

6.0 credits

60.0 h

1q

Teacher(s) :	Mikolajczak Moïra ; Van den Broucke Stephan ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The course aims at showing how psychological interventions of prevention, accompaniment, rehabilitation and crisis intervention can help individuals, groups or population to conserve and promote life's quality as well as physical and mental health even in adversity situation.
Aims :	<p>At the end of the course the student will be able to:</p> <p>a. analyze and evaluate situations where the conservation of the life's quality, the health promotion, the disease prevention or the rehabilitation is the goal of the psychological intervention. Conceive interventions to serve this goal.</p> <p>b. Develop a critical mind towards psychological interventions in the field of health.</p> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	<p>The course analyzes the beliefs in terms of health and disease, communication in terms of health according to given audiences, stress and emotions management and the strategies put in place to change beliefs and dysfunctional behaviors in terms of health. For example, the themes broached are terminal care and euthanasia, suicide prevention, trauma management, mourning process, treatment acceptance, communication between patients and care-giver (e.g. announcement of disease diagnostic), cardiac rehabilitation, physical and sports activity, epidemiology and public health. The list of broached disease here below is just an example: cancers, asthma, chronic pain, psychosomatic diseases, risky sexual behaviors and HIV infection, diabetes, asthma, eating disorders, addiction to psycho-active products, sleep disorders. The diseases broached during the various cycle of life. Prevention models of diseases and models of promotion and conservation of the psychosomatic wellbeing will also be presented. The course will be divided in:</p> <p>½ time: ex-cathedralectures. The theme will change at each lecture in order to discover a large panel of application field of health psychology.</p> <ul style="list-style-type: none"> <li>- at least one half is presented by the head teacher (goal: to present the theoretical and empiric aspects related to a particular field of health psychology: e.g. patho-physiology, epidemiology, medical treatments elements and psychological aspects) and,</li> <li>- the other half if possible by a speaker working on the field (goal: present the application and clinical expert reviews needed in this field of health psychology; present case studies).</li> </ul> <p>½ time: work supervised and realized by the students in sub-groups. It will be carried out based on scientific readings and/or field visit and/or personal case study observed during the mastering practice period.</p> <p>The sub-group will be lead by one head teacher. This one is in charge of the broached theme and he will have to set up the contacts with external speakers (for their presentation and their eventual integration in the institution/center.). For this work, a minimum of three meetings of ½ to ¾ h with the head teacher are planned (with a maximum of 5 meetings). The head teacher of the sub-group C</p>
Other infos :	<p>The student will be evaluated:</p> <p>(1) on its knowledge of the different themes studied during the first part of the course, exam with open questions.</p> <p>(2) On the group work realized from readings and/or meeting(s) and/or studies of personal case seen during the practice period. The goal of this work is for the student to go into a specific field of health psychology; the students have a half year to realize this work. The work is limited to 10 pages (interlining 1 ½, Times 12). It will consists of:</p> <ol style="list-style-type: none"> <li>a) a definition of the chosen field;</li> <li>b) an adaptation of the biopsychosocial model of health (review the important variables and their operationalization in this particular field);</li> <li>c) a description of the intervention techniques and methods in the chosen field and/or a chosen case study.</li> </ol>
Cycle and year of study :	> <a href="#">Master [120] in Psychology</a>
Faculty or entity in charge:	PSP