

Ministry of Healthcare of Ukraine
Poltava State Medical University

Department of Psychiatry, Narcology and Medical Psychology

SYLLABUS

Fundamentals of Psychotherapy in the Practice of a Dentist

(name of the discipline)

Selective discipline

(compulsory / selective discipline)

| | |
|--|---|
| level of higher education | the second (master's) level of higher education |
| field of knowledge | 22 «Healthcare» |
| specialty | 221 «Dentistry» |
| academic qualification | Master of Dentistry |
| professional qualification | Dentist |
| academic and professional program | «Dentistry» |
| mode of study | full-time |
| course(s) and semester(s) of study of the discipline | 4 year, 7 semester |

INFORMATION ABOUT LECTURERS WHO DELIVER THE ACADEMIC DISCIPLINE

| | |
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| Surname, name, patronymic of the lecturer (lecturers), scientific degree, academic title | Vadym O. Rud, Associate Professor, MD, PhD Lesia A. Bodnar, Associate Professor, MD, PhD Dmytro I. Boiko, Associate Professor, MD, PhD Pavlo V. Kydon, Assistant, MD, PhD |
| Profile of the lecturer (lecturers) | https://psychiatry.pdmu.edu.ua/team |
| Contact phone | +380506416932 |
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| Department page at the website of PSMU | https://psychiatry.pdmu.edu.ua/ |

MAIN CHARACTERISTICS OF THE ACADEMIC DISCIPLINE

The scope of the academic discipline

Number of credits / hours – 3 / 90, of which:

Practical classes (hrs.) – 20

Self-directed work(hrs.) – 70

Type of control: credit test

The policy of the academic discipline

When organizing the educational process, teachers and students act in accordance with the normative documents of Ukraine and the Poltava State Medical University in accordance with Regulation on the organization of the educational process at Poltava State Medical University (<https://www.pdmu.edu.ua/n-process/departement-npr/normativni-documenti>).

Poltava State Medical University is an independent and responsible higher education institution in decision making concerning the development of academic freedoms, organization of the educational process, internal management, economic and other activities, independent selection and placement within the limits established by the Law of Ukraine "On Higher Education" (<https://zakon.rada.gov.ua/laws/show/1556-18/print1382613528661298#Text>).

The academic discipline Fundamentals of Psychotherapy in the Practice of a Dentist is selective in accordance with Regulation on the procedure of forming the individual educational trajectories for the recipients of higher education at Poltava State Medical University.

Study of the academic discipline Fundamentals of Psychotherapy in the Practice of a Dentist requires: preparation for practical classes; performing independent work in accordance with the work program of the discipline; development of recommended basic, supporting literature, information resources.

Preparation and participation in practical classes involves: familiarization with the syllabus of the discipline and thematic plans of practical classes; study of theoretical material; performing the tasks proposed for self-study.

The result of preparation for the lesson should be the acquisition by students of theoretical knowledge and practical skills in psychotherapeutic interventions in the work

of a dentist. The response of the applicant must show signs of independence of the tasks, lack of repetition and plagiarism.

Assessment control measures for student learning include ongoing and credit test control of students' knowledge, skills and competences in accordance with Regulation on the organization and methods for assessment of educational activities of higher education recipients at Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/NMQ6RVrpAGYuKpw1JoSJJaApnMMMwbKdxQN9FC2hu.pdf).

The control measures are based on the principles of: compliance with higher education standards; the use of a standardized and unified knowledge-based diagnostic system; determination of evaluation criteria; objectivity and transparency of control technology. The teacher necessarily evaluates the success of each student at each class on a four-point (traditional) scale using the cycle-approved assessment criteria for the relevant discipline, designed with standardized generic student assessment criteria.

The credit test is carried out after studying the module program in the discipline and is carried out at the last lesson of the module.

