

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Psihosocialne krize in procesi razreševanja
Course title: Psychosocial Crises and Relieving Processes

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Sociologija in psihosocialne študije, 3. stopnja	Psihosocialne študije	Prvi	Drugi
Sociology and Psychosocial Studies, 3rd level	Psychosocial Studies	First	Second

Vrsta predmeta / Course type Izbirni / Elective

Univerzitetna koda predmeta / University course code: PKPR / PCRP

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Work	Druge oblike študija	Samost. delo Individ. work	ECTS
10	30				410	15

Nosilec predmeta / Lecturer: Doc. dr. Primož Rakovec / Assist. Prof. Primož Rakovec, Ph.D. (nosilec je v vlogi koordinatorja, ker pri izvajanju predmeta sodeluje več visokošolskih učiteljev) / (the lecturer plays the role of coordinator since several lecturers participate in the course)

Jeziki / Languages:
Predavanja / Lectures: Slovenski, Angleški / Slovenian, English
Seminar / Seminar: Slovenski, Angleški / Slovenian, English

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

Vpis v 1. letnik študija.

Prerequisites:

Enrollment in the first year.

Vsebina:

Content (Syllabus outline):

- teorije kriz (psihoanalitična, eksistencialna, humanistična, kognitivno vedenjska);
- sprožilni dogodki in percepcija le teh;
- razvojne, situacijske in čustvene krize;
- etični standardi v krizni intervenciji;
- krizne intervence (ABC model, RAPID model);
- modeli shajanja;
- modeli reševanja kriz;
- CISD (analiza kritičnega stresnega dogodka);
- kriza kot priložnost.

- crisis theories (psychoanalytic, existential, humanistic, cognitive-behavioural);
- triggering events and their perception;
- developmental, situational and emotional crises;
- ethical standards in crisis intervention;
- crisis interventions (ABC model, RAPID model);
- coping models;
- crisis resolution models;
- CISD (Critical incident stress debriefing);
- crisis as an opportunity.

Temeljni literatura in viri / Readings:

BLACK L., Lutishia, FLYNN V., Stephen. *Crisis, Trauma, and Disaster: A Clinician's Guide*. London: Sage, 2020.

JAMES K., Richard, GILLILAND E., Burl. *Crisis Intervention Strategies. 8th Ed*. Boston: Cengage, 2017.

NEWMAN M., Barbara, NEWMAN R., Philip. *Development Through Life. A Psychosocial Approach. 11th Ed*. Wadsworth: Cengage Learning, 2012.

HOFFMAN M., Ann, KRUCZEK, Theresa. A Bioecological Model of Mass Trauma: Individual, Community, and Societal Effects. *The Counseling Psychologist* 39(8): 1087–1127, 2011.

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

Gradivo, obravnavano na predavanjih in seminarju. / Materials discussed during lectures and seminar.

Priporočena literatura / Advised readings:

KANEL, Kristi. *A guide to crisis intervention. 6th. Ed*. Boston: Cengage, 2018.

NEUKRUG, Ed. *The World of the Counselor. An Introduction to the Counseling Profession. 4th Ed*. Belmont: Brooks/Cole, 2012.

Cilji in kompetence:

Cilj predmeta je pridobitev poglobljenega znanja na predmetnem področju, razvoj kritične refleksije s poglobljenim in abstraktnim razmišljanjem in sposobnost sinteze novih in kompleksnih idej na znanstvenem in aplikativnem področju.

Objectives and competences:

The objective of the course is to acquire in-depth knowledge in the subject area, the development of critical reflection with in-depth and abstract thinking and the ability to synthesize new and complex ideas in the scientific and applied field.

Pridobitev splošnih kompetenc:

- sposobnost avtonomnega identificiranja danega raziskovalnega problema, njegove analize ter možnih rešitev;
- izrazito avtonomno ustvarjanje novega znanja, ki pomeni relevanten prispevek k razvoju znanosti;
- sposobnost kompleksnega systemskega pogleda na družbo in interdisciplinarnega pristopa, ki se kaže kot razumevanje splošne strukture družbenih ved ter povezanosti med njihovimi posameznimi disciplinami in poddisciplinami;
- zavezanost profesionalni etiki, ki vključuje visoko razvito zmožnost odgovornega presojanja posledic uporabe novega znanja v različnih kontekstih.

Pridobitev predmetno-specifičnih kompetenc:

- sposobnost operacionalizacije abstraktnih teoretskih konceptov na visoki ravni zahtevnosti;
- razvoj veščin in spretnosti v uporabi znanja na raziskovalnem področju strategij kriznih intervenc;
- poglobljeno razumevanje aktualnih teoretskih predpostavk pojava in razvoja psihosocialne krize;
- sposobnost argumentiranja in vpeljave na znanosti temelječe prakse.

