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| FACULTY: | Faculty of Humanities |
| FIELD OF STUDY: | Pedagogical Studies |
| ERASMUS COORDINATOR OF THE FACULTY: | Anna Hajek, MA  Wiesław Trojanowicz, MA |
| E-MAIL ADDRESS OF THE COORDINATOR: | anna.hajek[@tu.koszalin.pl](mailto:jolanta.sypianska@tu.koszalin.pl)  [trojanowicz@op.pl](mailto:trojanowicz@op.pl) |
| COURSE TITLE: | Psychotherapy and sociotherapy |
| LECTURER’S NAME: | Edyta Halista-Telus |
| E-MAIL ADDRESS OF THE LECTURER: | edyta.halista-telus@tu.koszalin.pl |
| ECTS POINTS FOR THE COURSE: | 2 |
| ACADEMIC YEAR: | **2020/2021** |
| SEMESTER:  (W – winter, S – summer) | s |
| HOURS IN SEMESTER: | 15+15 |
| LEVEL OF THE COURSE:  (1st cycle, 2nd cycle, 3rd cycle) | 1st cycle |
| TEACHING METHOD:  (lecture, laboratory, group tutorials, seminar, other-what type?) | Lecture, group tutorials |
| LANGUAGE OF INSTRUCTION: | Polish |
| ASSESSMENT METHOD:  (written exam, oral exam, class test, written reports, project work, presentation, continuous assessment, other – what type?) | Class test, project work |
| COURSE CONTENT: | Specialist psychotherapy and psychological help and therapeutic communication;  Main theoretical orientations in psychotherapy and psychological help (psychoanalytic, neopsychoanalytic, behavioral, cognitive, humanistic, systemic)  Therapeutic relationship - its meaning, features, boundaries, the phenomenon of transference and countertransference;  Conditions for establishing a therapeutic relationship and the main obstacles to building it (favorable and unfavorable attitudes of the therapist, difficult patient behavior);  Psychological tools needed to build a therapeutic relationship (empathy - active listening, assertiveness - assertive behavior techniques);  Personal resources stimulated during therapeutic communication (self-esteem, sense of support, sense of understanding, hope, sense of sense, humor, motivation to heal, ability to manifest feelings);  Forms of therapeutic communication (providing explanations, giving advice and recommendations, providing emotional support, helping to relieve negative feelings);  Therapeutic communication as a form of counteracting iatrogenic errors (causes, types and effects of psycho-iatropathogenic errors, ways of preventing them)  The concept of sociotherapy,  Sociotherapy - therapeutic and educational process  Model of mental trauma  Mental state of the child with traumatic experience  Model of sociotherapeutic diagnosis  Building corrective and development situations. Sources of corrective experiences  Educational goals in sociotherapy  Rules of functioning of the sociotherapeutic group  Dynamics of the sociotherapeutic process |
| ADDITIONAL INFORMATION: | /consultations in English/  M. Deptuła [red.] Diagnostics, prevention, sociotherapy in pedagogical theory and practice, part 3, Bydgoszcz, 2005  K. Sawicka [red]- Sociotherapy, Warszawa, 1999  Grzesiuk, L Psychotherapy - theory. Academic Handbook. Wydawnictwo: Eneteia. |

20.03.2020 Edyta Halista-Telus

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