

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

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| 1. **Imprint** | |
| **Academic Year** | 2020/2021 |
| **Department** | Faculty of Dental 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)* | Practical |
| **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)* | **Completion** |
| **Educational Unit / Educational Units** *(and address / addresses of unit / units)* | Department of Medical Psychology & Medical Communication  ul. Litewska 14/16, 00-575 Warszawa  Tel. +48 22 116 92 11  zpikm@wum.edu.pl |
| **Head of Educational Unit / Heads of Educational Units** | Professor Krzysztof Owczarek, MA, PhD  Dorota Włodarczyk, MA, PhD (Acting Head of the Department) |
| **Course coordinator** *(title, First Name, Last Name, contact)* | Magdalena Łazarewicz, MA, PhD  magdalena.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, PhD  magdalena.lazarewicz@wum.edu.pl |
| **Teachers** | Magdalena Łazarewicz, MA, PhD |

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| 1. **basic information** | | | | |
| **Year and semester  of studies** | II, 1st semester | | **Number of ECTS credits** | 0.75 |
| **forms of classes** | | **Number  of hours** | **ECTS credits calculation** | |
| **Contacting hours with academic teacher** | |
| Lecture (L) | | - | - | |
| Seminar (S) | | - | - | |
| Discussions (D) | | 5 | 0.25 | |
| e-learning (e-L) | | - | - | |
| Practical classes (PC) | | 10 | 0.25 | |
| Work placement (WP) | | - | - | |
| **Unassisted student’s work** | | | | |
| Preparation for classes and completions | | 5 | 0.25 | |

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| 1. **Course objectives** | |
| 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.K1 | (…) the role of social stress in health and self-destructive behaviour | |
| D.K12 | the role of stress in etiopathogenesis and progress of the somatic disease and recognizes coping mechanisms | |
| **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)* | |
| **Number of effect of learning** | **Effects of learning i time** |
| **Knowledge – Graduate knows and understands:** | |
| K1 | psychological and physiological basis of stress and 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 | - |
| SC2 | - |

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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.K1, D.K12 K1, K2 S1-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, K4 S5-S7 |

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| 1. **Literature** |
| **Obligatory** |
| PDF materials provided by the teacher during the course |
| **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.K1, D.K12 K1-K4, S1-S7 | Active participation in all discussions and exercises during classes | Minimal acceptable level of performance, 90% attendance (13.5h of 15h classes) |
| S1-S7 | Preparation of the recording of a relaxation, visualization, meditation, mindfulness exercise (preparation or selection of a script, selection of background music, recording, presentation online in the subject’s Microsoft Teams group). | 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)* |
| Organization of the course:   * e-seminar on Microsoft Teams (Saturday, November 7, 2020, 11am-1.00pm) [*or other decided with the group*] * e-learning materials, tasks and assignments posted between November 7 – November 21 (on Microsoft Teams, Facebook Social Learning Group or Google Classroom) * student presentations posted online between November 21 – December 4 * e-seminar on Microsoft Teams (Saturday, December 5, 2020, 2.30am-4.15pm) [*or other decided with the group*]   Attendance: Students are expected to attend the online seminars and participate in them actively (video cameras on during the class, participation in discussions). To provide good learning environment for everyone, students are requested to turn off other electronic devices that might disturb the class.  Students are also expected to fulfil all online mid-course assignments (listen to posted relaxations, watch videos and comment on the given material, prepare their own recordings of the relaxations).  Final assignment: a presentation on stress management, relaxation techniques or visualisation, prepared individually or in pairs, posted in the course group at the given date.  Contact information:  Department of Medical Psychology & Medical Communication  ul. Litewska 14/16, 00-575 Warszawa  Tel. +48 22 116 92 11  zpikm@wum.edu.pl  Contact information to the course coordinator:  Magdalena Łazarewicz, MA, PhD  [magdalena.lazarewicz@wum.edu.pl](mailto:magdalena.lazarewicz@wum.edu.pl)  The Department of Medical Psychology and Medical Communication runs the Psychological Students Science Club “Psyche” (in English) (contact information: magdalena.lazarewicz@wum.edu.pl). |