

CHART OF DISCIPLINE/ SYLLABUS

1. Study Program Data

1.1 High Education Institution	UNIVERSITY OF MEDICINE AND PHARMACY "VICTOR BABES" TIMISOARA
1.2 Faculty	MEDICINE FACULTY
1.3 Department	NEUROSCIENCE (VIII)
1.4 Study Domain ¹⁾	Health
1.5 Cycle Studies ²⁾	Licence
1.6 Study programme/ Qualification	MEDICINE

2. Course Data

2.1.Course/Department	Principles of psychotherapy							
2.2 Course tutor	S.L. Dr. Anghel Teodora							
2.3 Practical activity tutors	S.L. Dr. Anghel Teodora							
2.4. Year of study	III	2.5 Semester	VI	2.6 Assessment	Colloquium	2.7 Course rank	Content ³⁾	DO
							Mandatory /Compulsory ³⁾	DO

3. Duration/Estimated Time (number of hours/ semester of teaching activity)

3.1 Number of hours/ week	1	3.2 lecture/course	0,5	3.3 laboratory	0,5
3.4 Total hours of curriculum	14	3.5 lecture/course	7	3.6 laboratory	7
Time distribution for course activities					Hours
Study support- manuals, lectures, references and notes					14
Additional documentation – library, dedicated platforms from domain					7
Documentation for seminars/ practical activity/ projects, themes, portofolios and essays					7
Tutoring					2
Assessment					1
Other activities					5
3.7 Total number of hours for individual study				36	
3.8 Total number of hours per semester				50	
3.9 Number of credits⁵⁾				2	

4. Preconditions (if applicable and requested)

4.1 Curriculum	Behavioral sciences. Medical psychology
4.2 Basic skills	Knowledges: <ul style="list-style-type: none"> the main orientations in psychology normal/abnormal personality notions of medical psychology

5. Condition (if if applicable and requested)

5.1 Courses	<ul style="list-style-type: none"> using the video projector attendance at the course in 70% of the cases students will not attend the course with their mobile phones or open laptops. Also, telephone conversations will not be tolerated during the course, nor do students leave the classroom to take over personal telephone calls; the students' delay in the course will not be tolerated
5.2 Laboratory/practical activity/ project	the deadline for the submission of the project or seminar booklet is established by the teacher in agreement with the students. Claims for postponement will not be accepted for reasons other than a legitimate objective

6. Key competencies and basic skills

Professional Competencies	<ul style="list-style-type: none"> • Appropriate use in professional communication of the basic concepts of the discipline in psychological intervention, including counseling and psychotherapy • Interpretation of concrete psychological assistance situations • Critical identification and differentiation of specialized literature for adequate documentation of psychotherapy practice based on scientific records
Transversal Competencies	<ul style="list-style-type: none"> • To demonstrate concern for the acquisition of new knowledge following the reading of bibliographical references • Application of effective multidisciplinary team work techniques on various hierarchical levels and in different socio-cultural contexts • Management of the continuous personal and professional self-development process starting from the reflective analysis of one's own professional activity.

7. Disciplines/Course objectives (based on the key competences)

7.1 Disciplines/Course general objectives	Training of specific psychotherapeutic evaluation and diagnosis skills, design of specific therapeutic intervention
7.2 Disciplines/Course specific objectives	<p>Upon completion of this discipline, students will be able to:</p> <ul style="list-style-type: none"> ○ Explain the theme and basic concepts of the discipline ○ Elaborate counseling strategies, therapy and psychological intervention, primary, secondary, tertiary prevention ○ Identifying the particularities of different therapeutic currents

