

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** Psihotravmatologija  
**Course title:** Psychotraumatology

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč, magistrski	/	1., 2.	2., 4.
Psychosocial counseling, master	/	1st, 2nd	2nd, 4th

**Vrsta predmeta / Course type**

Izbirni / Elective

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		15			105	5

**Nosilec predmeta / Lecturer:**

Izr. prof. dr. Vesna Švab

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovensko / Slovenian, Angleško / English

**Vaje / Tutorial:** Slovensko / Slovenian, Angleško / English

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Pogoj za vključitev v delo je vpis v 1. letnik študija.

**Prerequisites:**

Prerequisite for the subject is the enrollment in the 1<sup>st</sup> year of master study.

**Vsebina:**

**Content (Syllabus outline):**

- Zgodovina psihologije travme
- Splošni psihološki, nevrobiološki, sociokulturni in antropološki koncepti o psihološki travmi
- Enostavna in kompleksna postravmatska stresna motnja
- Travma in vzorci navezanosti
- Nevrobiologija travmatskega stresa
- Posebnosti travme pri različnih populacijah (otroci, ženske, vojne travme, spolna zloraba, begunci)
- Fenomenologija travmatskega stresa
- Travma v luči klasifikacijskih sistemov
- Posebnosti travmatiziranih družin in transgeneracijskega prenosa travme
- Spoznavanju različnih konceptov in modelov obravnave oseb in skupin s psihološko travmo.
- Svetovalni in terapevtski pristopi k travmi: terapevtski odnos, tehnike spoprijemanja, EMDR, vedenjsko – kognitivne tehnike, razbremenjevanje (debriefing), sistemski pristop, predelava travme, krizne intervence
- Pojem družbene travmatizacije
- Sekundarna in nadomestna travmatizacija in terapevtova skrb zase pri delu s travmatiziranimi ljudmi
- Psihološka travma in družina: razvojni vidiki psihološke travme, delo z družino, spolna zloraba, sistemski in narativni pogled na travmo v družini; družina, prizadeta z zlorabo alkohola ali drog; nasilje v družini; transgeneracijski prenos travme
- Dolgoročne posledice travmatskih stanj: samouničevalnost, disociativna stanja, osebnostne motnje, odvisnost

- History of psychology of trauma
- General psychological, neurobiological, socio-cultural and anthropological concepts of psychological trauma
- Simple and complex post-traumatic stress disorder
- Trauma and attachment
- The neurobiology of traumatic stress
- Characteristics of trauma in different populations (children, women, war trauma, sexual abuse, refugees)
- Phenomenology of traumatic stress
- Trauma in the light of the classification systems
- Characteristics of traumatized families and transgenerational transmission of trauma
- Learn about various concepts and models of treatment of individuals and groups with psychological trauma.
- Counseling and therapeutic approaches to trauma: the therapeutic relationship, coping techniques, EMDR, cognitive behavioral techniques, debriefing, systemic approach, processing trauma, crisis interventions
- The concept of collective trauma
- Secondary traumatization and vicarious trauma and the therapists self-care in working with traumatized people
- Psychological trauma and the family: developmental aspects of psychological trauma, working with the family, sexual abuse, systemic and narrative approach to trauma in the family; families affected by abuse of alcohol or drugs; domestic violence; transgenerational transmission of trauma
- long-term consequences of traumatic situations: self-harm, dissociative states, personality disorders, addiction

## Temeljni literatura in viri / Readings:

Selection from:

- Oravec, Robert. Razvojne dimenzije travme. Psihol. obz. (Ljubl.), 1999, vol. 8, št. 1, str. 77-91.
- Oravec Juliana (1996) Begunski center na Viču. Diplomsko naloga Fakulteta za soc. delo
- Stritih B (2006). Strategije pomoči pri socialnem delu s travmatiziranimi osebami in družinami. Soc delo, 45, 6: 333-344.
- Nutt D., Davidson JRT., Zohar J. (2000) Post-traumatic Stress Disorder Dunitz Ltd.London
- Herman J. (1992) Trauma and Recovery Basic Books
- Van der Kolk B.A. (1996). Traumatic Stress Guilford Press NY,London
- Shapiro F (2001). Eye Movement Desensitization and Reprocessing. 2nd Edition. New York: The Guilford Press.
- Rus Makovec M.(2002) Zloraba moči in duševne motnje ter poti iz stiske Lj. Cankarjeva založba
- Kompan Erzar, K., Christian Gostečnik (2005) "I remember checking on my mother to see if she was still breathing." How a relationship maintains, regulates, and helps resolve traumatic experiences : relational family integration Psihološka obzorja. 14/3 89-105.
- Oravec R.(2001) Intrapsihične in interpersonalne dimenzije splone zlorabe : Ferenczi in travma - danes. V: Travma : zbornik prispevkov. Ormož: Psihiatrična bolnišnica 92-103.
- Oravec R (2003) Obravnava oseb s poznimi posledicami zlorab v času otroštva. V: Nedokončana zgodba - motnje osebnosti 1 : zbornik prispevkov. Ormož: Psihiatrična bolnišnica 1-9.

