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|  | **Syllabus Course Program** |  |
| **Psychology of extreme and crisis situations** |

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| Specialty  053 Psychology | Institute  Social and Humanitarian Technologies |
| Educational program  Psychology | Кафедра  of Pedagogy and Psychology of Social System  Management named after Academician I.A. Zyaziun |
| Рівень освіти  Bachelor's level | Course type  Special (professional), Optional |
| Semester  5 | Language of instruction  English |

**Lecturers and course developers**

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| C:\Users\admin\Downloads\папа фото всегда.jpg | **Andrii Cherkashyn**  Andrii.Cherkashyn@khpi.edu.ua  PhD in Psychology  Associated Professor of Department of Pedagogy and Psychology of Social  System Management named after Academician I.A. Zyaziun NTU «KhPI».Author and co-author of more than 150 scientific papers and methodological publications.  Courses: "Psychology of extreme and crisis situations", "Methods of conducting psychological examination in various fields of psychology",  "Fundamentals of Scientific Psychological Research and Academic Integrity", "Psychological Trauma in Social Work".  [More](https://web.kpi.kharkov.ua/ppuss/uk/portfolio-cherkashina-andriya-ivanovicha/) about the lecturer on the department’s website |

## General informationSummary

## The course "Psychology of Extreme and Crisis Situations" develops the knowledge and skills necessary for a psychologist to provide psychological support to people affected by extreme and crisis situations.

## During the course of study, students will learn the psychological patterns of personality in extreme and crisis situations; features of analyzing a life crisis or extreme situation; forms and methods of individual and group psychological support for a person or group experiencing the effects of psychological trauma; features of psychologist's work with people with signs of post-traumatic stress disorder.

**Course objectives and goals**The purpose of teaching the discipline "Psychology of Extreme and Crisis Situations" is to study the general psychological laws of the functioning of the psyche and life of an individual who is in the zone of the limit capabilities of the organism, personality, group, society, mechanisms and programmes of psychological assistance and support for the preservation of the psychological health of the individual in extreme and crisis situations.

**Format of classes**Lectures, practices, consultations. Final control in the form of a exam.

**Competencies**

General competencies:

## GC1. Ability to apply knowledge in practical situations.

## GC2. Knowledge and understanding of the subject area and understanding of professional activities.

## GC4. Ability to learn and master modern knowledge.

## GC6. Ability to make informed decisions.

## GC15. Formation of a humane attitude to a person regardless of his/her gender, age, status, ethnic, religious and other differences

## GC16. Possession of design skills and their sources of origin at the individual, personal and individual level.

## SC3. Ability to understand the nature of behavior, activities and actions.

## SC8. Ability to organize and provide psychological assistance (individual and group).

## SC9. Ability to carry out educational and psychoprophylactic work in accordance with the request.

## SC10. Ability to adhere to the norms of professional ethics.

## SC11. Ability to personal and professional self-improvement, learning and self-development.

## SC12. Know and understand the subject area and understand the future profession.

## SC17. Describe extreme, crisis, traumatic situations.

## Learning outcomesPR1. Analyze and explain mental phenomena, identify psychological problems and suggest ways to solve them.

## PR2. Understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks, illustrate with examples.

## PR3. Search for information from various sources, including using information and communication technologies, to solve professional problems.

## PR4. Justify their own position, draw independent conclusions based on the results of their own research and analysis of literary sources.

## PR5. To choose and apply valid and reliable psychodiagnostic tools (tests, questionnaires, projective techniques, etc.) for psychological research and psychological assistance technologies.

## PR6. Formulate the purpose, objectives of the study, have the skills to collect primary material, follow the research procedure.

## PLO7. Reflect and critically evaluate the reliability of the results of psychological research, formulate reasoned conclusions.

## PR8. Present the results of own research orally/written for specialists and non-specialists.

## PR9. To propose own ways of solving psychological problems and tasks in the process of professional activity, to make and argue their own decisions on their solution.

## PR10. To formulate an opinion logically, clearly, to discuss, to defend one's own position, to modify statements in accordance with the cultural characteristics of the interlocutor.

## PR11. Draw up and implement a plan for the consultative process, taking into account the specifics of the request and individual characteristics of the client, ensure the effectiveness of their own actions.

## PR12. To develop and implement a programme of psychoprophylactic and educational activities, psychological assistance in the form of lectures, conversations, round tables, games, trainings, etc. in accordance with the requirements of the customer.