Higher education providers are required to respect the honor and dignity of others; responsible for their duties, timely and conscientiously fulfill the tasks stipulated in the curricula, plans, educational and scientific programs; be present at all training sessions, except for duly justified reasons (missed classes must be worked out in accordance with Regulation on retaking missed classes and making up unsatisfactory grades by the recipients of higher education at Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/Tw1ZR7sjAmDI8i0uE6kRX5q2F80J6AiwtZ2dvVIQ.pdf).

Higher education providers are required to make effective use of study time to achieve educational goals; do not use sources of information (oral (prompts), written (works by others), printed (books, manuals), electronic (phones, tablets) prohibited by the teacher during the control measures in accordance with Regulation on the academic integrity of recipients of higher education and employees of Poltava State Medical University (https://www.pdmu.edu.ua/storage/n_process_vimo/docs_links/V7NzyqhQzHq53eACy2HYlG1IeuxV42DvO1Eq9tPA.pdf).

Encourage or charge may apply to higher education applicants who faithfully fulfill the requirements listed or systematically violate them in accordance with Regulation on the financial incentives for academic success of students at Poltava State Medical University (https://www.pdmu.edu.ua/storage/app/public/department-npr/docs_links/RmhZx0Lx1V0c6zZkg1mCkcW6omo3enMM4uB6C5bT.pdf).

Description of the academic discipline (abstract)

The content of the academic discipline "Fundamentals of Psychotherapy in the Practice of a Dentist" covers a range of questions on the basics of psychotherapy practice. The study examines the basic patterns and features of mental activity and behavior of a dentist in the framework of his practical activity, which is the basis for the formation of the outlook and practical skills of future doctors. In the course of studying this discipline students develop skills to obtain, analyze and summarize the information needed to organize the process of counseling in crisis situations.

Acquiring the course enables students to learn how to diagnose pathological conditions in a timely manner, influence the recovery process, learn the basics of solving social and labor rehabilitation issues for people with various types of post-traumatic conditions, neuroses, panic and anxiety disorders in the work of dentists; learn to identify their psychological features; to acquire the mental factors that influence the occurrence, course, prevention, treatment and prognosis of the described conditions; to acquire knowledge about the features of interpersonal interaction of this category of patients with their immediate surroundings; identify and prevent the occurrence of psychological preconditions for the recurrence of mental disorders; to study organizational and methodological aspects and psychological principles of preserving the professional health of a physician, medical psychologist, as well as directions and techniques for maintaining a healthy lifestyle of a physician and measures to prevent occupational diseases, etc.

Pre-requisites and post-requisites of the academic discipline (interdisciplinary links)

Pre-requisites:

- human anatomy (know the structure of the central nervous system);
- physiology (know the physiological processes of the central nervous system);
- pathomorphology (know the pathomorphological changes caused by mental disorders in addiction syndrome);
- pathophysiology (know the pathophysiological processes that underlie the etiology and pathogenesis of mental and behavioral disorders in addiction syndrome);
- medical psychology (knowing the psychic spheres, methods of studying the psychological state of a person, classification of psychosomatic disorders, psychological aspects of addictive behavior, the main methods of psychotherapy in the work of a general practitioner, being able to study the psychological state of a person, determine the type of personality accentuation, diagnose psychosomatic disorders, carry out prevention and early recognition of addictive behavior).

Post requisites:

knowledge, skills and competences acquired in the course of studying the academic discipline "Fundamentals of Psychotherapy in the Practice of a Dentist" can be used for further study of the disciplines: psychiatry, narcology and specialized dental disciplines.

