



Syllabus Course program

FUNDAMENTALS OF PSYCHOLOGICAL ASSISTANCE

Specialty
053 Psychology

Educational program
Psychology

The level of education
Bachelor

Semester
4

Institute
Social and Humanitarian Technologies

Department
Pedagogy and Psychology of Social Systems
Management named after Academician
I. A. Zyaziun (301)

Type of discipline
Special (professional), Mandatory

Language of instruction
English

Lecturers and course developers



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Candidate of Pedagogical Sciences.

Senior Lecturer at the Department of Pedagogy and Psychology of Social Systems Management named after Academician I.A. Zyazyun NTU "KhPI". Teaching experience – 25 years. Author of more than 80 scientific and methodological works. Lecturer in the disciplines: psychology of management and advertising, educational psychology, psychological aspects of communication in professional activities, fundamentals of psychological assistance.

General information

Summary

As a branch of psychological science and practice, the academic discipline “Fundamentals of Psychological Assistance” includes knowledge about the history of the development of assistance in the world at different stages of human development, the characteristics of a person’s inner world, the application of various methods and techniques used in the work of a psychologist, and an understanding of the main directions of socio-psychological help that exist in modern practice. The academic discipline is aimed at mastering theoretical and practical knowledge of providing psychological assistance as an area and method of activity designed to assist the individual and the community in solving various problems generated by the mental life of a person in society.

Course objectives and goals

The purpose of teaching the academic discipline “Fundamentals of Psychological Assistance” is to familiarize yourself with the specifics of psychological help depending on its type, familiarize yourself with and practice the basic methods and techniques used in the practical activities of a specialist; learn to determine, depending on the specifics of a particular situation of psychological assistance, what form of work to use - individual or group.

Format of classes

Lectures, practical, independent work, consultations. Final control in the form of a test.

Competencies

General competencies:

GC1. The ability to use knowledge in practical situations.

GC8. Interpersonal skills,

GC9 The ability to work in a team.

Special competencies:

SC1. The ability to operate with the categorical-conceptual apparatus of psychology

SC3. The ability to understand the nature of behavior, activities and actions.

SC4. The ability to independently collect and critically process, analyze and summarize psychological information from various sources

SC5. The ability to use valid and reliable psychodiagnostic tools

SC8. The ability to organize and provide psychological assistance (individual and group)

SC9. The ability to carry out educational and psychoprophylactic activities as requested

SC10. The ability to comply with professional ethics

Learning outcomes

LO1. To analyze and explain mental phenomena, identify psychological problems and propose solutions to them

LO2. To understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks

LO3. To perform a search for information from different sources, incl. using information and communication technologies to solve professional problems.

LO4. To justify your position, draw independent conclusions based on the results of your own research and analysis of literary sources.

LO9. To offer your own ways to solve psychological problems and problems in the process of professional activity, make and justify your own decisions to solve them

LO11. To draw up and implement a plan for the advisory process, taking into account the specifics of the request and individual characteristics of the client, ensuring the effectiveness of one's own actions

LO12. To draw up and implement a program of psychoprophylactic and educational actions, psychological assistance activities in the form of lectures, conversations, round tables, games, trainings, etc., in accordance with the customer's requirements.

LO13. To interact, engage in communication, be understandable, and be tolerant of people with other cultural or gender-age differences.

LO14. To perform effectively various roles in a team in solving professional problems, including demonstrating leadership qualities.

LO16. To know, understand and adhere to the ethical principles of professional activity of a psychologist

LO17. To demonstrate socially responsible and conscientious behavior, follow humanistic and democratic values in professional and social activities

L018. To take effective measures to preserve health (your own and those around you) and, if necessary, determine the content of the request for supervision.

Student workload

The total volume of the discipline is 150 hours. (5 credits ECTS): lectures – 32 hours, practical – 32 hours, independent work – 86 hours. Form of control: exam.

Course prerequisites

To successfully complete the course, you must have the knowledge and practical skills in the following disciplines: "General psychology. Psychology of personality", and "History of psychology".

Features of the course, teaching and learning methods, and technologies

While studying discipline it is used verbal and visual methods, dialogue communication methods, group discussion, analysis of specific situations, interactive methods (debates, speeches-presentations), and testing.

Program of the course

Topics of the lectures

Topic 1 Main issues and features of the development of psychological assistance

1. Definition of the concept of psychological assistance.
2. The formation of psychological assistance as a social institution and profession.
3. The main problems and features of the development of psychological assistance in the modern world.
4. Components of the process of psychological assistance. Main tasks and forms of work (its types).

Topic 2. Qualifications, functions and ethics of a specialist in providing psychological assistance

1. Qualification of a specialist who provides psychological assistance.
2. Correlation of levels and forms of psychological assistance.
3. Documents regulating the work of a psychologist.
4. Process of psychological assistance, first meeting.
5. Advisory conversation.

Topic 3. Psychological counseling

1. General idea of psychological counseling.
2. Goals of psychological counseling.
3. Psychological counseling and psychotherapy.
4. Personality theories and counseling practice.
5. Structure of the consultation process.

Topic 4. Psychological counseling. Conversation and Observation Method

1. Dialogue
2. The conversation method and the problem of communication in psychology
3. Requirements, norms and rules of behavior in a conversation situation.
4. Socratic dialogue.
5. Verbal techniques in conversation.
6. Nonverbal manifestations in conversation.

Topic 5. Characteristics of helping behavior in the consultation process

1. Study of relationships that promote or slow down development.
2. "Artificial relationships" of helping behavior.
3. "Transparency of feelings" in helping behavior.
4. How to create helping behavior?

Topic 6. Basic concepts, goals, objectives of psychotherapy.

