

	<b>UCNI NACRT PREDMETA/COURSE SYLLABUS</b>
<b>Predmet</b> <b>Course title</b>	<b>Osnove psihologije in dela z ljudmi s težavami v duševnem zdravju</b> <b>Basics of Psychology and Work with People with Mental Health Problems</b>

<b>Študijski program in stopnja</b> <b>Study programme and level</b>	<b>Študijska smer</b> <b>Study field</b>	<b>Letnik</b> <b>Academic year</b>	<b>Semester</b> <b>Semester</b>
Fizioterapija / I. stopnja Physiotherapy / 1 <sup>st</sup> Cycle	Ni smeri študija No study field	3. letnik 3 <sup>rd</sup> year	6. 6 <sup>th</sup>

**Vrsta predmeta/Course type** modularni/module

**Univerzitetna koda predmeta/University course code** FTH 3 M2 UN 2

<b>Predavanja</b> <b>Lectures</b>	<b>Sem. vaje</b> <b>Tutorial</b>	<b>Kab. vaje</b> <b>Cabinet tutorial</b>	<b>Lab. vaje</b> <b>Laboratory work</b>	<b>Teren. vaje</b> <b>Field work</b>	<b>Samost. delo</b> <b>Individ. work</b>	<b>ECTS</b>
45		30			75	5

**Nosilec predmeta/Lecturer:**

<b>Jeziki/ Languages:</b>	<b>Predavanja/Lectures:</b>	slovenski/Slovenian
	<b>Vaje/Tutorial:</b>	slovenski/Slovenian

<b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b>	<b>Prerequisites:</b>
Vpis v tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the third year of study.

<b>Vsebina:</b>	<b>Content (Syllabus outline):</b>
<ul style="list-style-type: none"> <li>• <i>Osnove psihologije.</i> Opredelitev psihologije, posamezna področja psihologije kot znanosti, zdravstvena psihologija.</li> <li>• <i>Pomen psihologa v procesu rehabilitacije.</i> Način dela s pacientom, sodelovanje s člani tima.</li> <li>• <i>Psihološke tehnike in pristopi, ki so lahko v pomoč fizioterapevtu.</i> Pomen sproščanja, čuječnosti, VKT in drugih psihoterapevtskih pristopov, edukacije.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>The basics of psychology.</i> The definition of psychology, individual areas of psychology as a science, health psychology.</li> <li>• <i>Importance of the psychologist in the rehabilitation process.</i> Working with patients, collaboration with other team members.</li> <li>• <i>Psychological techniques and approaches in assistance to physiotherapists.</i> The importance of relaxation, mindfulness,</li> </ul>

<ul style="list-style-type: none"> <li>• <i>Stik s pacientom.</i> Pomen uglašenosti, transfer in kontratransfer, pomen neverbalne komunikacije, vloge, ki jih lahko v odnosu igramo, vzpostavljanje prvega stika.</li> <li>• <i>Skrb zase - razbremenitev.</i> Kako fizioterapevt poskrbi za svoje dobro počutje, postavljanje meja pacientu.</li> <li>• <i>Pogosta psihološka stanja, procesi in značilnosti pacienta, ki sooblikujejo uspešnost fizioterapije.</i> Žalovanje, bolečine, bolečinsko vedenje, obrambni mehanizmi, spremenjeno doživljanje sebe, motivacija, osebnost, razpoloženje, inteligentnost - zakaj so pomembni za fizioterapevta in kako na njih reagira.</li> <li>• <i>Psihološke posebnosti dela s specifičnimi skupinami:</i> <ul style="list-style-type: none"> <li>- z otroki,</li> <li>- s športniki,</li> <li>- z ljudmi s kroničnimi in dolgo trajajočimi mišično skeletnimi težavami (npr.: kronična razširjena nerakava bolečina, KRBS),</li> <li>- z ljudmi z duševno boleznijo (npr.: shizofrenija, depresija, anksioznost),</li> <li>- z odvisnostmi in motnjami hranjenja,</li> <li>- z amputacijo, opeklino,</li> <li>- po poškodbi glave,</li> <li>- po travmatski izkušnji.</li> </ul> <p>Izpostavljene bodo psihološke (pri otrocih tudi razvojne) značilnosti, ki jih mora fizioterapevt poznati.</p> </li> </ul>	<p>CBT and other psychotherapeutic approaches, education.</p> <ul style="list-style-type: none"> <li>• <i>Contact with the patient.</i> The importance of attunement, transference and contratransference, non-verbal communication, the roles we play in a relationship, establishing the first contact.</li> <li>• <i>Self-care - alleviation.</i> How physiotherapists maintain their own wellbeing, setting boundaries to the patient.</li> <li>• <i>Common psychological states, processes, and characteristics of the patient that impact the effectiveness of physiotherapy.</i> Mourning, pain, pain behaviour, defense mechanisms, low self-esteem, motivation, personality, mood, intelligence - why they are important for the physiotherapist and how to react.</li> <li>• <i>Psychological peculiarities of working with specific groups:</i> <ul style="list-style-type: none"> <li>- children,</li> <li>- sports professionals,</li> <li>- people with chronic and long-lasting musculoskeletal problems (e.g. chronic widespread non-malignant pain, CRPS),</li> <li>- people with mental health problems (e.g. schizophrenia, depression, anxiety),</li> <li>- people with addictions and eating disorders,</li> <li>- people with amputation, burns</li> <li>- people with head injury,</li> <li>- people with traumatic experience.</li> </ul> <p>Psychological (in children also developmental) features, which the physiotherapist should be aware of, will be pointed out.</p> </li> </ul>
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### **Temeljna literatura in viri/Readings:**