## Cilji in kompetence:

V sklopu učne enote bi študentje pridobili vpogled v inter- in multidisciplinarno zasnovano psihotraumatološko teorijo in praktično delo z osebami, ki so utrpeli hudo psihološko travmo. V sklopu predmeta bi spoznali osnovna načela psihotraumatološkega svetovanja in terapije. Še posebej bi bili seznanjeni s psihološkimi posebnostmi travmatiziranih oseb. Cilj je posredovanje osnovnih terapevtskih in svetovalnih veščin, ki se lahko uporabljajo v delu s travmatiziranimi osebami in skupinami.

Učna enota prispeva k razvoju naslednjih splošnih in predmetnospecifičnih kompetenc:

- sposobnost uporabe znanja v praksi in izvirnega, kreativnega reševanja problemov v novih ali neobičajnih kontekstih,
- sposobnost timsko sodelovati tako s klientskimi sistemi kot strokovnjaki (tudi z eksperti drugih disciplin),
- sposobnost povezovanja znanja in obvladovanja kompleksnosti, s katero

## Objectives and competences:

As part of the study unit students could gain insight into the inter- and multidisciplinary designed theory of psychotraumatology and practical work with people who have suffered severe psychological trauma. Within the subject students would learn the basic principles of psychotraumatological counseling and therapy. Students would be acquainted with the psychological peculiarities of traumatized persons. The aim is to give them the basic therapeutic and counseling skills that can be used in work with traumatized individuals and groups.

Learning unit contributes to the development of generic and subject specific competences:

- The ability to apply knowledge in practice and the ability of original, creative problem solving in new or unusual contexts,
- The ability of teamwork with both clients systems and experts (including experts from other disciplines),
- The ability to connect knowledge and to

- se srečujejo pri strokovnem delu,
- zmožnost psihoterapevtsko delati s skupino in/ali kot koterapevti, reflektirati učinkovitost skupinskega dela ter jo na podlagi rezultatov refleksije izboljševati,
  - sposobnost uporabe kritične refleksije in kontinuirane supervizije za ocenjevanje in večanje uspešnosti tako svojega dela s klienti kot dela drugih,
  - sposobnost refleksije in upoštevanja konteksta psihoterapevtske situacije ter njegovih meja (vključujoč ustrezno zakonodajo), izkazovanje fleksibilnosti in prilagodljivosti psihoterapevtskega pristopa

- manage the complexity faced in professional work
- The ability of psychotherapeutic work with the group and/or as a co-therapist, to reflect on the effectiveness of teamwork and implement improvement based on the reflection's results
  - The ability to use critical reflection and continuous supervision for assessing and enhancing the performance of both their own work with clients and the work of others,
  - The ability to reflect and to take into account the context of psychotherapeutic situation and limitations (including relevant legislation), to demonstrate the flexibility and adaptability of psychotherapeutic approach

#### **Predvideni študijski rezultati:**

- Od študentov se pričakuje, da bodo zmožni:
- formulirati model človeškega delovanja in posameznikov razvoj, formulirati model terapevtske spremembe - z uporabo teoretskega pristopa svoje modalitete,
  - uporabiti zgornji model za analizo kompleksnih situacij in za konceptualizacijo terapevtskih intervencij; specifično pa se od študentov pričakuje zmožnost vzpostavitve terapevtskega (delovnega) odnosa, skladnega z njihovo modaliteto,
  - uporabljati zahtevnejšo raven teoretičnega znanja za razvijanje hipotez in generativnih odzivov na klinične situacije, kar lahko vključuje tudi kreativnost in odprtost za terapevtsko spremembo,
  - soustvariti terapevtski odnos, ki presega zgolj uporabo nabora tehnik in je skladen z njihovo modaliteto,

