

SYLLABUS

1. Course title:

PSYCHOLOGICAL BASES OF MENTAL HEALTH

2. Code:**3. Cycle of study:**

1

4. ECTS credits:

2

5. Type of course: Mandatory Elective**6. Prerequisites:**

none

7. Class restrictions:

none

8. Duration / semester:

1

5

9. Weekly contact hours:

9.1. Lectures:

2

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

0

10. Faculty:

Humanities and Social Sciences

11. Department/study program:

Pedagogy-Psychology

12. Lecturer:

Ljubica Tomić Selimović

13. Lecturer's e-mail:

ljubica.tomic@untz.ba

14. Web site:

--

15. Course aims:

The main aims of this course are to introduce students:

- with the theory and practice of mental health.
- with classical and contemporary mental health models
- with a mental health organization
- with the principles of primary, secondary and tertiary prevention
- with stress theory, types of stressors, and distress symptoms
- Strategies for coping with stress
- with basic guidelines for psychological interventions for working with stressed people, and people dealing with traumatic and crisis situations

16. Learning outcomes:

At the end of the course the students are expected to be able:

- to master the basic concepts and models of mental health
- to master the basic principles of primary preventive work
- to create basic psychosocial support programs
- to recognize the causes and consequences of stress, crisis and trauma
- to provide psychological support and assistance to people in stressful, traumatic and crisis situations

17. Course content:

The theoretical basis of mental health; Mental Health and Mental Hygiene; Development of the concept of mental health.

Models of Mental Health and Mental illness.

The level of primary, secondary and tertiary prevention.

Stress; stressors; Facing Stress: Strategies and Coping Styles, Social Support.

Fight against stress - prevention / methods and techniques.

Family and Stress.

Psychology of Crisis and Trauma

Aspects of Mental-health in childhood and adolescence and the possibility of preventive activities.

Adult mental health (preparation for marriage and family, preventive work with pregnant women, burnout and prevention of burnout at workplace).

Prevention of conflict and conflict resolutions.

18. Learning methods:

Lectures and practical classes with the use of various multimedia teaching aids, including active participation of students.

In lectures and practical classes will be used: the method of oral presentation, method of demonstration and illustration, seminar discussions, interactive teaching methods.

19. Assessment methods:

The written method of assessment includes two tests, including the topics covered during the semester up to that point both in lectures and in practical classes. Students can earn a maximum of 20 points per test.

The final exam is in written form, and includes the topics covered over the entire semester. Students can earn a maximum of 50 points on the final exam.

Pre-exam points amount to a total of 50 points (40 points for the two tests and another 10 for attendance and active in-class participation. By fulfilling all of their requirements, students can thus earn a maximum of 100 points.

Test points count towards the final grade cumulatively if students score at least 50% points on both the test and final exam.

In order for students to earn the minimum passing grade, they need to score at least 54 cumulative points, of which at least 25 on the final exam. The final grade is formed as a sum of all points earned in-class, the test and the final exam.

20. Assessment components:

Attendance in lectures and practical classes: 10 points

Active participation in lectures and practical classes: 10 points

Individual project: 10 points

Group project: 10 points

Final written exam: 50 points

Final oral exam: 10 points

Total points: 100

The following is the grading scale, showing the points, numerical grade, descriptive grade and letter grade:

0-53 5 (five) fail F

54-63 6 (six) satisfactory E

64-73 7 (seven) good D

74-83 8 (eight) very good C

84-93 9 (nine) excellent B

94-100 10 (ten) outstanding A

21. Required reading list:

- Vidanović, I., Kolar, D. (2003). Mentalna higijena. Beograd: Linea
- Vlajković, J. (1990). Teorija i praksa mentalne higijene. Beograd: Savez Društava psihologa Srbije
- Vlajković, J. (1998). Životne krize i njihovo prevazliženje. Beograd: Plato

22. Web sources:

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

16 March 2015