#### **Temeljna literatura/Basic literature**

- Rakovec-Felser, Z. (2009). *Psihologija telesnega bolnika in njegovega okolja – Razumeti in biti razumljen.* Maribor: Založba Pivec.

#### **Priporočljiva literatura/Recommended literature**

- Alexanders, J., Anderson, A. in Henderson, S. (2015). *Musculoskeletal physiotherapists` use of psychological intervention: a systematic review of therapists` perceptions and practice*. *Physiotherapy*, 101, 95-102.
- Harding, V. in Williams, A. (1995). *Applying Psychology to Enhance Physiotherapy Outcome*. *Physiotherapy Theory and Practice*, 11, str. 129-132.
- Probst, M. *Physiotherapy and Mental Health*. (2017). V S. Toshiaki, *Clinical Physical Therapy* (str. 179-204). InTech. Dostopno na: <https://www.intechopen.com/books/clinical-physical-therapy/physiotherapy-and-mental-health>

### **Cilji in kompetence:**

*Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:*

- prepoznavanje, spoštovanje, upoštevanje in vključevanje individualnih potreb pacientov v njihovo fizioterapevtsko obravnavo,
- promocijo zdravja, zdravstveno vzgojo ter ohranjanje in izboljševanje kakovosti življenja,
- sodelovanje v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu,
- ustno in pisno komuniciranje s sodelavci in strokovnjaki drugih strok,
- empatično komunikacijo v interakciji s pacienti pri terapevtski obravnavi,
- prepoznavanje potreb po socialni rehabilitaciji pacientov in posredovanje temeljnih informacij o možnostih socialne obravnave.

### **Objectives and competences:**

*The learning unit mainly contributes to the development of the following general and specific competences:*

- recognising, respecting, considering and including the individual needs of patients into their physiotherapeutic treatment,
- promoting health, health education and preservation and improvement of the quality of life,
- cooperating in physiotherapeutic, interdisciplinary and multidisciplinary teams,
- spoken and written communication with colleagues and other experts,
- empathic communication in interaction with patients during the therapeutic treatment,
- recognising the needs of patients for social rehabilitation and providing basic information on social treatment possibilities.

### **Predvideni študijski rezultati:**

#### **Študent/študentka:**

- pozna: osnove psihologije, značilnosti terapevtskega odnosa, temeljne psihološke tehnike in pristope, pogosta psihološka stanja v procesu rehabilitacije, psihološke značilnosti specifičnih skupin pacientov,
- razume: pomen skrbi zase, vpliv posameznikovih psiholoških značilnosti na proces rehabilitacije, vpliv lastnega psihološkega stanja na odnos s pacientom, pomen sodelovanja z drugimi strokovnjaki,

### **Intended learning outcomes:**

#### **Students:**

- know: the basics of psychology, characteristics of the therapeutic relationship, fundamental psychological techniques and approaches, common psychological conditions in the rehabilitation process, psychological characteristics of specific groups of patients,
- recognise: the importance of self-care, the influence of individual psychological characteristics on the rehabilitation process, the impact of their own psychological state on the relationship

<ul style="list-style-type: none"> <li>• razvije: sposobnost skrbi zase, sposobnost prepoznavanja pacientovega stanja in zmožnost uglaševanja nanj,</li> <li>• se usposobi za kritično presojo lastnega psihološkega stanja ter stanja pacienta, na podlagi česar zmore ustrezno komunicirati,</li> <li>• se usposobi za predvidevanje možnih zapletov v odnosu ter predhodno preprečitev.</li> </ul>	<p>with the patient, the importance of cooperation with other professionals,</p> <ul style="list-style-type: none"> <li>• develop: the ability of self-care, to identify the patient's status, and the ability of attunement,</li> <li>• are qualified for critical assessment of their own psychological states and the states of the patient, leading to proper communication,</li> <li>• are qualified to anticipate possible complications in the relationship, and enable their prevention.</li> </ul>
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**Metode poučevanja in učenja:**

**Learning and teaching methods:**

<ul style="list-style-type: none"> <li>• <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),</li> <li>• <i>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving),</li> <li>• <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.</li> </ul>
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**Načini ocenjevanja:**

Delež (v %)

Weight (in %)

**Assessment:**

<p>Način:</p> <ul style="list-style-type: none"> <li>• pisni izpit</li> <li>• kolokvij</li> </ul> <p>Ocenjevalna lestvica: ECTS.</p>	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> <li>• written exam</li> <li>• preliminary exam</li> </ul> <p>Grading scheme: ECTS.</p>
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