[Medicinski fakultet u Rijeci]

Curriculum
2024/2025

[Za kolegij]

Approaches in Psychotherapy

Study program:	**Medical Studies in English (R)** (elective) [Sveučilišni integrirani prijediplomski i diplomski studij]
Department:	**[Katedra za psihijatriju i psihološku medicinu]**
Course coordinator:	**doc. dr. sc. Stevanović Aleksandra, prof. - psih.**
Year of study:	**5**
ECTS:	**1.5**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**Possibility of teaching in a foreign language**

Course information:

The aim of the course is to introduce the student to the role of psychotherapy in the treatment of mental disorders and to the therapeutic and practical foundations of the most important psychotherapeutic approaches (psychotherapy schools). The student will familiarize with the most frequently used psychotherapy approaches and techniques as well as indications for the use of psychotherapy in general and within a specific therapeutic approach.

After the course, students will distinguish psychotherapeutic approaches according to their theoretical settings, significant representatives, understanding of the onset of mental disorders and basic mechanisms and techniques of therapy. Among other, students will be familiarized with the basis of consultation as a therapeutic technique as well as with auxiliary techniques like “grounding” and psycho-education.

Through learning about specific psychotherapeutic approaches, students will be able to deepen their understanding of personality psychology and basic psychotherapeutic concepts that are applicable in the work in any medical field.

The course is are conducted through interactive lectures and seminars with a discussion on the topic. In practicals, students have the opportunity to experience some elements of psychotherapeutic work.

Eligibility for the course is succesful completion of the course of Psychiatry in 4th year of the studies.

List of assigned reading:

Short F, Thomas P. Core approaches in counselling and psychotherapy. London: Routledge, 2015. https://dl.uswr.ac.ir/bitstream/Hannan/139799/1/9780415745147.pdf

Kozarić Kovačić D, Frančišković T. Psihoterapijski pravci. Zagreb: Medicinska naklada, 2014.

List of optional reading:

Corey G. Theory and practice of counselling and pschotherapy. Brooks/Cole Cengage Learning, 2011. https://perpus.univpancasila.ac.id/repository/EBUPT190498.pdf

Curriculum:

Student obligations:

Regular attendance, preparing and presenting seminar work, actively participating in discussions in class.

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

The overall assessment in the course consists of points from teaching (active participation in teaching material) (50%) and 50% points obtained for the preparation and presentation of a seminar paper.

Other notes (related to the course) important for students:

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COURSE HOURS 2024/2025
Approaches in Psychotherapy

List of lectures, seminars and practicals:

EXAM DATES (final exam):
