

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/Medical doctor

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⁾ Mandatory /Compulsory ³⁾	DS DOP

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					20
Documentation for seminars/ practical activity/ projects, themes, portofolios and essays					0
Tutoring					2
Assessment					6
Other activities					4
3.7 Total number of hours for individual study		46			
3.8 Total number of hours per semester		60			
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.	PPT Lecture	2	
Psychotherapy vs somatotherapy (EDMR).		2	
Cognitive-behavioral psychotherapy (CBT, TSC, TSE, ACT, DBT). Virtual reality CBT for the treatment of depression and anxiety		1	
Psychotherapeutic interventions in oncology.		1	
Psychological intervention in trauma		1	
Psychotherapeutic and psychosocial interventions in stress management (MBSR-Mindfulness stress reduction)			
Mandatory references: <ul style="list-style-type: none"> • Drozdowski, E. (2024). Manual of Healing Traumas through EMDR Therapy. Multivers Publishing, Bucharest. • Orsillo, S. M., & Roemer, L. (2021). Mindfulness for Anxiety. Trei Publishing, Bucharest. • Schwartz, A., & Maiberger, B. (2024). EMDR Therapy and Somatic Psychology. Multivers Publishing, Bucharest. • Shapiro, F. (2024). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols and Procedures. Multivers Publishing, Bucharest. Optional references: <ul style="list-style-type: none"> • Anghel, T., Albai, O., Costea, I., Levai, C. M., Marinca, A., Melania, B. L., & Hogeia, L. M. (2025). Review of psychological interventions in oncology: Current trends and future directions. <i>Medicina</i>, 61(2), 279. https://doi.org/10.3390/medicina61020279 • Carli, A. E. M. (2020). Spirituality in psychotherapy: How do psychotherapists understand, navigate, experience and integrate spirituality in their professional encounters with clients? • Kuhfuß, M., Maldei, T., Hetmanek, A., & Baumann, N. (2021). Somatic experiencing—Effectiveness and key factors of a body-oriented trauma therapy: A scoping literature review. <i>European Journal of Psychotraumatology</i>, 12(1), 1929023. https://doi.org/10.1080/20008198.2021.1929023 			

- Nicholson, W. C., Sapp, M., Karas, E. M., Duva, I. M., & Grabbe, L. (2025). The body can balance the score: Using a somatic self-care intervention to support well-being and promote healing. *Healthcare*, 13(11), 1258. <https://doi.org/10.3390/healthcare13111258>
- Norcross, J. C., & Lambert, M. J. (Eds.). (2018). *Bergin and Garfield's handbook of psychotherapy and behavior change* (6th ed.). The Guilford Press.
- Perna, G., Pinto, E., Spiti, A., Torti, T., Cucchi, M., & Caldirola, D. (2024). Foundations for a personalized psycho-oncology: The state of the art. *Journal of Personalized Medicine*, 14(9), 892. <https://doi.org/10.3390/jpm14090892>
- Postorino, V., Kerns, C. M., Vivanti, G., Bradshaw, J., Siracusano, M., & Mazzone, L. (2017). Anxiety disorders and obsessive-compulsive disorder in individuals with autism spectrum disorder. *Current Psychiatry Reports*, 19(12), 92. <https://doi.org/10.1007/s11920-017-0846-y>
- Sauer, C., Haussmann, A., & Weissflog, G. (2024). The effects of acceptance and commitment therapy (ACT) on psychological and physical outcomes among cancer patients and survivors: An umbrella review. *Journal of Contextual Behavioral Science*, 33, 100810. <https://doi.org/10.1016/j.jcbs.2024.100810>
- Schiepek, G., Eckert, H., Aas, B., Wallot, S., & Wallot, A. (2015). *Integrative psychotherapy: A feedback-driven dynamic systems approach*. Hogrefe Publishing. <https://doi.org/10.1027/00472-000>
- Schore, A. (2019). *The science of the art of psychotherapy* (Norton Series on Interpersonal Neurobiology). W. W. Norton & Company.
- Wells, A. (2015). *Emotion regulation: Conceptual and practical issues*. Wiley-Blackwell.
- Wu, J., Sun, Y., Zhang, G., Zhou, Z., & Ren, Z. (2021). Virtual reality-assisted cognitive behavioral therapy for anxiety disorders: A systematic review and meta-analysis. *Frontiers in Psychiatry*, 12, 575094. <https://doi.org/10.3389/fpsy.2021.575094>
- Yalom, I. D. (2017). *Hour of the heart: Connecting in the here and now*. The Guilford Press.


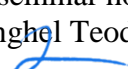
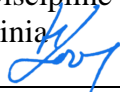
8.2 Seminars/ Laboratory/practical activity/ projects	Teaching-learning, methods	Number of hours	Notification
Psychoeducation and prevention. Psychological counseling. Personal development and self-knowledge.	Lecture, Debates, Studies	2	
Relaxation techniques. Pain management		1	
Child and Adolescent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

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 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 03.10.2025	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. Hogeia Lavinia 		
Date of approval in the Department 08.10.2025	Signature of the Head of Department Prof. Univ. Dr. Nussbaum Laura 