8. Content

8.1 Course	Teaching method	Number of hours	Notification
Introduction to psychotherapy. Historic. Currents. Psychotherapy vs somatotherapy (EDMR).	PPT Lecture	2	
Cognitive-behavioral psychotherapy (CBT, TSC, TSE, ACT, DBT). Virtual reality CBT for the treatment of depression and anxiety		2	
Psychotherapeutic interventions in oncology.		1	
Psychological intervention in trauma		1	
Psychotherapeutic and psychosocial interventions in stress management (MBSR-Mindfulness stress reduction)		1	
Mandatory references:			
<ol style="list-style-type: none">1. Carli, A. E. M. (2020). <i>Spirituality in psychotherapy: How do psychotherapists understand, navigate, experience and integrate spirituality in their professional encounters with clients?</i>2. Fairburn, C. G. (2013). <i>Cognitive behavior therapy and eating disorders</i>. The Guilford Press.3. Lambert, M. J. (Ed.). (2013). <i>Handbook of psychotherapy and behavior change</i> (6th ed.). The Guilford Press.4. Norcross, J. C., & Lambert, M. J. (Eds.). (2018). <i>Bergin and Garfield's handbook of psychotherapy and behavior change</i> (6th ed.). The Guilford Press.5. Postorino V, Kerns CM, Vivanti G, Bradshaw J, Siracusano M, Mazzone L. Anxiety Disorders and Obsessive-Compulsive Disorder in Individuals with Autism Spectrum Disorder. <i>Curr Psychiatry Rep</i>. 2017 Oct 30;19(12):92. doi: 10.1007/s11920-017-0846-y. PMID: 29082426; PMCID: PMC5846200.6. Schiepek, G., Eckert, H., Aas, B., Wallot, S., & Wallot, A. (2015). <i>Integrative psychotherapy: A feedback-driven dynamic systems approach</i>. Hogrefe Publishing. https://doi.org/10.1027/00472-0007. Schore, A. (2019). <i>The science of the art of psychotherapy</i> (Norton Series on Interpersonal Neurobiology). W. W. Norton & Company.8. Wells, A. (2015). <i>Emotion regulation: Conceptual and practical issues</i>. Wiley-Blackwell.9. Yalom, I. D. (2017). <i>Hour of the heart: Connecting in the here and now</i>. The Guilford Press.			

Optional bibliography

1. Frostadottir, A. D., & Dorjee, D. (2020). Effects of mindfulness-based cognitive therapy (MBCT) and compassion-focused therapy (CFT) on symptom change, mindfulness, self-compassion, and rumination in clients with depression, anxiety, and stress. Journal of Contextual Behavioral Science, 17, 60-67. https://doi.org/10.1016/j.jcbs.2020.01.004

2. Ghahari, S., Mohammadi-Hasel, K., Malakouti, S. K., & Roshanpajouh, M. (2020). Mindfulness-based Cognitive Therapy for Generalised Anxiety Disorder: a Systematic Review and Meta-analysis. East Asian archives of psychiatry : official journal of the Hong Kong College of Psychiatrists = Dong Ya jing shen ke xue zhi : Xianggang jing shen ke yi xue yuan qi kan, 30(2), 52–56. https://doi.org/10.12809/eaap1885

3. Pert, C. (Narrator). (2018). Your body is your subconscious mind [Audiobook]. Sounds True. (Original work published 2018).

8.2 Seminars/ Laboratory/practical activity/ projects	Teaching-learning, methods	Number of hours	Notification
Psychoeducation and prevention. Psychological counseling. Personal development and self-knowledge.	Lecture, Debates, Studies	2	
Relaxation techniques. Pain management		1	
Child and Adolescent Psychotherapy (TOM, Arttherapy)		1	
The role and the benefits of social support		1	
Individual and group interventions in addictions		2	

Mandatory references:

1. Beck, J. S. (2011). Cognitive behavior therapy worksheet packet (3rd ed.). Bala Cynwyd, PA: Beck Institute for Cognitive Behavior Therapy.

2. Mate, G., (2018) In the Realm of Hungry Ghosts.

3. Jon Kabat-Zinn (2016). Mindfulness for Beginners

4. Gnaulati, E., 2017, Back to normal



5. Grisel, J., 2021, Never Enough

9. Correlations between the content of the course and the requirements of the professional field and relevant employers

The ability to responsibly refer the patient to psychotherapy and collaborate with a psychotherapist.
Knowledge and application of psychological counseling principles.

10. Assessment

Activity	10.1 Assessment criteries	10.2 Assessment methods	10.3 Percentage of the final grade
10.4 Course	<ul style="list-style-type: none"> • knowledge of concepts from different psychotherapeutic schools • the ability to recognize and properly use the notions presented 	Oral presentation - presentation of a project	50%
10.5 Practical activity/ seminar	<ul style="list-style-type: none"> • Learning some elements of behavioral sciences and health psychology 	Presentation of individual work	50%
10.6 Minimum performance standard-basic knowledge			
The minimum note is 5			

Date 11.04.2025	Signature of the course holder S.L. Dr. Anghel Teodora	Signature of the laboratory/seminar holder S.L. Dr. Anghel Teodora
Signature of the Head of Discipline Prof. Univ. Dr. Horea Lavinia		
Date of approval in the Department 11.04.2025	Signature of the Head of Department Prof. Univ. Dr. Nussbaum Laura 