

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Suicidologija
Course title:	Suicidology

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč	/	3.	6.
Psychosocial counseling	/	3rd	6th

Vrsta predmeta / Course type

Izbirni/ Optional

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		45			105	6

Nosilec predmeta / Lecturer:

Prof.dr.Onja Grad Tekavčič

Jeziki /
Languages:**Predavanja /**
Lectures: Slovensko / Slovenian, Angleško / English**Vaje / Tutorial:** Slovensko / Slovenian, Angleško / English**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Vpis v drugi oz. letnik.

Prerequisites:

Enrolment into the second or third year of study.

Vsebina:**Content (Syllabus outline):**

<ul style="list-style-type: none"> - Sociološke, psihološke, antropološke dimenzije samomorilnosti - Samomor, suicidalna ideacija, samopoškodovalno vedenje, parasuicid, - Samomorilnost v Sloveniji v primerjavi z drugimi evropskimi državami - Koncept diskurzivne suicidologije - Narativne dimenzije samomorilnosti - Suicidogena kriza - Osebnostne motnje in samomorilnost - Trauma in samomor – sociokulturne, psihološke in nevrobiološke dimenzije pojava - Psihopatološke motnje in samomor (osebnostne motnje, psihoze, depresivna motnja) - Depresija in rituali prehoda - Transkulturno razumevanje depresije in samomora - Duševna bolečina in samomor - Psihoterapevtski pristop k samomoru (krizna intervencija, suportivna terapija, psihoterapija) 	<ul style="list-style-type: none"> - Sociological, psychological, anthropological dimensions of suicidality - Suicide, suicide ideation, self-injurious behavior, parasuicid, - The suicide rate in Slovenia in comparison with other European countries - The concept of discourse suicidology - Narrative dimensions of suicide - Suicidal crisis - Personality disorders and suicide - Trauma and Suicide - socio-cultural, psychological and neurobiological dimensions of the phenomenon - Psychopathological disorders and suicide (personality disorders, psychosis, depressive disorder) - Depression and rituals of transition - Transcultural understanding of depression and suicide - Mental anguish and suicide - Psychotherapeutic approach to suicide (Crisis intervention Supportive therapy, psychotherapy)
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Temeljni literatura in viri / Readings:

<p>Marušič A, Roškar S, ur. Slovenija s samomorom in brez. Ljubljana: Inštitut za varovanje zdravja, 2003.</p> <p>Projekt Euregenas (European Regions Enforcing Actions against Suicide). Splošne smernice za preprečevanje samomora (2014): http://www.nijz.si/sites/www.nijz.si/files/uploaded/splosne_smernice_za_preprecevanje_samomora.pdf</p>

Cilji in kompetence:

<p>Cilj:</p> <p>Študentje dobijo bolj poglobljen vpogled v problematiko samomorilnosti, s posebnim poudarkom na slovenskih razmerah, kjer je ta problem posebno pereč. Osvojijo osnovna inter- in multidisciplinarna znanja o samomorilnosti in samopoškodovalnem vedenju, spoznajo teoretske koncepte za razumevanje krize in krizne intervence ter terapevtske modele za obravnavo samomorilnih in samopoškodovalnih oseb.</p>
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Objectives and competences:

<p>Objective:</p> <p>Students get a deeper insight into the problems of suicide, with special emphasis on Slovenian situations where this problem is particularly acute. Acquire basic inter- and multidisciplinary knowledge about suicide and self-harming behavior, learn the theoretical concepts for the understanding of the crisis and crisis interventions and therapeutic models for dealing with suicidal and self-harming people.</p>
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Kompetence:

- poznavanje in razumevanje osnovnih konceptov in metod na področju suikidologije
- sposobnost poglobljene kritične analize, sinteze in predvidevanja rešitev ter posledic.
- sposobnost uporabe znanja v praksi in reševanja problemov.
- sposobnost timsko sodelovati tako s klientskimi sistemi kot strokovnjaki (tudi z eksperti drugih disciplin).
- sposobnost zbiranja in interpretiranja ustreznih podatkov, potrebnih za oblikovanje kritične ocene (npr. glede potrebne psihosocialne intervence), katere sestavni del je refleksija s tem povezanih družbenih, strokovnih in etičnih vidikov,
- zmožnost učenja, strokovnega izpopolnjevanja z visoko stopnjo samostojnosti.

