

DESCRIPTION OF THE COURSE OF STUDY

Course code		
Name of the course in	Polish	<i>Psychologia uzależnień</i>
	English	<i>Psychology of addiction</i>

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Psychology
1.2. Mode of study	Full time-studies/part-time studies
1.3. Level of study	Long-cycle master studies
1.4. Profile of study*	General academic
1.5. Person/s preparing the course description	dr Piotr Szczukiewicz
1.6. Contact	piotr.szczukiewicz@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	Polish/English
2.2. Prerequisites*	

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture, classes	
3.2. Place of classes	Teaching rooms Jan Kochanowski University of Kielce	
3.3. Form of assessment	Credit with grade	
3.4. Teaching methods	Lecture with a multimedia presentation, classes – discussion and exercises involving students in solving specific problems and case studies	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> 1. Cierpiałkowska L., Ziarko M. (2010). <i>Psychologia uzależnień – Alkoholizm</i>. Warszawa: Wydawnictwo Akademickie i Profesjonalne 2. Gąsior K. (2012) <i>Funkcjonowanie noo-psychospołeczne i problemy psychiczne dorosłych dzieci alkoholików</i>. Warszawa: Difin 3. McMurrin, M. (2003). <i>The psychology of addiction</i>. Routledge. 4. Mellibruda J., Sobolewska-Mellibruda Z. (2006). <i>Integracyjna psychoterapia uzależnień</i>. Warszawa: IPZ. 5. Szczukiewicz P. (2020). <i>Pomoc psychologiczna w leczeniu uzależnień</i>. Kielce: Wydawnictwo UJK.
	Further reading	<ol style="list-style-type: none"> 1. Beattie M. (2003). <i>Koniec współuzależnienia</i>. Poznań, Media Rodzina. 2. Carnes P. (2001). <i>Out of the Shadows: Understanding Sexual Addictions</i>. Hazelden Publications. 3. Habrat B. (red.) (2018). <i>Zaburzenia uprawiania hazardu i inne tak zwane nalogi behawioralne</i>. Warszawa: Instytut Psychiatrii i Neurologii. 4. Niewiadomska I., Kulik A., Hajduk A. (2005). <i>Jedzenie</i>. Lublin: Gaudium. 5. Miller W.R., Forcehimes A., Zweben (2011). <i>Treating Addiction: A Guide for Professionals</i>. The Guilford Press.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

<p>4.1. Course objectives (including form of classes) Lecture /classes C1 – Providing knowledge about addictions and addictive behaviours C2 - Developing the ability to diagnose, intervene and plan help for addicts and co-addicts C3 - Shaping correct attitudes towards addicts and their families;</p>
<p>4.2. Detailed syllabus (including form of classes) Lectures <ol style="list-style-type: none"> 1. Familiarization with the course chart and the form of credit. 2. Addictive personality of our time </p>

3. Determinants of addiction: biological, psychological, social.
4. Criteria for diagnosis of addiction – DSM-5 and ICD-10.
5. Psychological mechanisms of addiction.
6. Addiction to psychoactive substances (drugs, narcotics).
7. Behavioral addictions - gambling, sex, internet, smartphone, shopping.
8. Addiction therapy.
9. Support groups: AA, Al-Anon, Alateen. Non-professional help for addicts.
10. Functioning of a family with an addiction problem.
11. Codependency - manifestations and assistance.
12. Adult children of alcoholics - stigma or developmental opportunity?

Classes

1. Familiarisation with the course charter and the form of assessment.
2. Modern division of addictions: chemical and non-chemical addictions.
3. Diagnosis of addiction: symptoms and mechanisms. Process of carrying out diagnosis.
4. Intervening and motivating the treatment of addicts.
5. Structural-strategic model of addiction therapy. Behavioural-cognitive therapy of addiction.
6. Co-dependence- description of the phenomenon, diagnosis and therapy.
7. Functioning of a family with an addiction problem.
8. Adult Children of Alcoholics, Adult Children from Dysfunctional Families - who are they and how to help them?

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
...W01	knows the symptoms and causes of addictions and social dysfunctions and methods for their psychological assessment	PSYCH_W14
...		
within the scope of ABILITIES:		
...U01	is able to analyse correctly the causes and course of processes and social phenomena related to chemical and non-chemical addictions, form their own opinions on the subject and formulate simple research hypotheses and verify them	PSYCH_U07
...U02	is able to formulate an action plan that meets the needs of the addicted and co-dependent patient both in individual and group contacts	PSYCH_U11
within the scope of SOCIAL COMPETENCE:		
...K01	is able to co-create social projects related to addictions, foreseeing social consequences of his/her activity in the psychological profession	PSYCH_K05
...		

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)																				
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others* e.g. standardized test used in e-learning		
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
W01				+	+																
U01				+	+							+									
U02					+							+									
K01					+							+									

*delete as appropriate

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
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lecture (L) (including e-learning)	3	Obtaining at least 50 % of the points possible in the written test
	3,5	Obtaining at least 62,2 % of the points possible in the written test
	4	Obtaining at least 75 % of the points possible in the written test
	4,5	Obtaining at least 82,5 % of the points possible in the written test
	5	Obtaining at least 90 % of the points possible in the written test
classes (C)* (including e-learning)	3	Has mastered the material to a satisfactory/basic degree and has obtained more than 50% of the positive answers on the colloquium and has shown basic activity in class
	3,5	Has mastered the material satisfactorily and has obtained more than 62.5% of positive answers on the colloquium and has shown satisfactory activity in class and has prepared a project at a satisfactory level
	4	Has mastered the material to a good degree and has obtained more than 75% of the positive answers on the colloquium and has shown activity in class
	4,5	Has mastered the material to an above good level and has obtained more than 82.5% of the positive answers on the colloquium and has shown a high level of activity in class
	5	Has mastered the material to a very good degree and has obtained more than 90% of the positive answers on the colloquium and has shown very good activity in class

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	62	27
<i>Participation in lectures*</i>	30	15
<i>Participation in classes, seminars, laboratories*</i>	30	10
<i>Preparation in the exam/ final test*</i>	2	2
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	38	73
<i>Preparation for the lecture*</i>	8	23
<i>Preparation for the classes, seminars, laboratories*</i>	15	25
<i>Preparation for the exam/test*</i>	15	25
<i>TOTAL NUMBER OF HOURS</i>	100	100
ECTS credits for the course of study	4	4

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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