

Title:	<i>Introduction to Clinical Psychology</i>
Lecture hours:	15
Study period: (summer/winter)	Winter / summer, academic year 2021/2022
Number of credits:	3
Assessment methods:	Presentations and participation in all classes (discussion)
Language of instruction:	English
Prerequisites:	Basic English language skills and interest in clinical psychology
Course content:	<p>1. Different approaches to the concept of norm and pathology, classification systems of mental health</p> <p>2. Selected problems related to mental health (pathogenesis, clinical picture, diagnostic issues, methods of treatment)</p> <ul style="list-style-type: none"> - affective disorders, - anxiety and stress disorders, - psychotic disorders and schizophrenia, - personality disorders, - psychosomatic disorders/syndromes and - mechanisms of developing psychosomatic diseases.
Learning outcomes:	<p>Students will have acquired basic knowledge about mental health disorders – their biological, environmental and psychological determinants, as well as their cultural specificity. They will be able to recognize psychopathological phenomena and use mental health classifications.</p> <p>Students will know methods of diagnosis, prevention and treatment. They will have developed their abilities of establishing clinical contact based on observation and interview. Life-driven examples will allow them to transfer their knowledge into practical skills and attitudes.</p>
Name of lecturer:	Michalina Sołtys, PhD

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Literature:	<p>American Psychiatric Association (2013). <i>Diagnostic and statistical manual of mental disorders: DSM-5</i>. Washington, London : American Psychiatric Publishing</p> <p>Cullari, S.(ed.) (1998). <i>Foundation of clinical psychology</i>. Boston: Allyn & Bacon</p> <p>Nietzel, M. T., Bernstein, D. A., Milich, R. (1998). <i>Introduction of clinical psychology</i>. Upper Saddle River : Prentice-Hall.</p> <p>Salmon, P. (2000). <i>Psychology of medicine and surgery: a guide for psychologists, counsellors, nurses and doctors</i>. Chichester : J. Wiley & Sons.</p> <p>Sirri, L., Fava, G. A. (2013). Diagnostic criteria for psychosomatic research and somatic symptoms disorders. <i>International Review of Psychiatry</i>, 25(1), 19-30. https://icd.who.int/en/</p>

Bydgoszcz, 18.06.2022