

Module card

I. GENERAL INFORMATION									
WITELON COLLEGIUM STATE UNIVERSITY DEPARTMENT OF SOCIAL STUDIES AND HUMANITIES									
Field of study:		Psychology							
Form of study:		Erasmus							
Module title:		Crisis intervention							
Module type:									
Language of lecture:		English							
Year of study:		Forms of teaching including number of teaching hours:							
Semester (winter/summer):		winter	Lectures	Classes	Laboratory	Project	Workshop	Seminar	Other
Total number of ECTS credits:		5	15	15					
Form of completion:		Assessment of work in classes, attendance at classes, presentation, anali case study							
Prerequisites:		None							
II. LEARNING OBJECTIVES									
Learning objectives:									
<p>Objectives 1: Understand the definition, types, and principles of crisis intervention, as well as the specific actions taken in various crises.</p> <p>Objectives 2: Acquire the ability to conduct crisis intervention and analyze the behavior of people in difficult situations.</p> <p>Objectives 3: Develop the ability to cooperate and act responsibly within an intervention team.</p>									
IV. PROGRAMME CONTENT									
Content of the programme (topics of classes, presented with a breakdown into individual forms of classes with the indication of the number of hours needed for their realization)									
Code	Course topics in theory							Number of hours	
L1	Module. The concept of crisis and its areas. Analysis of definitions and discussion of examples of real-life crises in the work of psychologists.							2	
L2	Crisis stages and individual reactions. Interpretation of cases and discussion of the emotional reactions of different individuals.							2	
L3	Personality theories and crisis responses. Case studies and discussion of individual response types.							2	
L4	Mechanisms of mental and social disturbances in crisis. Observing behavioral recordings and drawing conclusions based on them.							2	
L5	Psychological determinants of health and illness in intervention. Case studies and discussion of two support strategies.							2	
L6	Goals and principles of crisis intervention. Practical group exercises on planning intervention activities.							2	
L7	Basic techniques for providing support to people in crisis. Simulation exercises for situations that threaten psychological health.							2	
L8	Safety for the responder and client during crisis management. Practical sessions on the principles of risk minimization.							1	
Code	Course topics in practice							Number of hours	
C1	Intervention for people who have experienced trauma. Case studies and team exercises on support strategies.							2	
C2	Intervention in situations of violence and critical losses. Crisis simulations and shared reflection on methods of action.							2	
C3	Intervention for disaster victims. Simulation exercises on coordinating activities and assigning tasks within a group							2	
C4	Assign intervention categories and strategies tailored to the type of crisis. Group exercises on case classification.							2	

C5	Communicating with a person in crisis. Case studies and simulation exercises clarifying the goals of the intervention.	2
C6	Collaboration within an intervention team. Practical sessions on role allocation and coordination of actions in a crisis situation.	2
C7	Comprehensive crisis intervention in a multi-faceted scenario. Simulation of a life-threatening situation with analysis of actions, communication, and teamwork. Summary of the session.	3
VIII. RECOMMENDED LITERATURE		
<p>Basic sources:</p> <ol style="list-style-type: none"> 1. James R.K., Gilliland B.E. (2004), Crisis Intervention Strategies, Wadsworth Publishing Co Inc 2. Roberts A.R. (2000) Crisis Intervention Handbook, Oxford University Press Inc 		
<p>Additional sources:</p> <ol style="list-style-type: none"> 1. Pérez-Loezar L. (2000) Crisis intervention: psychological first aid, Our Knowledge Publishing 		