

Faculty of Law
Department: Psychology
Professional area: Psychology
Major: Psychological Counselling
Educational-and-qualification degree: Master

COURSE DESCRIPTION

1. Course unit title: Crisis and Crisis Intervention
2. Course unit code: PSY 3059
3. Type of course unit: elective
4. Level of course unit: Master
5. Year of study: first
6. Semester: first
7. Number of ECTS credits allocated: 1.5
8. Name of lecturer: Assoc. Prof. Pavlina Petkova Damyanova, PhD
9. Learning outcomes of the course unit: The aim of the course is to equip the Master students with basic knowledge and skills to carry out a crisis intervention with evaluation and to cope with suicidal and aggressive risk. Acquiring knowledge and skills to act out and reformulate psychotraumatic experiences. Building inclination and skills for confidentiality, safety and neutrality in the crisis intervention, work in a multidisciplinary team.
10. Mode of delivery: face-to-face
11. Prerequisites and co-requisites: The course unit is interdisciplinary and directly interrelates with the main courses in the structure of the Master's Degree Programme - "Psychological Counseling in Life Cycles", "Approaches and Trends in Psychological Counseling", and "Psychosomatics."
12. Course contents: The course aims at systematic knowledge and methods for psychodiagnostic evaluation and crisis intervention in acute states of mental crisis. Building knowledge and basic skills for conducting behavioral techniques to achieve relaxation, acting out and balancing psychosomatic connections and overcoming the symptoms of mental crisis.
13. Recommended and/ or required reading:

1. Попов Хр., Посттравматичен стрес, "Лик", С., 2003
2. Попов Г. – Обща психопатология, „Стено”, В., 2010
3. П. Петкова - Консултиране при терминални заболявания и загуба при смърт на близък човек. Съобщаване на лоша новина в медицинската практика, В: Психиатрия, психология и психотерапия за общопрактикуващи лекари, под ред. д-р С. Николкова, дм, д-р П. Маринов, Университетско издателство по медицина, София, 2002, 273-286
4. П. Петкова, С. Николкова, П. Маринов – Хронична болка, В: Психиатрия, психология и психотерапия за общопрактикуващи лекари, под ред. д-р С. Николкова, дм, д-р П. Маринов, Университетско издателство по медицина, София, 2002, 297-309
5. Петкова П., Н. Цонева, Д. Видева, Г. Кирилов – Реконструиране и реинтегриране на позитивния опит и функционални вярвания в когнитивно-поведенческата психотерапия, Сп. "Когнитивно-поведенческа психотерапия", София, 2009, 1, 44 – 48

6. Стоянов, В., Посттравматично стресово разстройство, Варна, Психодо, 2009

14. Planned learning activities and teaching methods: multimedia means and techniques are used during the course of study.

15. Assessment methods and criteria: Written and oral examinations: research paper, defended before a group and an oral examination according to a synopsis. The assessment of the student is based on the assessments in two main areas:

- the extent of the built systematic knowledge on the thematic areas which the student presents in the research paper and its defence before the group, his/her participation in the seminars and the oral examination according to a synopsis. The assessment of knowledge is the average of two assessments:

- understanding the nature of professional skills and the extent of the built basic skills of the counseling psychologist which he/she displays during his/her course.

The final assessment is the average of the assessment of written and oral examination.

16. Language of instruction: Bulgarian

17. Work placement: work in a training group over a 'simulated crisis' with the aim of assessing disorder and determining the main tasks of the psychologist.