

## Subject card

|                                             |                                                                                                                                                                |                                                          |                                         |                                     |                                                                                                                                                |            |     |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Basics of Psychotherapy for Speech Therapists, PG_00151644                                                                                                     |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Field of study                              | Logopedics                                                                                                                                                     |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Date of commencement of studies             | October 2025                                                                                                                                                   |                                                          | Academic year of realisation of subject |                                     | 2026/2027                                                                                                                                      |            |     |
| Education level                             | Master's studies                                                                                                                                               |                                                          | Subject group                           |                                     | Obligatory subject group in the field of study<br>Humanistic-social subject group<br>Subject group related to practical vocational preparation |            |     |
| Mode of study                               | part-time studies                                                                                                                                              |                                                          | Mode of delivery                        |                                     | at the university                                                                                                                              |            |     |
| Year of study                               | 2                                                                                                                                                              |                                                          | Language of instruction                 |                                     | Polish                                                                                                                                         |            |     |
| Semester of study                           | 4                                                                                                                                                              |                                                          | ECTS credits                            |                                     | 1.0                                                                                                                                            |            |     |
| Learning profile                            | practical                                                                                                                                                      |                                                          | Assessment form                         |                                     | credit                                                                                                                                         |            |     |
| Conducting unit                             | Institute of Psychology -> Faculty of Social Sciences -> Rector                                                                                                |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                             |                                                          | dr hab. Katarzyna Kaczorowska-Bray      |                                     |                                                                                                                                                |            |     |
|                                             | Teachers                                                                                                                                                       |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Lesson types                                | Lesson type                                                                                                                                                    | Lecture                                                  | Tutorial                                | Laboratory                          | Project                                                                                                                                        | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                          | 0.0                                                      | 10.0                                    | 0.0                                 | 0.0                                                                                                                                            | 0.0        | 10  |
|                                             | E-learning hours included: 0.0                                                                                                                                 |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Learning activity and number of study hours | Learning activity                                                                                                                                              | Participation in didactic classes included in study plan |                                         | Participation in consultation hours |                                                                                                                                                | Self-study | SUM |
|                                             | Number of study hours                                                                                                                                          | 10                                                       |                                         | 1.0                                 |                                                                                                                                                | 14.0       | 25  |
| Subject objectives                          | 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. |                                                          |                                         |                                     |                                                                                                                                                |            |     |

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| Learning outcomes               | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Subject outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Method of verification                                                                                  |
|                                 | [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, has the ability to make substantive arguments using the views of other authors and to formulate conclusions regarding therapeutic effects.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | [SU1] oral statement/conversation/discussion<br>[SU8] observation of student's independent or team work |
|                                 | [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<br>[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<br>[SW3] text preparation/written 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<br>[SW3] text preparation/written work                     |
|                                 | [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                                                            |
|                                 | [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 fields relevant to speech therapy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | [SK1] oral statement/conversation/discussion                                                            |
| Subject contents                | <p>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)</p> <p>Distinguishing psychotherapy from other forms of psychological assistance (individual counseling, developmental training, crisis interventions, rehabilitation, resocialization, treatment of patients with somatic illness)</p> <p>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)</p> <p>Healing factors in psychotherapy (Yalom healing factors, Czabala healing factors, specific and nonspecific healing factors in psychotherapy)</p> <p>Types of psychotherapy (individual psychotherapy, group psychotherapy, team psychotherapy, training psychotherapy, couple/marriage psychotherapy, family psychotherapy)</p> <p>Ethics in psychotherapy (approach to the patient, prohibited practices, the child as a subject in psychotherapy, shaping the relationship with the patient)</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                         |
| Prerequisites and co-requisites |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                         |
| Assessment methods and criteria | Subject passing criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Passing threshold                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Percentage of the final grade                                                                           |
|                                 | Accounting work                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 51.0%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 60.0%                                                                                                   |
|                                 | Participation in the discussion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 51.0%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40.0%                                                                                                   |
| Recommended reading             | Basic literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Grzesiuk L, Suszek H. (2012). Psychotherapy. Schools and methods. The academic textbook. Warsaw: Aeneia.</p> <p>Grzesiuk L, Suszek H. (2010). Psychotherapy. Integration. The academic textbook. Warsaw: Aeneia.</p> <p>Grzesiuk L (2006) Grzesiuk L (2006) Psychotherapy. Practice. The academic textbook. Warsaw: Aeneia.</p> <p>Kabat-Zinn (2015). Life is a beautiful disaster. Warsaw: Black Sheep Publishing House.</p> <p>Linehan, M. M. (2016). DIALECTICAL-BEHAVIORAL THERAPY (DBT) Training skills, materials and exercises for patients. Krakow: Jagiellonian University Publishing House.</p> <p>Lowen A. (2022). The voice of the body. The role of the body in psychotrauma. Warsaw: Black Sheep Publishing House.</p> <p>I (1997) Family therapy. Warsaw: Sprinter PWN.</p> |                                                                                                         |
|                                 | Supplementary literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Arntz, A. , Jacob, G. (2019). PATTERNS THERAPY IN PRACTICE. Working with schema modes. Credit:GWP.</p> <p>Wells A (2010). Cognitive therapy for anxiety disorders. A practical manual and a guide to theory. Cracow: Ed. UJ.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                         |
|                                 | eResources addresses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                         |

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| Example issues/<br>example questions/<br>tasks being completed |                |
| Work placement                                                 | Not applicable |

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