

**Brief description of the elective discipline (abstract)**

**«Body-oriented psychotherapy»**

(name of elective course)

Speciality	<b>Medicine</b>
Educational level	<b>master</b>
Year of study (course)	<b>4 year</b>
Form of education	<b>full-time form of education</b>
Department	<b>psychology and philosophy</b>

**The purpose of the discipline** is awareness of the deep relationship between body and mind, the formation system of knowledge and skills on ecological attitude to own psychological health which is a necessary capability of future medical professionals.

**Course objectives:**

- to form knowledge in basic theoretical propositions and empirical research of body-oriented psychology;
- acquaintance with the main approaches and methods of body-oriented psychotherapy;
- awareness of the deep relationship between body and mind, the formation of knowledge and skills of ecological attitude to own psychological health.

**Learning outcomes:** to operate in professional activity with knowledge of the of the relationship between body and mind; analyze and evaluate events and processes in own life; set priorities and personal goals, learn from one's own experience and the experience of others; apply in practice the development and implementation of programs and procedures for the selection of personnel; to implement knowledge and skills on ecological attitude to own psychological health; to implement the basic categories and concepts of body-oriented psychology in dentist's practice; to organize group work on the basis of knowledge of processes of group dynamics and principles of team formation.

After studying the course, the student should **know:**

- basic theoretical principles of body-oriented psychology;
- approaches and methods of body-oriented psychology;
- features of the relationship between the human body and psyche.

After studying the course, the student should **be able to:**

- empathetically interact, enter into communication, be tolerant of people with other cultural or gender-age characteristics;
  - demonstrate socially responsible and conscious behavior, follow humanistic and democratic values;
  - ability to ensure compliance with ethical standards of relations in the organization;
- demonstrate a responsible attitude to professional self-improvement, training and self-development.

**Approximate list of lecture and practical topics:**

1. The concept of body-oriented psychology. History of body-oriented psychology and psychotherapy
2. Vegetative-analytical therapy of character by W. Reich.
3. Classification of basic personal problems according to V. Baskakov
4. Classification of problematic patterns of respiration by A. Vykhovsky
5. Bioenergy A. Lowen
6. Bodydynamics L. Marcher
7. Model of personality development in normal and pathology

8. The personality in body-oriented psychotherapy
9. Ethical, tactical and diagnostic aspects of interaction with the client in body-oriented psychotherapy
10. Techniques and exercises used in body-oriented psychotherapy. Work with client motivation.

**The list of competencies, the acquisition of which will be provided by the discipline.**

**General competencies:**

GC1. Ability to abstract thinking, analysis and synthesis, the ability to learn and be modernly trained.

GC2. Ability to apply knowledge in practical situations

GC3. Knowledge and understanding of the subject area and understanding of professional activity

GC4. Ability to adapt and act in a new situation

GC5. Ability to make an informed decision; work in a team; interpersonal skills

GC6. Ability to communicate in the state language both orally and in writing; ability to communicate in a foreign language

GC7. Skills in the use of information and communication technologies

GC8. Definiteness and perseverance in terms of tasks and responsibilities

GC9. The ability to act socially responsibly and consciously

GC10. The desire to preserve the environment.

**Special (professional) competencies:**

SC1. Skills of interviewing and clinical examination of the patient

SC4. Ability to determine the required mode of work and rest in the treatment of diseases.

SC13. Ability to carry out sanitary, hygienic and preventive measures.

SC19. Ability to assess the impact of the environment, socio-economic and biological determinants on the health of the individual, family, population

**The list of scientific and pedagogical employees who will ensure the conduct of the discipline:**

PhD **Viktoria Osypenko**

PhD, Associate Professor **Olesia Pavliuk**