## PR13. Interact, communicate, be understood, tolerate people with different cultural, gender and age differences.

## PR14. To be responsible for professional self-improvement, training and self-development.

## PR15. To know, understand and adhere to the ethical principles of professional activity of a psychologist.

## PR16. Demonstrate socially responsible and conscious behaviour, follow humanistic and democratic values in professional and social activities.

## PR17. Take effective measures to maintain health (own and others) and, if necessary, determine the content of the request for supervision.

## PR18. To know the scientific, philosophical and religious pictures of the universe, the essence of the purpose and meaning of human life, to have an idea of the originality of philosophy.

## PR 19. To master the skills of oral and written professional communication in Ukrainian and English.

## PR20. Apply a natural science approach based on comparative analysis in solving problems and finding innovative solutions in their professional activities.

## PR21. Ability to characterize the departments of the nervous system and neurobiological bases in the manifestations of mental activity.

## PR22. To know and use the methods of basic sciences to solve professional problems.

## PR23. Know the basics of building and using modern operating systems, basic office software, be able to use application packages in accordance with professional activities.

## PR24. To independently analyse facts, phenomena and processes in the system "man-world" in their dialectical relationship and taking into account the trends that will occur in the world.

## PR25. To be able to prepare a public speech and use knowledge of the subject, structure and conceptual apparatus of public speaking in practice.

## PR26. To draw conclusions about the psychological origins and consequences of the impact of mental processes, states and qualities on the personality.

## PR31. To have the skills to analyse crisis, traumatic, extreme situations.

**Student workload**

The total volume of the course is 90 hours (3 ECTS credits): lectures - 24 hours, practices – 24 hours,

self-study - 42 hours.

## Course prerequisitesPrevious disciplines: History of psychology, General psychology

**Features of the course, teaching and learning methods, and technologies**Lectures are conducted interactively with the use of multimedia technologies. Practical classes use a problem-based approach to learning, focusing on the use of information technology in scientific research.

Program of the course Laboratory work within the discipline is not provided.**Topics of the lectures**Topic 1. Typology of extreme and crisis situations.

Topic 2. Age-related crises in childhood, adulthood and the elderly.

Topic 3. Existential crises and the basics of crisis psychotherapy.

Topic 4. Extreme mental states of disaster victims.

Topic 5. Managing the behaviour and activities of people who are victims of extreme situations.

Topic 6: Factors and typology of suicidal behaviour.

Topic 7. Theoretical issues of grief and loss psychology: types, phenomenology, dynamics.

Topic 8. Psychotherapeutic assistance with grief and loss.

Topic 9. Emergency psychological assistance in emergency situations.

Topic 10. Psychological assistance in extreme and crisis situations.

Topic 11. Psychology of stress. Post-traumatic stress disorders.

Topic 12. Principles and methods of psycho-correctional work with people affected by post-traumatic stress disorders.

**Topics of the workshops** Topic 1. Typology of extreme and crisis situations.

Topic 2. Age-related crises in childhood, adulthood and the elderly.

Topic 3. Existential crises and the basics of crisis psychotherapy.

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**Topics of the laboratory classes**

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**Self-study**The course involves working through lecture material. Independent study of topics and issues that are not covered in lectures. Students are also recommended additional materials (videos, articles) for independent study and analysis.

## Course materials and recommended readingBASIC LITERATURE

## 1. Benesh, H. Psychology: a reference book. scientific editor, translated by V. Vasyutynskyi K.: Znannya-Press, 2007. 510 p.

## 2. Extreme Psychology: Textbook / Edited by prof. O. V. Timchenko - K.: August Trade LLC, 2007. 502 p.

## 3. Kyrylenko T. S. Psychology: emotional sphere of personality: a textbook. K: Lybid, 2007. 256 p.

## 4. Optimisation of human adaptive capabilities: psychophysiological aspect of activity support: Monograph / Kokun O.M. K.: Millennium, 2004. 265 p.

## 5. Kornev, M.N. Psychology of mass behaviour: a textbook / M.N. Kornev, V.M. Fomichova - K.: IPO KU named after T. Shevchenko, 2000. 123 p.

## 6. Kocharyan, A. S. Psychology of experiences: a textbook / A. S. Kocharyan, A. M. Lisenaya: V. N. Karazin Kharkiv National University, 2011. 222 p.

## 7. Crisis Psychology: Textbook / Edited by Prof. O.V. Timchenko - Kharkiv: NUCSU, 2010. 401 p.

## 8. Moroz R.A. Psychology of traumatic situations and psychological assistance: methodological recommendations / R.A. Moroz. Mykolaiv: Ilyon, 2016. 224 p.

