

HEALTH PSYCHOLOGY

Credit points	3 CP		
Study course annotation	The course provides an understanding of the concept of health as the subject of a complex interdisciplinary study, reveals the relationship between psychosomatic manifestations and stress states, and introduces stress management techniques.		
Aim of the study course	To acquaint students with the modern phenomenology of human health in the socio-psychological aspect.		
Objectives of the course	<ul style="list-style-type: none"> • To develop an understanding of psychological approaches as integration of cognitive, emotional, and behavioral psychic components that determine individual health phenomenology. • To form a complex view of psychosomatic disorders and the mechanisms of their formation; introduce with personal characteristics and behavioral patterns of persons prone to psychosomatic diseases; introduce tactics of psychotherapy at different stages of the disease. • Provide knowledge about mechanisms of stress. • Introduce with psychological defenses and coping strategies. • Introduce with methods of stress self-control and stress management techniques. 		
Study course results	Knowledge	Skills	Competences
	<ul style="list-style-type: none"> • Concepts of health and basic principles of health promotion; • the psychological aspects of health; • the sources of human psychosomatic problems; • understanding of adaptation and psychosomatic maladaptation. 	<ul style="list-style-type: none"> • Ability to apply the acquired knowledge to solve diagnostic and psychocorrectional tasks of practical psychology • Ability to determine personal characteristics and behavioral patterns of persons prone to psychosomatic problems; • Ability to use the basic principles of correction at different stages of the forming of a psychosomatic problem 	<ul style="list-style-type: none"> • Ability critically analyze the relationship of psychosomatic manifestations with stress factors; • Ability to identify and solve problems related to psychosomatics
Study course content	Topics		
	1	Psychological aspects of health.	
	2	The adaptation model.	
	3	The humanistic model of a healthy personality, its main characteristics.	
	4	Principles of the psychosomatic approach. The concepts of psychological adaptation and psychosomatic maladaptation.	
	5	Modern ideas about psychosomatic disorders. Psychological characteristics of psychosomatics personality. Typical ambivalent conflicts of psychosomatics patients.	
	6	Psychosomatic factors. Causes of stress. Physiological mechanisms involved in the generation of the stress.	
	7	Overcoming Stress: Psychological Defenses and Coping Strategies. Psychotherapy Techniques.	
	8	Stress tolerance and its determining factors.	



	9	Principles and practice of stress management.
	10	Personality and health: Road to well-being.
Form of assessment:	Exam	
Obligatory literature:		
<ol style="list-style-type: none">1. Brannon Linda, Updegraff John A., Feist Jess (2021) Health Psychology: An Introduction to Behavior and Health (MindTap Course List) 10th edition Edition2. Foundations for Health Psychology (2015) Ed by Roberts R., Towell T., Golding J. Palgrave Macmillan.3. Anisman H (2014) An Introduction to Stress and Health. SAGE.4. Mārtinsone K. & Sudraba V.(2016) Veselības psiholoģija. Rīgas Stradiņa Universitāte.		
Further reading list:		
<ol style="list-style-type: none">1. Green A., Humphrey J. (2012) Coaching for resilience. A Practical guide to using positive psychology. Kogan Page.2. Lapiņa K. (2006) Psihosomatiskās sakarības un mūsdienu cilvēks. Rīga3. Ozoliņa Nucho A., Vidnere M. (2004) Stress: tā pārvarēšana un profilakse. Rīga.4. Turp M. (2015) Psychosomatic Health. Palgrave Macmillan.		
Other sources of information (electronic journals):		
<ol style="list-style-type: none">1. http://biblio.bsa.edu.lv2. Journal of Health Psychology http://hpq.sagepub.com3. Health http://hea.sagepub.com4. Journal of Human Stress.5. Journal of Psychosomatic Research6. Psychosomatic Medicine7. http://www.cmhc.com/psychhelp/chap5/.8. http://www.unl.edu/stress/mgmt/.9. http://helping.apa.org/vvork/index.html.10. http://wwwv.vv.mb/sympatico.ca/healthyway.11. http://www.msnbc.com/onair/nbc/nightlynews/stress/default.asp.12. www.dstress.com/13. www.stress-management-isma.org/journalftpg.html14. www.stress.org15. omt.net/~randolfi/StressLinks.html16. www.siu.edu/departments/bushea/stress.html17. www.stressless.com		
Changes and additions to the program and literature list are possible during the study process		