#### **Intended learning outcomes:**

- Students are expected to be able to:
- Formulate a model of human behavior and of individual development, to formulate a model of therapeutic change - using a theoretical approach of the selected psychotherapeutic modality,
  - Use the aforementioned model for analyzing complex situations and for conceptualization of therapeutic intervention; specifically, however, students are expected to be able to establish a therapeutic relationship consistent with their modality,
  - Use of advanced theoretical knowledge for developing hypotheses and generative responses to clinical situations, which may include therapist's creativity and openness to change,
  - To create a therapeutic relationship that goes beyond the mere use of a set of techniques and is consistent with their modality,

- oblikovati in uporabiti ustrezne terapevtske procese,
- nadgraditi svojo izvedbo ustrezne terapevtske intervencije in obvladati ustrezno zaključevanje procesa,
- ugotavljati, razjasniti in obvladati razrešitev za večino kliničnih problemov,
- v primeru dela s skupino delati učinkovito s skupino in/ali koterapevti in reflektirati učinkovitost skupinskega dela ter jo na podlagi rezultatov refleksije izboljševati
- uporabljati kritično refleksijo in redno supervizijo za ocenjevanje tako svojega dela s klienti kot dela drugih,
- prepoznati znake psihološke travmatiziranosti pri otrocih in odraslih
- uresničiti primeren terapevtski odnos z različnimi travmatiziranimi osebami in njihovimi družinami
- svetovati in nuditi podporo posameznikom in družinam tudi v multikulturnih okoliščinah (begunci, manjšine)
- komunicirati v slovenskem in mednarodnem strokovnem prostoru
- prepoznati problem sekundarne travmatizacije pri sebi in pri drugih

- To develop and apply appropriate therapeutic processes,
- To expand their implementation of appropriate therapeutic intervention and to master the appropriate finishing of the process,
- Identify, clarify and master solutions for most clinical problems
- To work effectively with a group and / or with co-therapists and reflect on the effectiveness of teamwork and implement improvement based on the reflection's results
- Use critical reflection and regular supervision for assessing of both their own work with clients and the work of others,
- Recognize the signs of psychological trauma in children and adults
- To achieve adequate therapeutic relationship with various traumatized individuals and their families
- To advise and provide support to individuals and families in multicultural situations (refugees, minorities)
- To communicate in Slovenian and international professional field
- To recognize the problem of secondary traumatization in themselves and in others

#### **Metode poučevanja in učenja:**

- Predavanja
- Vaje

#### **Learning and teaching methods:**

- Lectures
- Tutorials

#### **Načini ocenjevanja:**

Delež (v %) /

Weight (in %)

#### **Assessment:**

Pisni izpit	60	Written examination
Poročila iz vaj	40	Reports from tutorials
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading is in accordance with the Faculty's evaluation Ordinance.

