

Chill out! - Relaxation as a tool for personal development and therapy (1st edition in 2022/2023: 5.11, 19.11, 3.12)

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| 1. **Imprint**
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| **Academic Year** | 2022/2023 |
| **Department** | Faculty of Medicine |
| **Field of study** | Medicine |
| **Main scientific discipline** *(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)* | **Medical Sciences** |
| **Study Profile** *(general academic / practical)* | General academic |
| **Level of studies** *(1st level /2nd level/uniform MSc)* | Uniform MSs |
| **Form of studies**  | Full time studies |
| **Type of module / course** *(obligatory / non-compulsory)* | Non-compulsory |
| **Form of verification of learning outcomes** *(exam / completion)* | Credit |
| **Educational Unit / Educational Units** *(and address / addresses of unit / units)* | Department of Health Psychology ul. Litewska 14/16, 00-575 WarszawaTel. +48 22 116 92 11zpikm@wum.edu.pl |
| **Head of Educational Unit / Heads of Educational Units** | Professor Dorota Włodarczyk, MA, PhD  |
| **Course coordinator** *(title, First Name, Last Name, contact)* | Magdalena Łazarewicz, MA, PhDmagdalena.lazarewicz@wum.edu.pl |
| **Person responsible for syllabus** *(First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)* | Magdalena Łazarewicz, MA, PhDmagdalena.lazarewicz@wum.edu.pl |
| **Teachers** | Magdalena Łazarewicz, MA, PhD (magdalena.lazarewicz@wum.edu.pl) |

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| 1. **basic information**
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| **Year and semester of studies** | I-VI, 1st semester | **Number of ECTS credits** | 2.00 |
| **forms of classes** | **Number of hours** | **ECTS credits calculation** |
| **Contacting hours with academic teacher**  |
| Lecture (L) | - | - |
| Seminar (S) | 30 | 1.5 |
| Classes (C) | - | - |
| e-learning (e-L) | - | - |
| Practical classes (PC) | - | - |
| Work placement (WP) | - | - |
| **Unassisted student’s work** |
| Preparation for classes and completions | 15 | 0.5 |

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| 1. **Course objectives**
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| O1 | To broaden students’ knowledge on stress and its consequences for health and the meaning of relaxation for human wellbeing.  |
| O2 | Development of auto-relaxation skills, ability to conduct relaxation training for others, working with strains, removal of anxiety in adaptive way. |

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| Standards of learning – Detailed description of effects of learning *(concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)* |
| **Code and number of effect of learning in accordance with standards of learning** *(in accordance with appendix to the Regulation of Minister of Science* *and Higher education from 26th of* *July 2019)* | **Effects in time** |
| **Knowledge – Graduate\* knows and understands:** |
| D.K12 | the role of stress in etiopathogenesis and the progress of the disease and recognises the mechanisms of coping with stress; |
| **Skills– Graduate\* is able to:** |
| - | - |

*\* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.*

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| 1. **Additional effects of learning** *(non-compulsory)*
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| **Number of effect of learning** | **Effects of learning i time** |
| **Knowledge – Graduate knows and understands:** |
| K1 | psychological and physiological basis of relaxation |
| K2 | what biofeedback is and how it may be used in relaxation training |
| K3 | basics of meditation and mindfulness |
| K4 | specificity of relaxation techniques for children |
| **Skills– Graduate is able to:** |
| S1 | conduct basic breathing exercises |
| S2 | work with biofeedback |
| S3 | conduct Jacobson’s progressive muscle relaxation |
| S4 | conduct passive muscle relaxation |
| S5 | Shultz’s autogenic training |
| S6 | conduct visualization and meditation exercises |
| S7 | conduct basics mindfulness exercises |
| **Social Competencies – Graduate is ready for:** |
| SC1 | - |

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| Classes |
| **Form of class** | **Class contents** | **Effects of Learning** |
| S | 1. Relaxation: the way to human mind is through his body- Psychological and physiological basis of relaxation, breathing exercises, biofeedback, Jacobson’s progressive muscle relaxation, passive muscle relaxation | *D.K12K1, K2S1-S4* |
|  | 2. Relaxation: the way to human body is through his mind - Shultz’s autogenic training, visualization, meditation and basics of mindfulness. Relaxation techniques for children | K3, K4S5-S7 |
|  | 3. Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax | S1-S7 |

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| 1. **Literature**
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| **Obligatory** |
| PDF materials provided by the teacher during the course (scripts of specific relaxation techniques)  |
| **Supplementary** |
| 1. Davis, M, Robbins-Eshelman E, McKay, M. (2006). *The relaxation & Stress Reduction workbook*. New Harbinger Publications Inc.: Oakland.
2. Sood A. (2013)*. The Mayo Clinic guide to Stress-Free Living*. Da Capo Press: Boston.
3. Sood A. (2015)*. The Mayo Clinic handbook for happiness*. Da Capo Press: Boston.

The above textbooks are available for short rental from the teacher (single copies). |

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| Verifying the effect of learning |
| **Code of the course effect of learning** | **Ways of verifying the effect of learning** | **Completion criterion** |
| D.K12K1-K4, S1-S7 | Active participation in all discussions and exercises during classes | Minimal acceptable level of performance |
| S1, S3-S7 | Providing a self-prepared recording of a chosen relaxation technique (choice of the script and background music, recording in a proper pace and tone of voice, as practiced in a class and in line with the provided instructions) | Minimal acceptable level of performance |
| S1-S7 | Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other way to relax: presentation (theoretical/cultural background), instruction (demonstration), discussion.  | Minimal acceptable level of performance |

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| 1. **Additional information** *(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)*
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| It is a weekend course that takes place on:* Saturday, November 5, 2022, 10am-5.30pm
* Saturday, November 19, 2022, 10am-5.30pm
* Saturday, December 3, 2022, 10am-5.30pm

**All sessions will take place at ul. Litewska 14 room -103 (level “-1”).** Attendance: 90% attendance is required. Partial absence (max. 3h teaching hours = 135min) has to be credited with additional written task. Students are expected to come to the class on time and participate actively. To provide good learning environment for everyone, students are requested to turn off electronic devices that might disturb the class. **Maximum 22 students are accepted to the course.** Contact information to the coordinator of all ED courses run by the Department of Health Psychology:Magdalena Łazarewicz, MA, PhDmagdalena.lazarewicz@wum.edu.plThe Department of Health Psychology runs the Psychological Students Science Club “Psyche” (in English) (contact information: magdalena.lazarewicz@wum.edu.pl). |