

Subject card

Subject name and code	Basics of Psychotherapy for Speech Therapists, PG_00150734						
Field of study	Logopedics						
Date of commencement of studies	October 2026		Academic year of realisation of subject		2030/2031		
Education level	uniform Master's studies		Subject group		Obligatory subject group in the field of study Subject group related to practical vocational preparation		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	5		Language of instruction		Polish		
Semester of study	9		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	15.0	0.0	0.0	0.0	15
	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	15		1.0		9.0	25
Subject objectives	Acquaintance of students with basic modern psychotherapeutic methods with the indication of elements that can be helpful in the work of speech therapists.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[LOGJ5_K04] He is aware of his own limitations and knows when there is a need to turn to experts of fields relevant to speech therapy and committed cooperation with various institutions of health care and supporting educational, cultural and support activities.	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
	[LOGJ5_U05] Can independently program measures to prevent speech and language and voice 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
	[LOGJ5_U06] He has in-depth skills in identifying biomedical and psychological conditions of language problems and dysphagia in the patient, can analyze and interpret information gathered from medical and psychological sources and, using medical terminology, explain complex speech therapy problems.	The student is able to analyze and interpret information collected from medical and psychological sources, She 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 [SU8] observation of student's independent or team work
	[LOGJ5_W15] Knows at an in-depth level the terminology of the social sciences (pedagogy, psychology and special education) and medical sciences relevant to the field of speech therapy. He understands its origin and knows the principles of application within related scientific disciplines.	The student knows the basic terminology associated with psychotherapy.	[SW1] oral statement/conversation/discussion [SW3] text preparation/written work
	[LOGJ5_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.	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
	[LOGJ5_K06] Can independently and critically supplement knowledge and skills in medicine, social sciences and fields useful to speech therapists.	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	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) Distinguishing psychotherapy from other forms of psychological assistance (individual counseling, developmental training, crisis interventions, rehabilitation, resocialization, treatment of patients with somatic illness) 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) Healing factors in psychotherapy (Yalom healing factors, Czabala healing factors, specific and nonspecific healing factors in psychotherapy) Types of psychotherapy (individual psychotherapy, group psychotherapy, team psychotherapy, training psychotherapy, couple/marriage psychotherapy, family psychotherapy) Ethics in psychotherapy (approach to the patient, prohibited practices, the child as a subject in psychotherapy, shaping the relationship with the patient)		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Participation in the discussion	51.0%	40.0%
	Accounting work	51.0%	60.0%

Recommended reading	Basic literature	Grzesiuk L, Suszek H. (2012). Psychotherapy. Schools and methods. The academic textbook. Warsaw: Aeneia. Grzesiuk L, Suszek H. (2010). Psychotherapy. Integration. The academic textbook. Warsaw: Aeneia. Grzesiuk L (2006) Grzesiuk L (2006) Psychotherapy. Practice. The academic textbook. Warsaw: Aeneia. Kabat-Zinn (2015). Life is a beautiful disaster. Warsaw: Black Sheep Publishing House. Linehan, M. M. (2016). DIALECTICAL-BEHAVIORAL THERAPY (DBT) Training skills, materials and exercises for patients. Krakow: Jagiellonian University Publishing House. Lowen A. (2022). The voice of the body. The role of the body in psychotrauma. Warsaw: Black Sheep Publishing House. I (1997) Family therapy. Warsaw: Sprinter PWN.
	Supplementary literature	Arntz, A. , Jacob, G. (2019). PATTERNS THERAPY IN PRACTICE. Working with schema modes. Credit:GWP. Wells A (2010). Cognitive therapy for anxiety disorders. A practical manual and a guide to theory. Cracow: Ed. UJ.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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