

Psychology of Extreme Situations - opis przedmiotu

Informacje ogólne	
Nazwa przedmiotu	Psychology of Extreme Situations
Kod przedmiotu	0313-WP-PSCh-PES
Wydział	Wydział Nauk Społecznych
Kierunek	WNS - oferta ERASMUS / Psychologia
Profil	-
Rodzaj studiów	Program Erasmus
Semestr rozpoczęcia	semestr zimowy 2022/2023

Informacje o przedmiocie	
Semestr	1
Liczba punktów ECTS do zdobycia	2
Typ przedmiotu	obowiązkowy
Język nauczania	angielski
Sylabus opracował	dr Marzanna Farnicka

Formy zajęć					
Forma zajęć	Liczba godzin w semestrze (stacjonarne)	Liczba godzin w tygodniu (stacjonarne)	Liczba godzin w semestrze (niestacjonarne)	Liczba godzin w tygodniu (niestacjonarne)	Forma zaliczenia
Ćwiczenia	30	2	-	-	Zaliczenie na ocenę

Cel przedmiotu

Acquisition knowledge about the basic information about the classification of psychology and extreme/ traumatic situations, the psychology of emotion and motivation elements, the selected information from clinical psychology, the definitions of salutogenesis and pathogenesis of stress. The usage in a practical way knowledge of selected topics in the area of social psychology: psychomanipulations, conformity, group processes, aggression and violence, some elements of the terrorism psychology, ability to apply the techniques of constructive communication and assertiveness, effective self-presentation, the knowledge about strengths and weaknesses in dealing with a difficult situation.

Wymagania wstępne

None

Zakres tematyczny

The concepts of extreme situations / types of extreme situations and anxiety as a reaction to extreme situations,

Emotion and motivation: the nature, functions and components of emotions, physiological processes of emotional conditioning, self-control and emotional catharsis and human emotions released during a difficult situation, the nervous system activated during the difficult situation / traumatic situation, the process of motivation, practical knowledge to use;

Stress: salutogenetic and pathological path of stress, stress as a motivating factor, the risk associated with long-term stressful situation ;

Defense Mechanisms: defense mechanisms by Z. Freud, defense mechanisms, contemporary definitions;

Crisis intervention and crisis management.

- Suicide: the definition of suicide, Suicide and depression, warning signs,
- Aggression: definition of anger, aggression and violence, social learning theory of aggression, the theory of aggression and frustration,
- Psycho - manipulation: conformism, the role of authority, elements psycho - manipulation techniques.
- Psychology of terrorism: terrorism as a process, a terrorist personality,
- Neurosis, schizophrenia, depression and borderline disorders- how to recognize symptoms and do not be afraid them,
- Assertiveness: the concept of assertiveness, communication, interpersonal,
- Negotiations as a form of communication,
- The concept of burnout,
- Interpersonal attractiveness, something about the art of self-presentation;

Metody kształcenia

lecture, discussion, project

Efekty uczenia się i metody weryfikacji osiągnięcia efektów uczenia się

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
Students gain knowledge about the extreme situations and PTSD. He / she uses the knowledge of the psychology of stress and coping in difficult situations. Student combines information from the scope of the various subdisciplines of psychology and other disciplines, and is able to analyze the processes taking place during extreme situations. Student is helpful to others. He is interested in solutions to various problems; The student recognizes the need for personal and academic development; can work with the individual and with groups.		• Discussion, activity in the classroom, knowledge tests	• Ćwiczenia

Warunki zaliczenia

Possitive grade of the course includes: knowledge of literature, discussions in the class and realization project by a student.

Literatura podstawowa

- Hobfoll S.E., „Stress, culture and community”, GWP, Gdańsk 2006
- Malim T., Birch A., Wadeley A., „Introduction to psychology”, PWN, Warszawa 1994,
- Borys B., „Sytuacje ekstremalne i ich wpływ na stan psychiczny człowieka”, Katedra Psychiatrii i Psychologii Klinicznej Akademii Medycznej w Gdańsku
- Aronson Elliot, „Social psychology”, Wydawnictwo Zysk i S-ka,Poznań, 1997
- J. Horgan, „Psychology of terrorism”,PWN Warszawa, 2008

Literatura uzupełniająca

- Volpato C., Contarello A., „Towards a social psychology of extreme situations”, European Journal of Social Psychology, 1999

Uwagi

*The subject can be run every semester, in case there is not enough persons to make a group there will be individual class run during instructor hours.

Zmodyfikowane przez dr Magdalena Pokrzyńska (ostatnia modyfikacja: 25-04-2022 07:52)

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