

**Subject card**

<b>Subject name and code</b>	Basics of Psychotherapy for Speech Therapists, PG_00151517						
<b>Field of study</b>	Logopedics						
<b>Date of commencement of studies</b>	October 2024	<b>Academic year of realisation of subject</b>			2025/2026		
<b>Education level</b>	postgraduate studies	<b>Subject group</b>			Obligatory subject group in the field of study Humanistic-social subject group Subject group related to practical vocational preparation		
<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>	practical	<b>Assessment form</b>					
<b>Conducting unit</b>	Instytut Psychologii -> Faculty of Social Sciences						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr hab. Katarzyna Kaczorowska-Bray				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	15.0	0.0	0.0	0.0	15
	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>	15		2.0		33.0	50
<b>Subject objectives</b>	To familiarize students with the basic modern psychotherapeutic methods with the indication of elements that may be helpful in the work of a speech therapist.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[LOGMU2_U05] Can independently program measures to prevent speech and language disorders for people at risk of developing them.	The student is able to apply the appropriate type of relaxation to reduce emotional tension, which may contribute to reducing the severity of the symptoms of certain communication disorders, e. g. stuttering or dysphonia appearing against the background of psychological difficulties.	[SU3] text preparation/written work [SU8] observation of student's independent or team work
	[LOGMU2_W15] He knows at an extended level the terminology of the social sciences and medical sciences relevant to the field of Logopedia.	The student knows the basic terminology related to psychotherapy.	[SW1] oral statement/ conversation/discussion [SW3] text preparation/written work
	[LOGMU2_U06] He has in-depth skills in identifying the biomedical and psychological determinants of language problems and dysphagia in the patient, and can analyze and interpret information gathered from medical and psychological sources.	The student is able to analyze and interpret information collected from medical and psychological sources.	[SU1] oral statement/conversation/ discussion [SU8] observation of student's independent or team work
	[LOGMU2_W14] Understands the principles of operation of equipment and apparatus, as well as diagnostic and therapeutic methods used in social sciences and medical disciplines relevant to the field of Logopedia.	The student knows the basic psychotherapeutic methods that can be used in the work of a speech therapist.	[SW1] oral statement/ conversation/discussion [SW3] text preparation/written work
	[LOGMU2_K04] He is aware of his own limitations and knows when there is a need to turn to experts in fields relevant to speech therapy.	The student is aware of his own limitations and knows when it is necessary to turn to experts in the fields relevant to speech therapy.	[SK1] oral statement/conversation/ discussion
[LOGMU2_K06] Able to independently and critically supplement knowledge and skills in medicine and social sciences.	The student is able to independently and critically supplement knowledge and skills in the field of social sciences.	[SK1] oral statement/conversation/ discussion	
Subject contents	<ol style="list-style-type: none"> <li>Theoretical foundations of psychotherapy overview of the most important psychotherapeutic directions and methods (psychoanalytical therapy, psychodynamic therapy, cognitive-behavioral therapy, existential-humanistic therapy, systemic therapy, integrative therapy)</li> <li>Distinguishing psychotherapy from other forms of psychological assistance (individual counseling, developmental training, crisis interventions, rehabilitation, resocialization, treatment of patients with somatic illness)</li> <li>Characteristics of the preparation and course of the psychotherapy process (establishing contact with the patient, initial diagnosis, conclusion of psychotherapeutic contact, phases of the psychotherapy process)</li> <li>Healing factors in psychotherapy (Yalom healing factors, Czabala healing factors, specific and nonspecific healing factors in psychotherapy)</li> <li>Types of psychotherapy (individual psychotherapy, group psychotherapy, team psychotherapy, training psychotherapy, couple/marriage psychotherapy, family psychotherapy)</li> <li>Ethics in psychotherapy (approach to the patient, prohibited practices, the child as a subject in psychotherapy, shaping the relationship with the patient)</li> </ol>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Active participation in classes	51.0%	40.0%
	Assignment work	51.0%	60.0%

Recommended reading	Basic literature	<ul style="list-style-type: none"> <li>• Grzesiuk L., Suszek H. (2012). Psychoterapia. Szkoły i metody. Podręcznik akademicki. Warszawa: Eneteia.</li> <li>• Grzesiuk L., Suszek H. (2010). Psychoterapia. Integracja. Podręcznik akademicki. Warszawa: Eneteia.</li> <li>• Grzesiuk L (2006) Grzesiuk L (2005) Psychoterapia. Psychoterapia. Praktyka. Podręcznik akademicki.. Warszawa: Eneteia.</li> <li>• Kabat-Zinn J. (2015). Życie piękna katastrofa. Warszawa: Wydawnictwo Czarna Owca.</li> <li>• Linehan, M.M. (2016). TERAPIA DIALEKTYCZNO-BEHAWIORALNA (DBT) Trening umiejętności, Materiały i ćwiczenia dla pacjentów. Kraków: Wydawnictwo Uniwersytetu Jagiellońskiego.</li> <li>• Lowen A. (2022). Głos ciała. Rola ciała w psychotrapii. Warszawa: Wydawnictwo Czarna Owca.</li> <li>• Namysłowska I. (1997). Terapia rodzin. Warszawa: Sprinter PWN.</li> </ul>
	Supplementary literature	<ul style="list-style-type: none"> <li>• Arntz , A., Jacob, G. (2019). TERAPIA SCHEMATÓW W PRAKTYCE. Praca z trybami schematów. Gdańsk:GWP.</li> <li>• Wells A. (2010). Terapia poznawcza zaburzeń lękowych. Praktyczny podręcznik i przewodnik po teorii. Kraków: Wyd. UJ.</li> </ul>
	eResources addresses	Adresy na platformie eNauczanie:
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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