

PRACTICAL CLASSES IN MEDICAL PSYCHOLOGY FOR STUDENTS STUDYING IN ENGLISH LANGUAGE

Practice 1:

Introduction to medical (clinical) psychology.

1) Introduction to Psychology (Introduction to Psychology and Sections of Psychology, Role of Psychologists, Assessment and Research in Psychology, Experimental Psychology). The connection between the psyche and the nervous system. Social mediation of the psyche. The main forms of mental phenomena, mental processes, states and properties. The subject and object of research in psychology, its goals and objectives. Research methods in psychology. Clinical psychology as a branch of psychological science. The main sections of CP and their relationship with medicine .

Practice 2:

Human mental activity. Psychological aspects of the “doctor – patient” contact.

2.1 Human mental activity Elements of the human psyche, Reactions of the human psyche (coping mechanisms, defense mechanisms) Personality theories)

2.2 Communication. The importance of verbal and non-verbal communication in a doctor’s work. The structure and rules of the initial interview. Communication distances. The role of the material environment. Opening, main part and closing of the interview. Interview techniques. Open, semi-closed and closed questions. Stimulation and clarification. Structuring the conversation, conducting. Fundamentals of constructive conflict-free communication. Conflict. Types, causes of conflicts. Methods of constructive resolution of conflict situations. Issues of relationships and conflict prevention in a team. The concept of emotional “burnout” syndrome and measures for its prevention. Professional deformation, its types and prevention.

Practice 3:

Fundamentals of Ethics and Deontology. Iatrogenic diseases. Burnout syndrome

Mental hygiene. Psychoprophylaxis. Medical ethics and medical deontology. Definition. Basic provisions. Requirements for the doctor's personality. Types of relationships with patients and their relatives. Medical confidentiality. Deontological requirements in interactions with colleagues, medical personnel, patients, their relatives at various stages of medical care.

Practice 4:

Internal picture of the disease. Personality reaction to the disease. Psychological characteristics of patients suffering from mental and/or somatic diseases.

The concept of norm and pathology, types of norms. Mental health criteria. "Disease" as a level of pathology. The concept of "disability" as a form of pathology. Psychological characteristics of people with somatic and mental illnesses. Personality response to illness. The concept of the internal picture of disease (IPD). The structure of IPD. The importance of IPD in the course of the disease. Taking

into account the reaction to the disease in everyday work with patients. Study of the subjective picture of the disease. Factors influencing the formation of IPD: age, gender, social status, personality traits, temperament. Types of IPD. Counseling and clinical analysis of patients with inadequate IPD. Study of the emotional-volitional, cognitive spheres of patients with inadequate IPD. Assessment of personal response to illness. Types of conscious distortion of IPD. Age aspects of the formation of inadequate IPD. Features of IPD in elderly patients.

Practice 5:

The concept of psychosomatic medicine. Psychosomatic and somatoform disorders. Particular issues of psychosomatic medicine.

5.1 Introduction to psychosomatics History of psychosomatics The theory of stress and distress by G. Selye Modern views on psychosomatics

5.2 Psychosomatic disorders (Etiology of psychosomatic disorders (neurobiochemical mechanisms, genetic and epigenetic factors, personality traits in the development of psychosomatic disorders). Psychological stress in cardiovascular diseases. Post-traumatic stress in psychosomatic disorders. The role of Covid-19 in psychosomatic disorders.

Practice 6:

Fundamentals of neuropsychology.

Theoretical foundations and practical significance of neuropsychology in the system of sciences. Basic principles of brain structure, structural organization of the nervous system. The problem of interhemispheric asymmetry of the brain. Basic functional blocks of the brain. Higher mental functions. Theory of systemic localization of higher mental functions. Disorders of sensation and perception. Violation of voluntariness of movements, voluntary regulation of higher mental functions and behavior in general. Violations of higher mental functions and speech in local brain damage (memory, attention, thinking). Violation of consciousness and emotional-personal sphere in local brain damage. Basic neuropsychological symptoms and syndromes.

Practice 7:

Fundamentals of pathopsychology

7.1. Pathopsychology (History of the development of pathopsychology. Factors influencing the development of pathopsychology and psychopathology. Models of psychopathology

7.2. Pathopsychology (What are normal and abnormal mental functions (perception, emotions and willpower, attention and consciousness, intellect, memory, thinking). Abnormal pathopsychological syndromes (organic, schizophrenic, personality, oligophrenic)

Practice 8:

Developmental psychology. Personality and behavioral disorders. Strategies for interaction between a doctor and a patient with various disorders of the mature personality .

8.1 Developmental Psychology (Freud's Developmental Theory (Psychoanalytic). Erikson's Developmental Theory (Psychosocial). Piaget's

Developmental Theory (Cognitive). Vygotsky's Developmental Theory (Sociocultural Theory)

8.2 The concept of "personality", "individual", "individuality". Stages of personality development. Biological and social basis for personality formation. Personal harmony and disharmony. Levels of personality organization. The concept of "character". Character accentuations according to A.E. Lichko and K. Leonhard. Behavioral disorders. Types, kinds and clinical aspects of deviant behavior. Aggression. Types of aggressive behavior. Aggression in the structure of psychopathological syndromes. Strategies for physician interaction with patients with various personality and behavior disorders.

Practice 9:

Basics of suicidology.

Epidemiology and social significance of the suicide problem. Psychopathological and psychological mechanisms of suicidal behavior. Stages of suicidal behavior. Classification of suicidal behavior. Factors influencing the occurrence of suicidal activity: social, psychological, medical. Age characteristics of suicidal behavior. Suicidal risk and its markers. Suicide prevention. Crisis assistance.

Practice 10:

Psychotherapy and psychocorrection. Fundamentals of sexology.

10.1. The concept of psychotherapy as a treatment method. Types of psychotherapy by the method of influencing the patient's psyche. General characteristics of psychotherapy. Psychological counseling and psychocorrection. The process of interaction between the psychotherapist and the patient. Person-oriented approach. General factors of action of psychotherapy. Indications for psychotherapy. Classification of types and methods of psychotherapy.

10.2. The concept of sexuality. Psychohygiene of intimate relationships. Psychosexual development and its influence on sexuality. Gender differences in sexuality. The main psychosocial causes of sexual dysfunctions and their influence on human health. The main causes of sexual disharmony and their influence on human health. Psychohygiene of intimate relationships. The concept of sexual constitution. The role of social and cultural characteristics in the formation of the norm in sexuality.