### Reference nosilca / Lecturer's references:

1. ŠTUHEC, Matej, ŠVAB, Vesna, LOCATELLI, Igor. Prevalence and incidence of attention-deficit/hyperactivity disorder in Slovenian children and adolescents : a database study from a national perspective. *Croatian medical journal*, ISSN 0353-9504, 2015, vol. 56, iss. 2, str. 159-165, ilustr. <http://www.ncbi.nlm.nih.gov/pubmed/25891876>, doi: [10.3325/cmj.2015.56](https://doi.org/10.3325/cmj.2015.56). [COBISS.SI-ID [3848305](#)], [JCR, SNIP, WoS do 3. 5. 2016: št. citatov (TC): 1, čistih citatov (CI): 0, Scopus do 2. 5. 2016: št. citatov (TC): 1, čistih citatov (CI): 0]
2. ŠTUHEC, Matej, LOCATELLI, Igor, ŠVAB, Vesna. Trends in attention-deficit/hyperactivity disorder drug consumption in children and adolescents in Slovenia from 2001 to 2012 : a drug use study from a national perspective. *Journal of child and adolescent psychopharmacology*, ISSN 1044-5463, 2015, vol. 5, iss. 3, str. 254-259. <http://online.liebertpub.com/doi/10.1089/cap.2014.0071>, doi: [10.1089/cap.2014.0071](https://doi.org/10.1089/cap.2014.0071). [COBISS.SI-ID [3833201](#)], [JCR, SNIP, WoS do 2. 9. 2016: št. citatov (TC): 4, čistih citatov (CI): 3, Scopus do 2. 7. 2016: št. citatov (TC): 6, čistih citatov (CI): 3]
3. EVANS-LACKO, S., COURTIN, E., FIORILLO, A., ŠVAB, Vesna, 26. The state of the art in European research on reducing social exclusion and stigma related to mental health : a systematic mapping of the literature. *European Psychiatry*, ISSN 0924-9338. [Print ed.], Aug. 2014, vol. 29, iss. 6, str. 381-189, ilustr. <http://www.sciencedirect.com/science/article/pii/S0924933814000406>, doi: [10.1016/j.eurpsy.2014.02.007](https://doi.org/10.1016/j.eurpsy.2014.02.007). [COBISS.SI-ID [31305689](#)], [JCR, SNIP, WoS do 3. 11. 2016: št. citatov (TC): 22, čistih citatov (CI): 22, Scopus do 3. 11. 2016: št. citatov (TC): 28, čistih citatov (CI): 28]
4. ŠVAB, Vesna, ŠUBELJ, Maja, VIDMAR, Gaj. Prescribing changes in anxiolytics and antidepressants in Slovenia. *Psychiatria Danubina*, ISSN 0353-5053, 2011, vol. 23, no. 2, str. 178-182, ilustr. [COBISS.SI-ID [1192553](#)], [JCR, SNIP, WoS do 6. 8. 2016: št. citatov (TC): 7, čistih citatov (CI): 5, Scopus do 6. 2. 2016: št. citatov (TC): 10, čistih citatov (CI): 8]
5. LASALVIA, Antonio, ZOPPEI, Silvia, VAN BORTEL, Tine, BONETTO, Chiara, CRISTOFALO, Dorian, WAHLBECK, Kristian, VASSEUR BACLE, Simon, AUDENHOVE, Chantal van, WEEGHEL, Jaap van, RENESES, Blanca, et al., ŠVAB, Vesna (sodelavec pri raziskavi), et al, ASPEN/INDIGO Study Group. Global pattern of experienced and anticipated discrimination reported by people with major depressive disorder : a cross-sectional survey. *The Lancet*, ISSN 0140-6736. [Print ed.], Jan. 2013, vol. 381, iss. 9860, str. 55-62. <http://www.sciencedirect.com/science/article/pii/S0140673612613798>, doi: [10.1016/S0140-6736\(12\)61379-8](https://doi.org/10.1016/S0140-6736(12)61379-8). [COBISS.SI-ID [31246297](#)], [JCR, SNIP, WoS do 4. 11. 2016: št. citatov (TC): 82, čistih citatov (CI): 81, Scopus do 4. 10. 2016: št. citatov (TC): 86, čistih citatov (CI): 85]
6. ŠVAB, Vesna, ŠVAB, Igor. Barriers and errors in the implementation of community psychiatry in Slovenia. *Mental health in family medicine*, ISSN 1756-834X, 2013, vol. 10, no. 1, str. 23-28. [COBISS.SI-ID [3081445](#)], [SNIP]
7. ŠUBELJ, Maja, VIDMAR, Gaj, ŠVAB, Vesna. Time trends in prescribing habits of anxiolytics and antidepressants in Slovenian family practices (with emphasis on elderly patients). *Collegium antropologicum*, ISSN 0350-6134, 2012, vol. 36, no. 2, str. 483-489, ilustr. [COBISS.SI-ID [1613161](#)], [JCR, SNIP, WoS do 4. 7. 2015: št. citatov (TC): 3, čistih citatov (CI): 2, Scopus do 4. 6. 2015: št. citatov (TC): 3, čistih citatov (CI): 2]
8. SEREC, Maša, ŠVAB, Igor, KOLŠEK, Marko, ŠVAB, Vesna, MOESGEN, Diana, KLEIN, Michael. Health-related lifestyle, physical and mental health in children of alcoholic parents. *Drug and alcohol review*, ISSN 0959-5236, 2012, vol. 31, iss. 7, str. 861-870, doi: [10.1111/j.1465-3362.2012.00424.x](https://doi.org/10.1111/j.1465-3362.2012.00424.x). [COBISS.SI-ID [29671897](#)], [JCR, SNIP, Scopus do 5. 7. 2016: št. citatov (TC): 6, čistih citatov (CI): 6]

