



Chill out! - Relaxation as a tool for personal development and therapy (1st edition in 2019/2020: 26.10, 27.10, 9.11)

| 1. Imprint | |
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| Faculty name: | 2nd Faculty of Medicine |
| Education program (<i>field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time</i>): | English Division, 2 st level studies, practical profile, full time |
| Academic year: | 2019/2020 |
| Module/subject name: | Chill out! - Relaxation as a tool for personal development and therapy (1st edition in 2019/2020: 26.10, 27.10, 9.11) |
| Subject code (<i>from the Pensum system</i>): | |
| 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 (<i>the year during which the respective subject is taught</i>): | All years |
| Study semester (<i>the semester during which the respective subject is taught</i>): | 1 st semester |
| Module/subject type (<i>basic, corresponding to the field of study, optional</i>): | Optional |
| Teachers (<i>names and surnames and degrees of all academic teachers of respective subjects</i>): | Magdalena Łazarewicz, MA, PhD |
| ERASMUS YES/NO (<i>Is the subject available for students under the ERASMUS programme?</i>): | YES |
| A person responsible for the syllabus (<i>a person to which all comments to the syllabus should be reported</i>): | Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl Tel. +48 22 116 92 15 |
| Number of ECTS credits: | 2 |
| 2. Educational goals and aims | |
| 1. To broaden students' knowledge on stress and its consequences for health and 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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| 3. Initial requirements | | |
| <i>None</i> | | |
| 4. 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 | Summary of knowledge on stress, anxiety, tension and relaxation. Psychological and physiological basis of relaxation | - |
| W2 | Getting knowledge on relaxation techniques for children | - |
| W3 | Basic knowledge on mindfulness | - |
| W4 | Knowledge on what biofeedback is and how it may be used in relaxation training | - |
| U1 | Experiencing and ability to conduct basic breathing exercises | - |
| U2 | Experiencing and basic ability to work with biofeedback | - |
| U3 | Experiencing and ability to conduct Jacobson's progressive muscle relaxation | - |
| U4 | Experiencing and ability to conduct passive muscle relaxation | - |
| U5 | Experiencing and ability to conduct Shultz's autogenic training | - |
| U6 | Experiencing and ability to conduct visualization and meditation exercises | - |
| U7 | Experiencing and ability to conduct basics mindfulness exercises | - |
| 5. Forms of classes | | |
| <i>Form</i> | <i>Number of hours</i> | <i>Number of groups</i> |
| <i>Lecture</i> | - | - |
| <i>Seminar</i> | 30 | 1 (max. 24 participants) |
| <i>Practical classes</i> | - | - |
| 6. 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, biofeedback Jacobson's progressive muscle relaxation, passive muscle relaxation – W1, W4, U1-U4 - Magdalena Lazarewicz, MA, PhD | | |
| C2 - Practical class 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 – W2, U5-U7 - Magdalena Lazarewicz, MA, PhD | | |

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| C3 – Practical class 3 – Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax. | | | |
| 7. 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-W4, U1-U7 | C | Active participation in given exercises Presentation prepared for Day 3 | Attending classes Minimal acceptable level of performance on the learning outcome |
| 8. 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) | | - | |
| 9. 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). <i>The relaxation & Stress Reduction workbook</i> . New Harbinger Publications Inc.: Oakland. 2. Sood A. (2013). <i>The Mayo Clinic guide to Stress-Free Living</i> . Da Capo Press: Boston. 3. Sood A. (2015). <i>The Mayo Clinic handbook for happiness</i> . Da Capo Press: Boston. | | | |
| The above textbooks are available for short rental from the teacher (single copies). | | | |
| 10. ECTS credits calculation | | | |
| Form of activity | Number of hours | Number of ECTS credits | |
| Direct hours with an academic teacher: | | | |
| Lectures | - | - | |
| Seminars | 30 | 1.25 | |

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| Practical classes | - | - |
| Student's independent work (<i>examples of the form of work</i>): | | |
| Student's preparation for a seminar | 5 | .25 |
| Student's preparation for a class | - | - |
| Preparation for obtaining credits | 10 | .50 |
| Other (please specify) | - | - |
| SUM | 40 | 2 |

11. Additional Information

It is a **weekend course** that takes place on:

- Saturday, October 26, 2019, 10am-5.30pm
- Sunday, October 27, 2019, 10am-5.30pm
- Saturday, November 9, 2019, 10am-5.30pm

Attendance: 90% attendance is required. Due to practical nature of the classes class latecoming is not tolerated. Preparing a practical presentation (presentation of stress management and relaxation techniques) (individually or in pairs).

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:

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The Department runs the Psychological Students Science Club “Psyche” (in English) (contact information: [magdalena.lazarewicz@wum.edu.pl](mailto:magdalenalazarewicz@wum.edu.pl)).

Signature of the Head of the Unit

Signature of the person responsible for the syllabus