosomatskih motenj
- povezava sodobnih nevrobioloških spoznanj (npr. psihonevroimunologije) s sociopsihosomatiko
- nova paradigma v smeri integracionističnih modelov
- socialna vključenost, stil obvladovanja stresa in bolezni («nature – nurture – ekološka niša»)

#### Nevrobiologija psihoterapije in svetovanja

- nevroplastičnost: nevroplastične spremembe povezane z bolečino in sociopsihosomatskimi motnjami
- zrcalni nevroni in intersubjektivnost
- split-brain eksperimenti in dominanca hemisfer, pomen teh odkritij za psihoterapijo
- nevrobiološki in nevropsihološki temelji duševnih motenj: anksiozne motnje, depresije, stres, blodnje,
- shizofrenija, osebne motnje (disociativne motnje, PTSS, sindrom spominske blokade)
- pogovor z geni: genska ekspresija, nevronske mreže in neuropeptidi
- nevrobiološki vidiki zavesti (vprašanje svobodne volje)

#### Diagnostic systems of mental disorders

- psychotherapeutic outcomes: the structure, assumptions, scope, ethical aspects,
- research versions of the DSM-IV and ICD-10
- use of the diagnostic systems for research work
- innovations in diagnostics: International Classification of Functioning, reduced capacity and health (MKF)
- the development of diagnostics in the future: a new system for assessment and orientation of psychotherapists (eg. attachment style, generic synergetic principles)

#### Mental disorders and Mental Health

- psychotherapy of psychotic disorders
- psychotherapy of eating disorders
- psychotherapy of sexual dysfunctions
- psychotherapy of psychosomatic disorders
- connection of modern neurobiological findings (eg. psihonevroimmunology) with sociopsychosomatics
- a new paradigm in the direction of integrationistic models
- social inclusion, style of coping with stress and illness ("nature - nurture - ecological niche")

#### Neurobiology in Psychotherapy and Counseling

- neuroplasticity: neuroplastic changes associated with pain and sociopsychosomatic disorders
- mirror neurons and intersubjectivity
- split-brain experiments and hemispheres dominance, the importance of these findings for psychotherapy
- neurobiological and neuropsychological bases of mental disorders: anxiety disorders, depression, stress, delusions, schizophrenia, personality disorder (dissociative disorders, PTSS, syndrome of memory blockage)
- Conversation with genes: gene expression, neural networks and neuropeptides

- kronobiologija in človekovi ritmi v psihoterapevtskem procesu (nihajoča narava telesnih in psiholoških funkcij)
- nevrobiologija, psihoterapija in psihofarmakoterapija
- spremljanje učinkovitosti in uspešnosti psihoterapije s pomočjo nevrobioloških preiskav

- neurobiological aspects of consciousness (the question of free will)
- cronobiology and human rhythms in the psychotherapeutic process (oscillating nature of the physical and psychological functions)
- neurobiology, psychotherapy and psychopharmacotherapy
- monitoring the efficiency and effectiveness of psychotherapy by means of neurobiological investigations

### Temeljni literatura in viri / Readings:

Izbor iz / Selection from:

BREZOVAR, Simon. *Osebnostne motnje v teoriji in praksi*. Založba UMco 2019.

YALOM, D. Irvin. *Strmenje v sonce*. Založba UMco. 2017.

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

LUBAN-PLOZZA, Boris, et al. *Psihosomatski bolnik v splošni ambulanti in njegovo zdravljenje*. Državna založba Slovenije, 1993.

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

LEDOUX, Joseph. *The Emotional Brain* Weidenfeld & Nicholson. London. See also *The Edge interview*: [http://www.edge.org/3rd\\_culture/ledoux/ledoux\\_p2.html](http://www.edge.org/3rd_culture/ledoux/ledoux_p2.html), 1998.

ROSSI, Ernest Lawrence; ROSSI, ERNEST J. *The psychobiology of gene expression: Neuroscience and neurogenesis in hypnosis and the healing arts*. WW Norton & Company, 2002.

SCHORE, Allan N. *Affect regulation and the origin of the self: The neurobiology of emotional development*. Routledge, 2015.

STERN, Daniel N. *The present moment in psychotherapy and everyday life (Norton series on interpersonal neurobiology)*. WW Norton & Company, 2004.

LANSKE Paula; PRITZ Alfred. *Das psychotherapeutische Gutachten*, LexisNexis, Wien, 2002.

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.

SCHIEPEK, Günter. *Neurobiologie der Psychotherapie*. Stuttgart: Schattauer, 2004.

GRAWE, Klaus. *Neuropsychotherapy: How the neurosciences inform effective psychotherapy*. A Lawrence Erlbaum Associates. Inc. Series. University of Wisconsin, Madison, 2006.

MORAVEC BERGER, Daša; KOVAČIČ, Irena; JECELJ, Leja. *Mednarodna klasifikacija funkcioniranja, zmanjšane zmožnosti in zdravja (MKF)*. Ljubljana: IVZ RS, 2006.

EDITORS OF SCIENTIFIC AMERICAN MAGAZINE. *The Scientific American Book of The Brain*. New York: The Lyons Press, 1999.

Razni avtorji (blok v reviji) na tematiko Kognitivna znanost. *Časopis za kritiko znanosti*, 1998, letnik XXVI, št. 188; 187-267.

### **Cilji in kompetence:**

#### **Cilji:**

V sklopu Diagnostični sistemi 2 študentje kritično raziskujejo možnosti in meje uporabe diagnostičnega Sistema MKB10 in DSM-IV, s posebnim upoštevanjem pomena za raziskovanje. Študentje naj bi se usposobili, da uporabljajo ta sistem v okviru svoje prakse in pri raziskovalnem delu za seminarje in magistrsko nalogo. Seznanijo se z novostmi v diagnostiki in sistemih za ocenjevanje in orientacijo.

V sklopu Duševne motnje in duševno zdravje 2 študentje nadaljujejo s poglobljanjem vsebin, ki so jih obravnavali v prvem letniku druge stopnje, nadaljujejo seznanjanjem z aktualnimi psihoterapevtskimi pristopi do duševnih motenj in kako psihoterapija na osnovi spoznanj salutologije spodbuja duševno zdravje. Študentje bodo dobili vpogled v psihoterapevtsko ravnanje, ki ustreza sodobnim trendom, tako s pomočjo primerov kot tudi s primerjavo literature.

Cilj sklopa Nevrobiologija 2 je, da študentje dobijo bolj poglobljen vpogled v nevrobiološke vidike duševnih motenj, duševnega zdravja in na nevrobiološke učinke psihoterapije in psihofarmakoterapije. Hkrati pogloblijo

### **Objectives and competences:**

#### **Objectives:**

Within the topic Diagnostic Systems 2 students critically explore the possibilities and limits of the use of the diagnostic system ICD-10 and DSM-IV, in particular with regard to the importance for research. Students should be trained to use this system within their tuition and research work for seminars and master's thesis. They get acquainted with innovations in diagnostics and systems for the assessment and orientation.

As part of the topic Psychiatric and Mental Health 2 students continue with deepening the contents which they have dealt with in the first year of the master study, continue with learning about current psychotherapeutic approaches for mental disorders and how the psychotherapy based on salutological knowledge promotes mental health. Students will gain an insight into the psychotherapeutic treatment, which corresponds to modern trends; with the help of examples as well as with relevant literature comparison.

The objective of the topic Neurobiology 2 is that the students will get a deeper insight into the neurobiological aspects of mental disorders, mental health and neurobiological effects of

razumevanje psihoterapije iz nevrobiološkega vidika in se seznanijo z nekaterimi filozofskimi dilemami povezanimi z novimi odkritji nevrobiologije.