Competences:

- Understanding of basic concepts and methods in the field of suicidology
- Ability to in-depth critical analysis, synthesis and prediction of solutions and consequences.
- Ability to apply knowledge in practice and problem solving.
- Ability of team work with client systems and with professionals (also with experts of other disciplines).
- Ability to collect and interpret relevant data necessary for the formation of a critical assessment (eg. as regards the necessary psychosocial interventions), a part of which is a reflection of the underlying social, professional and ethical aspects,
- Ability of learning, professional development with a high degree of autonomy.

Predvideni študijski rezultati:

Od študentov se pričakuje, da bodo zmožni:

- prepoznati depresivnost in samomorilno ogroženost pri klientih in samomodestruktivnost pri sebi
- ustvariti terapevtski odnos, ki omogoča razumevanje samomorilnosti posameznika,
- izpeljati krizno intervenco v sklopu individualne ali skupinske psihoterapevtske obravnave
- konstruktivno sodelovati z drugimi v procesu soustvarjanja možnih (želenih) rešitev,
- predvidevati in obvladovati posledice sprejetih rešitev.
- vključevati se spoštljivo in zaupno v strokovno komunikacijo z drugimi kolegi,
- avtonomno uporabljati vire za učenje konkretnih vsebin,
- uporabljati temeljno raven teoretičnega znanja za razvijanje

Intended learning outcomes:

Students are expected to be able to:

- Identify depression and suicidal risk in client and self-destructivity
- To create a therapeutic relationship that allows an understanding of suicidal individuals,
- To carry out crisis interventions in the context of individual or group psychotherapy treatment
- Engage constructively with others in the process of co-creation potential (desired) solutions,
- Anticipate and manage the consequences of the solution.
- Include a respect and confidentiality in professional communication with other colleagues,
- Autonomous use resources for learning specific content,
- Apply the basic level of theoretical knowledge for developing hypotheses

hipotez in generativnih odzivov na klinične situacije,

- demonstrirati zavedanje, kaj v določenem kontekstu ni mogoče, zavedanje problemov meja, vključujoč zaupnosti v specifičnih situacijah.

and generative responses to the clinical situation,

- Demonstrate awareness of what is not possible in a given context, awareness of the limitation problems, including confidentiality in specific situations.

Metode poučevanja in učenja:

Predavanja, vaje, individualne naloge.

Learning and teaching methods:

Lectures, tutorials, individual assignments

Načini ocenjevanja:

Delež (v %) /

Weight (in %)

Assessment:

Pisni izpit	60%	
Poročila iz vaj	40%	
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja		

Reference nosilca / Lecturer's references:

ARNAUTOVSKA, Urška, TEKAVČIČ-GRAD, Onja. Attitudes toward suicide in the adolescent population. *Crisis*, ISSN 0227-5910, 2010, letn. 31, št. 1, str. 22-29, doi: 10.1027/0227-5910/a000009. [COBISS.SI-ID 27262169]

ADRAVEC, Tina, TEKAVČIČ-GRAD, Onja. Origins of suicidality : compatibility of lay and expert beliefs - qualitative study. *Psychiatria Danubina*, ISSN 0353-5053, 2013, vol. 25, no. 2, str. 149-157. http://www.hdbp.org/psychiatria_danubina/pdf/dnb_vol25_no2/dnb_vol25_no2_149.pdf. [COBISS.SI-ID 31150041]

CRANE, Catherine, DE LEO, Diego, TEKAVČIČ-GRAD, Onja, et al. The association between life events and suicide intent in self-poisoners with and without a history of deliberate self-harm : a preliminary study. *Suicide & life-threatening behavior*, ISSN 0363-0234, 2007, vol. 37, no. 4, str. 367-378. [COBISS.SI-ID 1024143188]

