

Faculty of Law
Department: Psychology
Professional Area: Psychology
Major: Psychological Counselling
Educational-and-qualification Degree: Master

COURSE DESCRIPTION

1. Course unit title: Stress and Posttraumatic Disorders
2. Course unit code: PSY 3084
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: Prof. Valeri Stoyanov, PhD
9. Learning outcomes of the course unit: acquired knowledge, skills and competences:
The course objective is students to know the nature of mental stress, the causes of stress localized in the social environment as well as those associated with disasters and accidents; personal, social and psychological moderators of stress; the effects of stress, the nature of posttraumatic stress; diagnostic possibilities and its treatment; to be able to use psychological methods to diagnose symptoms of stress and other conditions resulting from the accumulation of stress; to orient properly in the use of various consultative and psychotherapeutic approaches to help clients in need.
10. Mode of delivery: face-to-face
11. Prerequisites and co-requisites: For the study of the course, the Master Students need to have a bachelor's degree in psychology or to take an equivalency module within the Master's Programmes.
12. Course contents (annotation): The course includes topics relating to the nature of mental stress, sources of stress localized in the social environment or as a result of the inclusion of people in situations associated with natural disasters, emergencies and catastrophes, the effects of stress as a result of different sources, the role of personality to meet such situations, the nature of posttraumatic stress disorders, the opportunities for prevention, diagnosis and their treatment.
13. Recommended and/ or required reading:

Г е р ч е в а - Несторова, Г. (2009). Комуникативното безпокойство. София, Албатрос.

Г е р ч е в а - Несторова, Г. (2010). Личност и общуване. София, Албатрос.

С т о я н о в, В. (2007). Поведение на хората в ситуации, представляващи заплаха за живота и здравето им. Приложни аспекти за корабоплаването. Варна, ВВМУ.

С т о я н о в, В. (2008). Човекът в организацията. Психологичен анализ. Варна, Псидо.

С т о я н о в, В. (2011). Психичен стрес в организацията. Системен модел за изследване. Варна, ВСУ „Черноризец Храбър”.

С т о я н о в, В. (2009). Посттравматичното стресово разстройство. Същност, превенция, терапия. В., Псидо.

С о о р е г, С. L. (Ed.) (2001) Organizational Stress. A Rewiew and Critique of Theory, Research and Applications. Sage Publications, Inc. California.

L a z a r u s, R. (1999) Stress and Emotion. A new Syntesis. NY, Springer Publi-shing Company Inc.

14. Planned learning activities and teaching methods: lecture, discussion, individual study.

15. Assessment methods and criteria: The final assessment is based on the assessment of the defence of coursework. The assessment of the coursework is a result of the submitted written report of the conducted research and analysis of the results and the oral defence. The assessment depends on the completeness of the report and the logical consistence of the presentation. The oral defence is assessed by a brief presentation of the project objectives, the research procedure and the results, as well as the answers to the questions asked by the lecturers.

The final assessment is the average of the assessment of the written report of the research and its oral defence.

Requirement for admission to a semester examination is the submission of a coursework on a topic agreed with the lecturer in advance.

16. Language of instruction: Bulgarian.

17. Work placement: none