

**DESCRIPTION OF THE COURSE OF STUDY
FOR EXCHANGE STUDENTS**

Name of the course in	English	Psychology of crisis and crisis intervention
	Polish	Psychologia kryzysu i interwencja kryzysowa

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

1.1 Field of study	Psychology
1.2 Level of study	Full time-studies

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1 Language of instruction	Polish/English
2.2 Semesters in which the course of study is offered	summer
2.3 ECTS credits	4

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture
3.2. Form of assessment	Examination

4. OBJECTIVES, SYLLABUS CONTENT

<p>4.1. Course objectives C1. Gaining knowledge about the crisis C2. Developing skills in planning interventions and helping people in crisis and their families C3. Gaining knowledge and competences in the field of cooperation with aid institutions for people in crisis</p>
<p>4.2. Detailed syllabus 1. Types of psychological help. 2. Crisis reaction phases. The course of the crisis. 3. Sources of crises. Types of crises. 4. Crises after disasters. 5. Phases of dealing with the experience of a catastrophe. 6. Psychological effects of disasters. What helps survivors, what can a psychologist do? Debriefing. 7. Home abuse. Forms of violence. Why is the person whose partner is violent in a relationship with him? 8. How to work with victims of violence? 9. Mental crisis in rape victims. 10. Working with a person at risk of suicide. 11. Trauma of PTSD. 12. Basic skills of conducting crisis intervention, rules and principles. 13. Negative consequences of the crisis. Post-traumatic growth. 14. How to positively overcome the crisis?</p>