



**Chill out! - Relaxation as a tool for personal development and therapy (1<sup>st</sup> edition in 2020/2021: 24.10, 25.10, 7.11)**

<b>1. IMPRINT</b>	
<b>Academic Year</b>	2020/2021
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b> <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	<b>Medical Sciences</b>
<b>Study Profile</b> <i>(general academic / practical)</i>	Practical
<b>Level of studies</b> <i>(1<sup>st</sup> level / 2<sup>nd</sup> level / uniform MSc)</i>	Uniform MDs
<b>Form of studies</b>	<b>Full-time studies</b>
<b>Type of module / course</b> <i>(obligatory / non-compulsory)</i>	<b>Non-compulsory</b>
<b>Form of verification of learning outcomes</b> <i>(exam / completion)</i>	<b>Completion</b>
<b>Educational Unit / Educational Units</b> <i>(and address / addresses of unit / units)</i>	Department of Medical Psychology & Medical Communication ul. Litewska 14/16, 00-575 Warszawa Tel. +48 22 116 92 11 zpikm@wum.edu.pl

<b>Head of Educational Unit / Heads of Educational Units</b>	Professor Krzysztof Owczarek, MA, PhD Dorota Włodarczyk, MA, PhD (Acting Head of the Department)
<b>Course coordinator</b> (title, First Name, Last Name, contact)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
<b>Person responsible for syllabus</b> (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
<b>Teachers</b>	Magdalena Łazarewicz, MA, PhD

## 2. BASIC INFORMATION

<b>Year and semester of studies</b>	I-VI, 1 <sup>st</sup> semester	<b>Number of ECTS credits</b>	2.00
<b>FORMS OF CLASSES</b>		<b>Number of hours</b>	<b>ECTS credits calculation</b>
<b>Contacting hours with academic teacher</b>			
Lecture (L)		-	-
Seminar (S)		5	0.25
Discussions (D)		5	0.25
e-learning (e-L)		-	-
Practical classes (PC)		20	1.0
Work placement (WP)		-	-
<b>Unassisted student's work</b>			
Preparation for classes and completions		15	0.5

## 3. 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.

**4. 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)

<p><b>Code and number of effect of learning in accordance with standards of learning</b> (in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</p>	<p><b>Effects in time</b></p>
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**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:**

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

**5. ADDITIONAL EFFECTS OF LEARNING** (non-compulsory)

<p><b>Number of effect of learning</b></p>	<p><b>Effects of learning i time</b></p>
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**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	-

## 6. CLASSES

Form of class	Class contents	Effects of Learning
S	<p>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</p> <p>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</p> <p>3. Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax</p>	<p>D.K1, D.K12 K1, K2 S1-S4</p> <p>K3, K4 S5-S7</p> <p>S1-S7</p>

## 7. 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).

## 8. 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

S1-S7	Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other as a way to relax: presentation (theoretical/cultural background), instruction (demonstration), discussion.	Minimal acceptable level of performance
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**9. 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)*

It is a weekend course that takes place on:

- Saturday, October 24, 2020, 10am-5.30pm
- Sunday, October 25, 2020, 10am-5.30pm
- Saturday, November 7, 2020, 10am-5.30pm

Place: ul. Litewska 14 room -103 (level "-1").

Attendance: 90% attendance is required. 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.

To complete the course students are required to complete the assignment on a satisfactory level (a practical presentation of stress management and relaxation techniques, individually or in pairs).

The Department of Medical Psychology and Medical Communication runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).