

**Chill out! - Relaxation as a tool for personal development and therapy**

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| 1. **Imprint**
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| Faculty name: | Faculty of Medicine and Dentistry |
| Education program *(field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time):* | English Dentistry Division, practical profile, full time |
| Academic year: | 2019/2020 |
| Module/subject name: | Chill out! - Relaxation as a tool for personal development and therapy |
| Subject code *(from the Pensum system):* | 45094 |
| Educational units: | Department of Medical Psychology & Medical Communicationul. Litewska 14/1600-575 WarszawaTel. +48 22 116 92 11 |
| Head of the unit/s: | Professor Krzysztof Owczarek, MA, PhD |
| Study year *(the year during which the respective subject is taught):* | II |
| Study semester *(the semester during which the respective subject is taught):* | 1st (winter) semester |
| Module/subject type *(basic, corresponding to the field of study, optional):* | Basic |
| Teachers *(names and surnames and degrees of all academic teachers of respective subjects):* | Magdalena Łazarewicz, MA, PhD |
| ERASMUS YES/NO *(Is the subject available for students under the ERASMUS programme?):* | YES |
| A person responsible for the syllabus *(a person to which all comments to the syllabus should be reported)* | Magdalena Łazarewicz, MA, PhDmagdalena.lazarewicz@wum.edu.plTel. +48 22 116 92 15 |
| Number of ECTS credits: | 0.75 |
| 1. **Educational goals and aims**
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| 1. To broaden students’ knowledge on the meaning of relaxation for human wellbeing.
2. 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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| 1. **Initial requirements**
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| *None* |
| 1. **Learning outcomes corresponding to the subject**
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| **A list of course learning outcomes** |
| Symbol of course learning outcomes | Description of course learning outcomes | The reference to programme learning outcomes (number) |
| **W1** | Psychological and physiological basis of relaxation | **-** |
| **U1** | Basic relaxation methods: breathing exercises | **-** |
| **U2** | Jacobson’s progressive muscle relaxation | **-** |
| **U3** | Shultz’s autogenic training | **-** |
| **U4** | Visualization, meditation | **-** |
| **U5** | Basics of mindfulness  | **-** |
| 1. **Forms of classes**
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| *Form* | *Number of hours* | *Number of groups* |
| *Lecture* | **-** | **-** |
| *Seminar* | **-** | **-** |
| *Practical classes* | 15 | 1 |
| 1. **Subject topics and educational contents**
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| C1- Practical class 1 – Relaxation: the way to human mind in through his body- Psychological and physiological basis of relaxation, breathing exercises, Jacobson’s progressive muscle relaxation, Shultz’s autogenic training – W1, U1-U3 - Magdalena Lazarewicz, MA, PhDC2 - Practical class 1 - Relaxation: the way to human body is through his mind - Visualization, meditation and basics of mindfulness – U4-U5 - Magdalena Lazarewicz, MA, PhD |
| 1. **Methods of verification of learning outcomes**
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| Learning outcome corresponding to the subject (symbol) | Forms of classes (symbol) | Methods of verification of a learning outcome | Credit receiving criteria |
| **W1, U1-U5** | C | Audio recording of self-prepared and performed relaxation or visualisation  | Minimal acceptable level of performance on the learning outcome |
| 1. **Evaluation criteria**
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| **Form of receiving credit in a subject: CREDIT** |
| Grade | criteria |
| **2.0 (failed)** | *-* |
| **3.0 (satisfactory)** | - |
| **3.5 (rather good)** | - |
| **4.0 (good)** | - |
| **4.5 (more than good)** | - |
| **5.0 (very good)** | - |
| 1. **Literature**
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| Obligatory literature:1. All obligatory reading materials will be provided by a lecturer in .pdf files

Supplementary literature: 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). |
| 1. **ECTS credits calculation**
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| ***Form of activity*** | ***Number of hours*** | ***Number of ECTS credits*** |
| ***Direct hours with an academic teacher:*** |
| Lectures | **-** | **-** |
| Seminars | **-** | - |
| Practical classes | **15** | 0.60 |
| ***Student's independent work*** *(examples of the form of work):* |
| Student's preparation for a seminar | **-** | - |
| Student's preparation for a class | **-** | - |
| Preparation for obtaining credits | **5** | 0.15 |
| Other (please specify) | **-** | **-** |
| **Sum** | **20** | **0.75** |
| 1. **Additional Information**
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| It is a **weekend course** that takes place on two consecutive Saturdays:* Saturday, November 30, 2019, 10am-4pm
* Sunday, December 7, 2019, 10am-4pm

The class takes place in the Department of Medical Psychology and Medical Communicationul. Litewska 14/16 room -103 (level „-1”)00-575 WarszawaTel. +48 22 116 92 11<http://zpm.wum.edu.pl/>Contact information:Magdalena Łazarewicz, MA, PhDmagdalena.lazarewicz@wum.edu.plAttendance: 100% attendance is required. Class latecoming is generally not tolerated. The Department runs the Psychological Students Science Club “Psyche” (in English) (contact information: magdalena.lazarewicz@wum.edu.pl). |

Signature of the Head of the Unit

Signature of the person responsible for the syllabus