Acquisition of general competences:

- ability to autonomously identify a given research problem, its analysis and possible solutions;
- highly autonomous creation of new knowledge, which represents a relevant contribution to the development of science;
- ability of a complex systemic view of society and an interdisciplinary approach, which manifests itself as an understanding of the general structure of the social sciences and the connection between their individual disciplines and subdisciplines;
- commitment to professional ethics, which includes a highly developed ability to responsibly assess the consequences of the use of new knowledge in various contexts.

Acquisition of course-specific competences:

- ability to operationalize abstract theoretical concepts at a high level of complexity;
- development of skills and abilities in the application of knowledge in the research field of crisis intervention strategies;
- in-depth understanding of current theoretical assumptions of the occurrence and development of psychosocial crisis;
- ability to argue and implement science-based practice.

Predvideni študijski rezultati:**Znanje in razumevanje:****Študent/ka:**

- izkazuje poglobljeno razumevanje aktualnih teoretskih predpostavk pojava in razvoja različnih oblik psihosocialne krize;
- pozna in razume modele shajanja in modele kriznih intervenc;
- izraža sposobnost samostojnega raziskovanja na predmetnem področju;

Intended learning outcomes:**Knowledge and understanding:****Student:**

- demonstrates an in-depth understanding of current theoretical assumptions of the occurrence and development of various forms of psychosocial crisis;
- knows and understands coping models and crisis intervention models;
- expresses the ability of the independent research in the subject area;

- prezentira lastne raziskovalne izsledke v znanstvenih publikacijah.

- presents his / her own research findings in scientific publications.

Metode poučevanja in učenja:

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov);
- seminarsko delo (diskusije, projektno delo, timsko delo, metode kritičnega mišljenja);
- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij;
- individualno raziskovalno delo študentov.

Learning and teaching methods:

- lectures with active participation of students (explanations, discussion, cases, problem-solving);
- seminar work (discussions, project work, team work, methods of critical thinking);
- use of online classroom or other contemporary ICT tools;
- individual research work.

Načini ocenjevanja:

Delež (v %) /

Weight (in %)

Assessment:

Način (pisni izpit, ustno izpraševanje, naloge, projekt):	Delež (v %) / Weight (in %)	Assessment: Type (examination, oral, coursework, project):
Izpitna naloga v obliki znanstvenega članka (najmanj 5000 besed)	100	Essay in the form of a scientific article (at least 5000 words)
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:

JEREB, Eva, URH, Marko, STROJIN, Špela, RAKOVEC, Primož. Importance and satisfaction of employees with factors related to job satisfaction: Differences between generation X and Y. V *EMAN 2019 Selected Papers – the 3rd International Scientific Conference on Economics and Management*, held at Ljubljana, Slovenia 28 March 2019.

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*, ISSN 1854-9373. [Tiskana izd.], 2018, letn. 12, št. 1/2, str. 67-86.

KRIVEC, Jana, RAKOVEC, Primož. Depresija in njen vpliv na delovno učinkovitost. V RASPOR, Andrej (ur.). *S skrbjo za sodelavce do boljših rezultatov podjetja*. Dolga Poljana: Perfectus, 2019.

KRIVEC, Jana, RAKOVEC, Primož, STEPIŠNIK PERDIH, Tjaša. The role of ICT in adolescents dealing with psychosocial problems. V: MAKAROVIC, Matej (ur.), RONČEVIĆ, Borut (ur.). *Technology and social choices in the era of social transformations*. Berlin [etc.]: P. Lang, 2020. Str. 59-79.

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*, ISSN 1854-9373. [Tiskana izd.], 2018, letn.12, št. 3/4, str. 7-39.

MOŽINA, Miran, FLAJS, Tomaž, JEREBIC, Drago, KOSOVEL, Irena, KRANJC, Urška, MILIČ, Alenka, RAKOVEC, Primož. Hrvaška, Malta in Nemčija v letu 2018 sprejele zakone o psihoterapiji: kaj pa Slovenija? = Croatia, Malta and Germany passed psychotherapy laws in 2018: how about Slovenia?. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2018, letn.12, št. 3/4, str. 245-272.

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

RAKOVEC, Primož. The functions of inner dialogue while driving a car. *IASS – Innovative Issues and Approaches in Social Sciences*, September 2019.

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.

RAKOVEC, Primož. *Agresivnost za volanom: vpliv notranjega dialoga na način vožnje*. 1. izd. Ljubljana: Vega, 2019. ISBN 978-961-6991-08-7.