1. Non-medical and medical psychotherapy. Similarities and differences.
2. The difference between psychotherapy and other types of psychological assistance.
3. Goals and objectives of psychotherapy.
4. Neuroses and frustrations as objects of the psychotherapist's work.

Topic 7. Psychocorrectional work of a practical psychologist.

1. Theoretical approaches to understanding psychocorrectional work.
2. The difference between psychocorrection and other types of psychological assistance.
3. Basic principles, goals and objectives of psychocorrectional work.
4. Requirements for a psychologist carrying out psychocorrectional measures.

Topic 8. General characteristics of psychoprophylactic work

1. General characteristics of psychoprophylactic work
2. Psychoprophylactic work in the structure of providing psychological assistance.
3. Tasks that a psychologist performs when providing psychological assistance.

Topic 9. Crisis events and their impact on our lives.

1. Crisis events and their impact on a person's psychological state.
2. Definition of the concept "Psychological First Aid".
3. Providing first psychological aid: to whom, where and when.

Topic 10. Methods and types of work when providing First Psychological Aid

1. Information support as the satisfaction of a basic need.
2. Overcoming stress when providing First Psychological Aid
3. Taking care of yourself and your colleagues when providing First Psychological Aid.

Topics of the workshops

Topic 1 Main issues and features of the development of psychological assistance

Topic 2. Qualifications, functions and ethics of a specialist in providing psychological assistance

Topic 3. Psychological counseling

Topic 4. Psychological counseling. Conversation and Observation Method

Topic 5. Characteristics of helping behavior in the consultation process

Topic 6. Basic concepts, goals, objectives of psychotherapy.

Topic 7. Psychocorrectional work of a practical psychologist.

Topic 8. General characteristics of psychoprophylactic work

Topic 9. Crisis events and their impact on our lives.

Topic 10. Methods and types of work when providing First Psychological Aid

Topics of the laboratory classes

Laboratory work is not provided within the discipline.

Self-study

Studying lecture material, and preparing for workshops. Individual assignments are not provided within the discipline.

Course materials and recommended reading

BASIC LITERATURE

1. Afanasyeva N. E. Psychological counseling of representatives of extreme professions: theory, methodology, practice: monograph. Kharkiv: NUGZU, 2017. 315 p.
2. Bondarenko A. F. Conversations with a psychologist / A. F. Bondarenko, T. A. Petkova. Kyiv: "Svit", 2005. 208 p.

3. Bondarenko A. F. Psychological assistance: theory and practice. 4th edition, corrected and expanded. Kyiv: Osvita Ukrainy, 2007. 332 p.
4. Bondarenko A. F. Social psychotherapy of personality (psychosemantic approach). Kyiv, KSPIYA, 1991. 189 p.
5. Vaskovskaya S. V. Basics of psychological counseling Training manual. Kyiv: Fourth Wave, 2004. 256 p.
6. Ermine P. P., Vaskovskaya S. V. Theory and practice of psychological counseling. Problematic approach. Kyiv: Naukova Dumka, 1995. 128 p.
7. Methodological instructions and control tasks of the course "Family Psychology" for full-time and part-time students of the educational qualification level "Bachelor" in specialty 053 "Psychology". Compiled by: Popova G. V., Shapolova V. V., Movchan Y. A. Kharkiv: NTU "KhPI", 2018. 33 c.
8. Khomich G. O. Tkach R. M. Fundamentals of psychological counseling: Textbook. Kyiv: MAUP, 2004. 152 p.
9. Tsymbalyuk I. M. Psychological counseling and correction: textbook, modular rating course. 2nd edition, corrected and expanded. Kyiv: Professional, 2007. 544 p.

SUPPLEMENTARY LITERATURE

1. Druz V. A., Yuryeva V. V., Krivoderev V. V., Popova G. V. Psychology of the family. Tutorial. Kharkiv: NTU "KhPI", 2007. 100 p.
2. Lewis K. Simply Christianity. Chicago: SYP, 1990. 220 pp. URL: <https://psylib.org.ua/books/lewis02/index.htm>
3. Pomitkina L. V., Zlagodukh V. V., Khimchenko N. S., Pogorilska N. I. Psychology of the family. Study guide for students of higher educational institutions. Kyiv : National aviation univ. "NAU-druk", 2010. 270 p.
4. Frankl Viktor. Say "Yes" to life. Stubbornness of the Spirit. URL: http://ni.biz.ua/5/5_2/5_25314_chast--orientirovanie.html.

Assessment and grading

Criteria for assessing student performance, and the final score structure

100% of the final grade consists of the results of the assessment in the form of a test (20%) and the current assessment (80%).

The test is an oral answer to questions.

The current assessment is active participation in discussions (30%), presentation at a practical lesson (30%), and writing tests (40%).

Scale grade

Total points	National	ECTS
90–100	Excellent	A
82–89	Good	B
75–81	Good	C
64–74	Satisfactorily	D
60–63	Satisfactorily	E
35–59	Unsatisfactory (requires additional learning)	FX
1–34	Unsatisfactory (requires repetition of the course)	F

Norms of academic integrity and course policy

The student must adhere to the Code of Ethics of Academic Relations and Integrity of NTU "KhPI": to demonstrate discipline, good manners, kindness, honesty, and responsibility. Conflict situations should be openly discussed in academic groups with a lecturer, and if it is impossible to resolve the conflict, they should be brought to the attention of the Institute's management.

Regulatory and legal documents related to the implementation of the principles of academic integrity at NTU "KhPI" are available on the website: <http://blogs.kpi.kharkov.ua/v2/nv/akademichna-dobrochesnist/>

Approval

Approved by

Date, signature

Head of the department
Oleksandr ROMANOVSKYI

Date, signature

Guarantor of the educational program
Zhanna BOGDAN