TEKAVČIČ-GRAD, Onja, CLARK, Sheila, DYREGROV, Kari, ANDRIESSEN, Karl. What helps and what hinders the process of surviving the suicide of somebody close?. *Crisis*, ISSN 0227-5910, 2004, letn. 25, št. 3, str. 134-139. [COBISS.SI-ID 18368729]

HJELMELAND, Heidi, HAWTON, Keith, NORDVIK, Hilmar, BILLE-BRAHE, Unni, DE LEO, Diego, FEKETE, Sandor, TEKAVČIČ-GRAD, Onja, HARING, Christian, KERKHOF, J.F.M., LÖNNQVIST, Jouko, et al. Why people engage in parasuicide : a cross-cultural study of intentions. *Suicide & life-threatening behavior*, ISSN 0363-0234, 2002, letn. 32, št. 4, str. 380-393. [COBISS.SI-ID 18297817]

SCHMIDTKE, Armin, WEINACKER, B., APTER, A, BATT, A., BERMAN, A., BILLE-BRAHE, Unni, BOTSIS, Alexander J., DE LEO, Diego, DONEUX, A., GOLDNEY, Robert D., TEKAVČIČ-GRAD, Onja, et al. Suicide rates in the world: update. *Archives of suicide research*, ISSN 1381-1118, 1999, letn. 5, št. 1, str. 81-89. [COBISS.SI-ID 18375385]

TEKAVČIČ-GRAD, Onja, ZAVASNIK, Anamarija. Phenomenology of bereavement process after suicide, traffic accident and terminal illness (in spouses). *Archives of suicide research*, ISSN 1381-1118, 1999, letn. 5, št. 2, str. 157-172. [COBISS.SI-ID 18120153]

TEKAVČIČ-GRAD, Onja, ZAVASNIK, Anamarija, GROLEGER, Urban. Suicide of a patient : gender differences in bereavement reactions of therapists. *Suicide & life-threatening behavior*, ISSN 0363-0234, 1997, letn. 27, št. 4, str. 379-386. [COBISS.SI-ID 7839193]

CLEIREN, Marc P. H. D., TEKAVČIČ-GRAD, Onja, ZAVASNIK, Anamarija, DIEKSTRA, R... F. Psychosocial impact of bereavement after suicide and fatal traffic accident : a comparative two-country study. *Acta psychiatrica Scandinavica*, ISSN 0001-690X, 1996, letn. 94, št. 1, str. 37-44. [COBISS.SI-ID 9285081]

TEKAVČIČ-GRAD, Onja. Suicide: how to survive as a survivor?. *Crisis*, ISSN 0227-5910, 1996, letn. 17, št. 3, str. 136-142. [COBISS.SI-ID 7364569]

TEKAVČIČ-GRAD, Onja, ZAVASNIK, Anamarija. Similarities and differences in the process of bereavement after suicide and after traffic fatalities in Slovenia. *Omega*, ISSN 0030-2228, 1996, letn. 33, št. 3, str. 243-251. [COBISS.SI-ID 8714457]

TEKAVČIČ-GRAD, Onja, FARBEROW, Norman L., ZAVASNIK, Anamarija, MOČNIK, M..., KORENJAK, Roman. Comparison of the two telephone crisis lines in Los Angeles (USA) and in Ljubljana (Yugoslavia). *Crisis*, ISSN 0227-5910, 1988, letn. 9, št. 2, str. 146-157. [COBISS.SI-ID 2631385]

ADRIESSEN, Karl, BEAUTRAIS, Annette, TEKAVČIČ-GRAD, Onja, BROCKMANN, Elisabeth, SIMKIN, Sue. Current understandings of suicide survivor issues : research, practice, and plans : report of the 1st International suicide postvention seminar, September 8, 2006, Portoroz, Slovenia. *Crisis*, ISSN 0227-5910, 2007, vol. 28, iss. 4, str. 211-213.

<http://psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=2008-01233-009>. [COBISS.SI-ID 30325465]

