

**Subject card**

<b>Subject name and code</b>	Assisting in solving individual crises, PG_00149083						
<b>Field of study</b>	Asystowanie w rozwiązywaniu kryzysów indywidualnych (Ćw. warsztatowe)						
<b>Date of commencement of studies</b>	October 2024	<b>Academic year of realisation of subject</b>			2025/2026		
<b>Education level</b>	Master's studies	<b>Subject group</b>			Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	2	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	3	<b>ECTS credits</b>			2.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>	Division of the Sociology of Everyday Life -> Institute of Sociology -> Faculty of Social Sciences -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Bogna Dowgiałło				
	<b>Teachers</b>		dr Bogna Dowgiałło				
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	20.0	0.0	0.0	0.0	20
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	20		2.0		28.0	50
<b>Subject objectives</b>	Workshop for supporting people in life crises. Refers to supporting the resolution of individual problems and life crises - both in terms of examining the process of falling into difficult situations (accumulation of life difficulties, traumas, negative turns and life breakdowns), as well as ways to recover from crises - seeking resources and support. Students will learn about ways to support the healing process, coping with stress, job burnout and the experience of "meaninglessness."						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[SOCMU2_U08] The graduate is able to analyse and understand many current social phenomena in the context of knowledge about the mechanisms of human activity, the impact of a group on an individual, the processes of change in Polish, European and world society, and is able to relate his/her understanding of these phenomena to theoretical explanations and results of social research	Able to analyze and understand many current social phenomena in the context of knowledge of individual crises in the context of changing social reality	[SU1] wypowiedź ustna/rozmowa/diskusja
	[SOCMU2_W07] The graduate has in-depth knowledge of selected normative systems in relation to various areas of social life, social and cultural institutions and the processes of their change	A student has in-depth knowledge of selected normative systems in relation to various areas of social life including mental problems, social and cultural institutions operating in this area and the processes of their change.	[SW1] wypowiedź ustna/rozmowa/diskusja
	[SOCMU2_K01] The graduate understands the need for lifelong learning, is able to inspire and organise the learning process of others	Understands the need for lifelong learning, is able to inspire and organize the learning process of others in the field of individual crises and their social contexts	[SK1] wypowiedź ustna/rozmowa/diskusja [SK8] obserwacja samodzielnej lub zespołowej pracy studenta
	[SOCMU2_K03] The graduate is ready to appropriately determine priorities in the implementation of a specific task	A student is ready to adequately prioritize when performing a specific task.	[SK8] obserwacja samodzielnej lub zespołowej pracy studenta
	[SOCMU2_W11] The graduate has in-depth knowledge and understanding of the general principles for the creation and development of forms of individual entrepreneurship using sociological knowledge	He knows and understands in depth the general principles of creating the structure of the therapeutic process, ethical requirements and limitations in the support process, using sociological knowledge.	[SW1] wypowiedź ustna/rozmowa/diskusja [SW5] realizacja zadania problemowego
	[SOCMU2_K07] The graduate is able to think and act in an entrepreneurial way	A Student is willing to think and act in an entrepreneurial manner.	[SK6] demonstracja umiejętności praktycznych
[SOCMU2_K02] The graduate is ready to cooperate effectively and assume various roles in a group	A student is ready to interact and cooperate in a group, taking on various roles within it.	[SK5] realizacja zadania problemowego [SK8] obserwacja samodzielnej lub zespołowej pracy studenta	
Subject contents	<p>Mental problems and social change Therapeutic Culture Ways to Take Care of Mental Health Well-being Mindfulness practice Stress The therapeutic process, contact with the client/client, collaborative relationships Ethical requirements and limitations in the support process. Taking care of one's own well-being, boundaries and competence development (Supervision, training, own therapy) Building a relationship with a person experiencing a crisis Relationship building techniques</p>		
Prerequisites and co-requisites	Passed first year of supplementary studies, formal choice of subject		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Active participation in classes, performing individual and group tasks: preparing an individual project	51.0%	100.0%
Recommended reading	Basic literature	<p>Jon Kabat-Zinn Mindfulness Practice for Beginners, Black Sheep, 2012 Jon Kabat-Zinn Living a Beautiful Disaster. With the wisdom of your body and mind you can overcome stress, illness and pain, Black Sheep, 2013 Erik van den Brink &amp; Frits Koster &amp; Marta Markocka-Pepol Living with compassion based on mindfulness. A practical guide to the MBCL course, 2023 Asia Podgórska This is how the brain works. How to take good care of its functioning, Warsaw 2023 Magda Bigaj, Digital Hygiene of Adult Internet Users in Poland. Report of the National Survey of Digital Hygiene 2022</p>	
	Supplementary literature	Not applicable	
	eResources addresses		

Example issues/ example questions/ tasks being completed	Nie dotyczy
Work placement	Not applicable

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