University of Gdańsk

Subject card

Subject name and code	Assisting in solving individual crises, PG_00179426		
Field of study	Sociology		
Date of commencement of studies	October 2027	Academic year of realisation of subject	2028/2029
Education level	Master's studies	Subject group	Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	2	Language of instruction	Polish
Semester of study	3	ECTS credits	2.0
Learning profile	academic	Assessment form	credit
Conducting unit	Division of the Sociology of Everyday Life -> Institute of Sociology -> Faculty of Social Sciences -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	dr Magdalena Herzberg-Kurasz	
	Teachers		

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	0.0	30.0	0.0	0.0	0.0	30

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	30	4.0	16.0	50

Subject objectives

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] oral statement/conversation/ discussion
[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] oral statement/ conversation/discussion
[SOCMU2_W11] The graduate has 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] oral statement/ conversation/discussion [SW5] implementation of a problem task
[SOCMU2_U12] 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] implementation of a problem task [SK8] observation of student's independent or team work
[SOCMU2_U13] 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] oral statement/conversation/ discussion [SK8] observation of student's independent or team work
[SOCMU2_K01] 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] observation of student's independent or team work
[SOCMU2_K05] 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] demonstration of practical skills

Subject contents

Mental problems and social changeTherapeutic Culture Ways to Take Care of Mental HealthWell-being Mindfulness practiceStressThe therapeutic process, contact with the client/client, collaborative relationshipsEthical 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 crisisRelationship building techniques

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	Jon Kabat-Zinn Mindfulness Practice for Beginners, Black Sheep, 2012Jon Kabat-Zinn Living a Beautiful Disaster. With the wisdom of your body and mind you can overcome stress, illness and pain, Black Sheep, 2013Erik van den Brink&Frits Koster & Marta Markocka-Pepol Living with compassion based on mindfulness. A practical guide to the MBCL course, 2023Asia 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
Supplementary literature	Not applicable
eResources addresses	

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

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