POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)

pl. M. Skłodowskiej-Curie 5, 60-965 Poznań

COURSE DESCRIPTION CARD - SYLLABUS

Course name
Organization of psychological help

Course

Field of study	Year/Semester
Safety Engineering	1/1
Area of study (specialization)	Profile of study
Safety and Crisis Management	general academic
Level of study	Course offered in
Second-cycle studies	Polish
Form of study	Requirements
full-time	elective

Number of hours

Lecture	Laboratory classes	Other (e.g. online)
15	0	0
Tutorials	Projects/seminars	
15	0	

Number of credit points
1

Lecturers

Responsible for the course/lecturer:

dr hab. Joanna Sadłowska-Wrzesińska

Institute of Safety Engineering

 Risk and Quality Management Department

email: joanna.sadlowska-
wrzesinska@put.poznan.pl

Responsible for the course/lecturer:

dr inż. Żaneta Nejman

email: zaneta.nejman@gmail.com

Prerequisites

The student has basic knowledge of contemporary security problems. The student has the skills of

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logical thinking and the use of knowledge. The student demonstrates cognitive openness to humanistic and social aspects of ensuring security.

Course objective

Acquiring basic knowledge and elementary skills in organizing psychological help in difficult / crisis situations.

Course-related learning outcomes

Knowledge

- The student knows the issues of public health, insurance systems, in connection with the issues of psychological security P7S_WG_04

Skills

- The student is able to correctly select the sources and information derived from them and use them to analyze, evaluate and reason in the field of security psychology. P7S_UW_01

- The student is able to notice and formulate in the engineering tasks systemic, non-technical, socio-technical, organizational aspects - emphasizing the importance of psychosocial well-being of working people P7S_UW_03

- Student is able to make a critical analysis of the functioning of individual organizational subsystems taking into account deficits in the field of psychosocial security foundations P7S_UW_06

- Student is able to plan and carry out research, including measurements and simulations, performing a prognostic function in relation to the development of difficult and crisis situations P7S_UO_01

Social competences

- is aware of the recognition of cause and effect relationships in the implementation of organizational goals and tasks, taking into account the assumptions and legitimacy of the organization of psychological assistance

- is aware of the recognition of the importance of humanistic knowledge in solving problems in the field of security engineering and continuous improvement in the work environment P7S_KK_02

- is aware of the responsibility for own work and readiness to work in interdisciplinary teams to promote mental health P7S_KR_02

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

forming assessment:

- knowledge is verified by short tests after the fourth and sixth teaching unit - short test + problem task;

- social skills and competences are verified by issuing partial grades resulting from: teamwork; rewarding activity; independent problem solving.

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Summative rating:

knowledge is verified by a written test on the basic concepts of the organization of psychological assistance; passing threshold - 50% + 1;

exercises - average of partial grades.

Programme content

1. Psychological help as one of the basic links in the public security system. Personal and social security. Security threats to the individual. 2. Prosocial and anti-social behavior. Cognitive model of helping developed by Latany and Darley. 3. Crisis intervention - providing material, information and emotional support. A model of seven steps in crisis intervention. Tasks of Crisis Intervention Centers. 4. Selected social pathologies - the escalation of occupational stress and related consequences: mobbing, discrimination, harassment, burnout, workaholism. Violence in the family. PTSD - Post-traumatic stress disorder. 5. First Psychological Help. Basic principles, methods and techniques in psychologically difficult situations. Transmission of adverse information

Teaching methods

lecture

- informative lecture, conversational lecture,

exercises

- displaying methods (film, show), panel discussion, seminar discussion, case study, brainstorming.

Bibliography

Basic

1. Sadłowska-Wrzesińska J., Lewicki L., Podstawy bezpieczeństwa i zdrowia w pracy, Wydawnictwo WSL, Poznań 2018.

2. Konieczny J., Wawrzynowicz H., Mydlarska J., Psychologia bezpieczeństwa, Poznań 2011.

3. Zimbardo Ph., Gerrig R., Psychologia i życie, Wydawnictwo Naukowe PWN, Warszawa 2016.

4. Sadłowska-Wrzesińska J. (red.), Bezpieczeństwo XXI wieku. Szanse – Zagrożenia – Perspektywy. Aspekty bezpieczeństwa pracy. Wydawnictwo Naukowe Silva Rerum, Poznan 2020.

Additional

1. Czajkowski W., Psychologia bezpieczeństwa. Wyzwania i zagrożenia, Kraków 2017.

2. Bańka A., Psychologia pracy, [w:] Psychologia. Podręcznik akademicki t.3, red. J.Strelau, GWP, Gdańsk, 2000.

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Breakdown of average student's workload

	Hours	ECTS
Total workload	45	1,0
Classes requiring direct contact with the teacher	30	0,5
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation) [1]	15	0,5

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[1] delete or add other activities as appropriate