## 9. Muller M. If you have experienced a psychotraumatic event / Translated from English by Diana Busko; scientific editor Kateryna Yavna Lviv: Publishing house of the Ukrainian Catholic University: Svichado, 2014. 120p.

## 10. Onishchenko N.V. Emergency psychological assistance to victims in an emergency situation: theoretical and applied aspects: monograph. Kharkiv: Pravo, 2014. 514.

## 11. Fundamentals of practical psychology: textbook / V.G. Panyuk et al. K.: Lybid, 1999. 536 p.

12. Yatsenko T.S. Fundamentals of deep psychocorrection: phenomenology, theory and practice: Study guide. - K., 2006.

13. Psychology of Extreme and Crisis Situations: Study guide for full-time and part-time students of the educational qualification level "Bachelor" in the speciality 053 "Psychology" / Romanovskyi O.H., Cherkashyn A.I., Hren L.M. and others: Ivanchenko IS Publishing House, 2022. - 356 p.

## ADDITIONAL LITERATURE1.Psychology of Influence: a study guide / S.O. Zavetnyi et al: KhTUA, 2011. 52 p.

## 2.. Psychology of extreme activity: a textbook / I. I. Prykhodko, O. S. Kolesnichenko, O. V. Timchenko and others / Edited by Prof. I. I. Prykhodko - Kharkiv: NA NHU, 2016. 571 p.

3. Psychology of suicide: a manual / V. P. Moskalets et al. as edited by V.P. Moskalets. K.: Academizdat, 2004. 288 p.

4.. Sobchenko, O. M. Psychology of Influence: a textbook / O. M. Sobchenko - K.: Condor, 2013. 158 p.

5. Soloshenko DV Emergency psychological assistance. Counselling / D.V. Soloshenko. - Kharkiv: Torsing, 2001. 192 p.

6. Stolyarenko O.B. Personality Psychology: a textbook / O.B. Stolyarenko - K.: Centre for Educational Literature, 2012. 280 p.

7. Tytarenko T. Life crises: counseling technologies. / Tatyana Tytarenko. - K.: Hlavnik, 2007. 144 p.

8. Tytarenko T.M. The life world of an individual: within and beyond everyday life. - K., 2003. 376 p.

9. Yurieva L.N. Crisis states / L.N. Yurieva. Dnipro, 1999. - 345 p.

**Assessment and grading**

**Criteria for assessment of student**

**performance, and the final score structure**

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| Total  points | National | ECTS |
| 90–100 | Excellent | A |
| 82–89 | Good | B |
| 74–81 | Good | C |
| 64–73 | Satisfactory | D |
| 60–63 | Satisfactory | E |
| 35–59 | Unsatisfactory  (requires additional  learning) | FX |
| 0–34 | Unsatisfactory (requires  repetition of the course) | F |

Control of the systematic implementation of

independent work and activity in practical classes

The assessment is carried out on a 5-point scale according to the following criteria:

1) understanding, the degree of assimilation of the theory and methodology of the problems being considered;

2) the degree of mastering the material of the discipline;

3) familiarization with the recommended literature, as well as with modern literature on the issues that are being considered;

4) the ability to combine theory with practice when

considering production situations, solving problems, performing calculations when performing tasks submitted for independent work, and tasks submitted for consideration in the classroom;

5) logic, structure, style of presentation of material in written works and when speaking in an audience, the ability to substantiate one's position, generalize information and draw conclusions.

The mark "excellent" is given if the student's completed assignment or his oral answer meets all five specified criteria. The absence of one or another component lowers the mark by the corresponding number of points.

When evaluating practical tasks, attention is also paid to their quality and independence, the timeliness of the delivery of completed tasks to the teacher (according to the schedule of the educational process). If any of the requirements are not met, the score will be lowered.

Intermediate control

Intermediate control of the level of knowledge

involves the identification of the student's mastering of the material of the lecture material and the ability to apply it to solve a practical situation and is carried out in the form of control work.

Final control

The final grade for the discipline is calculated as the average of several components, taking into account the assessments of each type of control (two assessments based on the results of the current modular control, an assessment for the course project and the final test).**Grading scale**

# 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/akademichnadobrochesnist/**](http://blogs.kpi.kharkov.ua/v2/nv/akademichnadobrochesnist/)

**Approval**

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| Approved by | 24.07.2024 | Head of the department  Ніна ПІДБУЦЬКА |
|  |  | Guarantor of the educational  program  Ніна ПІДБУЦЬКА |