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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty**  | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Social Work** |
| Study Module (if applicable) |  |
| Course title | **Professional Stress and Mental Health of Helping Professions** |
| Level of study | ☐Bachelor ☒ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory ☒ Elective |
| Semester  |  ☐ Autumn ☒Spring |
| Year of study  | 1 |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | Sofija Georgievska |
| Teaching mode |  ☒Lectures ☐Group tutorials ☐ Individual tutorials ☐Laboratory work ☐ Project work ☐ Seminar ☐Distance learning ☐ Blended learning ☐ Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| This course is designed to prepare students to respond effectively in critical situations and to help counsel clients who are experiencing crisis events in their lives. Students will learn that crisis interventions are founded on theory and will be able to apply theory to crisis intervention techniques. Students will learn assessment and treatment techniques of clients in crisis situations and those suffering from trauma will be studied using empirical materials and formulations drawn from several theoretical approaches. The time-limited nature of crisis intervention, related legal and ethical issues, and interfacing appropriately with other service providers will be studied. Participants will learn the fundamentals of traumatology, including the basics of victimology, traumatic stress, and stress research. Special emphasis will be given to adult survivors of various types of abuse and posttraumatic stress disorder (PTSD). |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| 1. Identify the leading sources of stress for college students. 2. Convey an understanding of the concepts of stress, perception, strain, long-term outcomes, coping, & relaxation. 3. Discuss and convey an understanding of the stress process. Students will also be able to identify the components of the stress process and provide examples in each component. 4. Identify and discuss the potential harmful effects of stress, including physical, emotional, psychological, occupational, and societal effects. 5. Identify best practices for addressing interpersonal conflicts, academic stress, financial stress, and effective management of time. 6. Discuss the relationships between unresolved stress, depression, and anxiety. 7. Describe effective means for coping with grief, loss, and trauma. 8. Discuss the role of social support and spirituality in managing and coping with stress. 9. Demonstrate an understanding of various coping techniques. 10. Critically assess the impact of various lifestyle choices on one’s potential for and perception of stress. 11. Describe the relationship between resiliency, altruism, and happiness and discuss the impact each of these concepts has on the perception and experience of stress. 12. Identify and access appropriate campus resources that can help students with concerns related to stress, mental health, time management, health issues, and other concerns |
| **LANGUAGE OF INSTRUCTION** |
| ☒Serbian (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **5** | **Written examination** |  |
| **Practical teaching** | **5** | **Oral examination** | **30** |
| **Teaching colloquia** | **30+30** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |