

# Psychology of Extreme Situations - course description

General information	
Course name	Psychology of Extreme Situations
Course ID	0313-WP-PSCh-PES
Faculty	<a href="#">Faculty of Social Sciences</a>
Field of study	WNS - oferta ERASMUS / Psychology
Education profile	-
Level of studies	Erasmus programme
Beginning semester	winter term 2018/2019
Head faculty	Faculty of Social Sciences

Course information	
ECTS credits to win	2
Course type	obligatory
Teaching language	english
Author of syllabus	<ul style="list-style-type: none"><li>mgr Joanna Kubicka-Jakuczun</li></ul>

Classes forms					
The class form	Hours per semester (full-time)	Hours per week (full-time)	Hours per semester (part-time)	Hours per week (part-time)	Form of assignment
Class	30	2	-	-	Credit with grade

## Aim of the course

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.

## Prerequisites

None

## Scope

- 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;
- 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;

## Teaching methods

lecture, discussion, project

## Learning outcomes and methods of theirs verification

Outcome description	Outcome symbols	Methods of verification	The class form
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Outcome description	Outcome symbols	Methods of verification	The class form
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.		<ul style="list-style-type: none"> <li>Discussion, activity in the classroom, knowledge tests</li> </ul>	<ul style="list-style-type: none"> <li>Class</li> </ul>

## Assignment conditions

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

## Recommended reading

- 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

## Further reading

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

## Notes

\*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.

Modified by dr Magdalena Zapotoczna (last modification: 10-04-2018 18:48)

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