



Chill out! - Relaxation as a tool for personal development and therapy (2nd edition in 2021/2022: 5.03, 6.03, 19.03)

1. IMPRINT	
Academic Year	2021/2022
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical Sciences
Study Profile <i>(general academic / practical)</i>	General academic
Level of studies <i>(1st level / 2nd level / uniform MSc)</i>	Uniform MSs
Form of studies	Full time studies
Type of module / course <i>(obligatory / non-compulsory)</i>	Non-compulsory
Form of verification of learning outcomes <i>(exam / completion)</i>	Credit
Educational Unit / Educational Units <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

Head of Educational Unit / Heads of Educational Units	Professor Krzysztof Owczarek, MA, PhD
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 (magdalena.lazarewicz@wum.edu.pl)

2. BASIC INFORMATION

Year and semester of studies	I-VI, 1 st semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)		-	-
Seminar (S)		30	1.5
Discussions (D)		-	-
e-learning (e-L)		-	-
Practical classes (PC)		-	-
Work placement (WP)		-	-
Unassisted student's work			
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>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)</p>	<p>Effects in time</p>
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Knowledge – Graduate* knows and understands:

D.K12	the role of stress in etiopathogenesis and the progress of the disease and recognises the mechanisms of coping with stress;
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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)

Number of effect of learning	Effects of learning i time
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Knowledge – Graduate knows and understands:

K1	psychological and physiological basis of 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
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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.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 (scripts of specific relaxation techniques)

Supplementary

- Davis, M, Robbins-Eshelman E, McKay, M. (2006). *The relaxation & Stress Reduction workbook*. New Harbinger Publications Inc.: Oakland.
- Sood A. (2013). *The Mayo Clinic guide to Stress-Free Living*. Da Capo Press: Boston.
- 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.K12 K1-K4, S1-S7	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
S1, S3-S7	Providing a self-prepared recording of a chosen relaxation technique (choice of the script and background music, recording in a proper	Minimal acceptable level of performance

	pace and tone of voice, as practiced in a class and in line with the provided instructions)	
S1-S7	Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other way to relax: presentation (theoretical/cultural background), instruction (demonstration), discussion.	Minimal acceptable level of performance

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, March 5, 2022, 10am-5.30pm
- Sunday, March 6, 2022, 10am-5.30pm
- Saturday, March 19, 2022, 10am-5.30pm

All sessions will take place at 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.

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In the event of teaching being moved online, the course will be held on Microsoft Teams as:

- an e-seminar on Microsoft Teams (Saturday, March 5, 2022, 10.00-12.00)
- e-learning materials, tasks, ‘relaxation challenges’ and assignments posted between March 5 – April 23 (at Microsoft Teams)
- student presentations posted online between April 24 – June 3
- e-seminar on Microsoft Teams (Saturday, June 4, 2022, 10.00-12.00)

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. Delivery of the “Chill-out diary” – describing own experience with each task/challenge posted online.

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Maximum 22 students are accepted to the course.

Contact information to the coordinator of all ED courses run by the Department of Medical Psychology and Medical Communication:

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[magdalena.lazarewicz@wum.edu.pl](mailto:magdalenalazarewicz@wum.edu.pl)

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