

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

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| 1. **Imprint** | | | | | | | | | | |
| 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 Communication  ul. Litewska 14/16  00-575 Warszawa  Tel. +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, PhD  magdalena.lazarewicz@wum.edu.pl  Tel. +48 22 116 92 15 | | | | | |
| Number of ECTS credits: | | | | | 0.75 | | | | | |
| 1. **Educational goals and aims** | | | | | | | | | | |
| 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. | | | | | | | | | | |
| 1. **Initial requirements** | | | | | | | | | | | |
| *None* | | | | | | | | | | | |
| 1. **Learning outcomes corresponding to the subject** | | | | | | | | | | | |
| **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** | | | | | | | | | | | |
| *Form* | | *Number of hours* | | | | | *Number of groups* | | | | |
| *Lecture* | | **-** | | | | | **-** | | | | |
| *Seminar* | | **-** | | | | | **-** | | | | |
| *Practical classes* | | 15 | | | | | 1 | | | | |
| 1. **Subject topics and educational contents** | | | | | | | | | | | |
| 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, PhD  C2 - 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** | | | | | | | | | | | |
| 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** | | | | | | | | | | | |
| **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** | | | | | | | | | | | |
| 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** | | | | | | | | | | | |
| ***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** | | | | | | | | | | | |
| 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 Communication  ul. Litewska 14/16 room -103 (level „-1”)  00-575 Warszawa  Tel. +48 22 116 92 11  <http://zpm.wum.edu.pl/>  Contact information:  Magdalena Łazarewicz, MA, PhD  [magdalena.lazarewicz@wum.edu.pl](mailto:magdalena.lazarewicz@wum.edu.pl)  Attendance: 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