

Due to the COVID-19 crisis, the information below is subject to change, in particular that concerning the teaching mode (presential, distance or in a comodal or hybrid format).

4 credits	30.0 h	Q1
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Teacher(s)	Mikolajczak Moïra ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>The aim of the course is first to familiarize students with the symptoms and difficulties associated with the most common health disorders. For each disorder, the student will be informed of the frequent psychological comorbidities, the most common psychological needs and the general lines of medical treatment. The second aim of the course is help students determine the most adequate psychological intervention for each medical disorder and enable them to apply and adapt them to the specificities of the patient and the context.</p> <p>The former aims will be achieved for each of the most frequent problematics in health psychology : stress, burnout, sleep disorders, chronic pain, perinatology, obesity, cancer, coronary-heart disorders, spinal cord injuries, amputations, palliative care and euthanasia.</p> <p>Each year, one lesson is devoted to a useful approach in health psychology (already covered: Motivational Interviewing, Acceptance and Commitment Therapy, this year : Hypnosis)</p>
Aims	<p>In reference with the learning outcomes of the Master in Psychological Science, this activity contributes to the following learning outcomes:</p> <p>At the end of the course, the student will be able to adequately analyse a situation in health psychology with reference to available theories and empirical evidence (B1). On this basis, the student will be able to identify relevant psychological interventions which take into account the specificities of the patient and of the context (B2), to distinguish between scientifically-based interventions and common-sense interventions (E2), to explain the methodology used for planning, implementing and evaluating the intervention. The students will also be capable to communicate in a clear, relevant and straightforward way the result of their observations, analysis and intervention (C1-C2).</p> <p>La contribution de cette UE au développement et à la maîtrise des compétences et acquis du (des) programme(s) est accessible à la fin de cette fiche, dans la partie « Programmes/formations proposant cette unité d'enseignement (UE) ».</p> <p>-----</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>
Bibliography	Mikolajczak, M. (Dir.). (2013). Les interventions en psychologie de la Santé. Paris: Dunod.
Faculty or entity in charge	EPSY

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Aims
Master [120] in Psychology	PSY2M	4		