**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
- sposobnost sintetizirati lastno integracijo teorije, svetovalne prakse ter izkušenj procesa osebne rasti
- razvijati hipoteze in generativne, kreativne odgovore na klinične situacije ter analizirati psihosocialne intervence

psychotherapy and psychopharmacotherapy. At the same time they will deepen their understanding of the psychotherapy from the neurobiological point of view and get acquainted with some philosophical dilemmas related to new discoveries in neurobiology.

**Competences:**

- the ability 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 ones own integration of theory, counselling practice, and experience of the process of personal growth
- the ability to develop hypothesis and generic, creative answers to clinical situations and analyze psychosocial interventions

**Predvideni študijski rezultati:**

- demonstrirati razumevanje posameznih področij psihoterapije duševnih motenj
- demonstrirati znanje in razumevanje s področja nevrobiologije
- analizirati vzročno-posledične odnose na teh področjih
- uporabiti znanja v praksi in reševati probleme
- konstruktivno sodelovati z drugimi v procesu soustvarjanja možnih (želenih) rešitev
- predvidevati in obvladovati posledice sprejetih rešitev
- vključevati se spoštljivo in zaupno v strokovno komunikacijo z drugimi kolegi
- avtonomno uporabljati vire za učenje konkretnih vsebin

**Intended learning outcomes:**

- demonstrate an understanding of individual areas of psychotherapy of mental disorders
- demonstrate knowledge and understanding in the field of neurobiology
- to analyze cause-effect relationships in these areas
- apply knowledge in practice and solve problems
- engage constructively with others in the process of co-creation potential (desired) solutions
- anticipate and manage the consequences of the solution
- respectfully and confidentially include in professional communication with other colleagues

- uporabljati temeljno raven teoretičnega znanja za razvijanje hipotez in generativnih odzivov na klinične situacije
- demonstrirati zavedanje, kaj v določenem kontekstu ni mogoče, zavedanje problemov meja, vključujoč zaupnosti v specifičnih situacijah

- autonomously use resources for learning specific content
- apply the basic level of theoretical knowledge for developing hypotheses and generative responses to the clinical situation
- demonstrate awareness of what is not possible in a given context, being aware of the limitation problems, including confidentiality in specific situations

### **Metode poučevanja in učenja:**

### **Learning and teaching methods:**

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov)
- eksperimentalne vaje, ki vključujejo različne oblike izkustvenega skupinskega dela (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)
- seminar (kritične refleksije teoretskih argumentacij, metode kritičnega branja in pisanja, refleksija izkušenj, projektno timsko delo, diskusija)
- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij
- individualne in skupinske konsultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj)

- lectures with students' active participation (lecture, discussion, questions, examples, problem solving exercises)
- experimental exercises involving various forms of experiential teamwork (group discussion on the basis of previous study of theoretical resources, group process, therapeutic work in threes, live supervision, work in peer groups, role play, demonstrations of methods and techniques)
- seminar (critical reflection on theoretical argumentation, methods of critical reading and writing, reflection on experience, project teamwork, discussion)
- use of online classroom or other contemporary ICT tools
- individual and group consultations (discussion, additional explanation, dealing with specific questions)

<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:

ORAVECZ, Robert, PENKO, Jerica, SUKLAN, Jana, KRIVEC, Jana. Prevalence of post-traumatic stress disorder, symptomatology and coping strategies among Slovene medical emergency professionals. *Sigurnost*, ISSN 0350-6886. [Tiskana izd.], 2018, vol. 60, no. 2, str. 117-127, ilustr., tabele, doi: [10.31306/s.60.2.2](https://doi.org/10.31306/s.60.2.2).

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. *Journal of affective disorders*, ISSN 0165-0327, [Print ed.], 2007, vol. 104, no. 1/3, str. 211-215.

ORAVECZ, Robert, MOORE, Melinda. Recognition of suicide risk according to the characteristics of the suicide process. *Death studies*, ISSN 0748-1187, apr. 2006, vol. 30, iss. 3, str. 269-279, doi: [10.1080/07481180500493492](https://doi.org/10.1080/07481180500493492).

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.