The aim and tasks of the academic discipline:

- the aim of studying the discipline "Fundamentals of Psychotherapy in the Practice of a Dentist" is to increase the level of theoretical knowledge and practical skills of students in the field of psychotherapeutic care. Acquiring the basics of psychotherapy and getting acquainted with a wide range of therapeutic effects enables students to consciously and more functionally implement effective methods of helping patients in medical practice.
- the main tasks of studying the discipline "Fundamentals of Psychotherapy in the Practice of a Dentist" are to get acquainted with the principles and methods of modern psychotherapeutic work, to provide knowledge of the theory and practice of modern psychotherapy schools, explain the indications and limitations for the implementation of psychotherapy, the procedure of preparation of the patient, ethical and deontological bases

of psychotherapeutic work, to strengthen positive professional motivation, to form the ability to apply certain methods and methods of psychotherapy in providing social and psychological assistance to the personality, to promote the development of students' ability to apply psychological knowledge when organizing their own behavior.

Competences and learning outcomes in accordance with the academic and professional program, the formation of which is facilitated by the academic discipline (integral, general, special)

- *integral*:

- ability to solve complex problems and problems in the field of health care in the specialty "Dentistry" in a professional activity or in the learning process, which involves research and / or innovation and is characterized by uncertainty of conditions and requirements.

- *general*:

1. Ability to abstract thinking, analysis and synthesis.
2. Knowledge and understanding of the subject area and understanding of professional activity.
3. Ability to apply knowledge in practice.
4. Ability to communicate in the state language both orally and in writing.
5. Ability to communicate in English.
6. Skills in the use of information and communication technologies.
7. Ability to search, process and analyze information from various sources.
8. Ability to identify, pose and solve problems.
9. Ability to work in a team.
10. Ability to act socially responsibly and consciously.
11. The ability to exercise their rights and responsibilities as a member of society, to realize the values of civil (free democratic) society and the need for its sustainable development, the rule of law, human and civil rights and freedoms in Ukraine.
12. Ability to preserve and multiply moral, cultural, scientific values and achievements of society based on understanding the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, techniques and technologies.

- *special (professional)*:

1. Ability to design the process of providing medical care: to determine the approaches, plan, types and principles of treatment of diseases of organs and tissues of the oral cavity and maxillofacial region.

2. Ability to determine the rational mode of work, rest, diet in patients in the treatment of diseases of organs and tissues of the oral cavity and maxillofacial region.
3. Ability to determine the tactics of management of patients with diseases of organs and tissues of the oral cavity and maxillofacial region with concomitant somatic diseases.
4. Ability to treat major diseases of organs and tissues of the oral cavity and maxillofacial region.
5. Ability to organize and conduct rehabilitation measures and care for patients with diseases of the oral cavity and maxillofacial region.

Learning outcomes of the academic discipline:

upon completing their study in the academic discipline, students must **know:**

- general principles of psychotherapy;
- methods and techniques of influence used in various psychological schools;
- characteristics of conditions of effective psychotherapeutic process;
- peculiarities of behavioral and emotional manifestations which typical of different types of people.

to be able:

1. Recognize and identify the leading clinical symptoms and syndromes by standard methods, using preliminary history of the patient, patient examination, knowledge of the person, his organs and systems, to establish a probable nosological or syndromic preliminary clinical diagnosis of dental illness.

2. Collect information about the general condition of the patient, assess the psychomotor and physical development of the patient, condition of the oral cavity and maxillofacial region, based on the results of laboratory and instrumental studies to assess information about the diagnosis.

3. Prescribe and analyze additional (mandatory and optional) methods of examination (laboratory, radiological, functional and / or instrumental) of patients with diseases of the organs and tissues of the oral cavity and maxillofacial region for differential diagnosis of diseases.

4. To determine the tactics of managing a dental patient with somatic pathology by making an informed decision according to existing algorithms and standard schemes.

5. Adhere to a healthy lifestyle, use the techniques of self-regulation and self-control.

6. Adhere to the requirements of ethics, bioethics and deontology in their professional activities.

Thematic plan of practical classes by modules and content modules, specifying the basic issues, which are considered at the practical class

| № | Topic | Number of hours |
|--|--|-----------------|
| Content module 1: General ways and conceptions of psychotherapy | | |
| 1 | Psychotherapy as a science and as an art. | 2 |
| 2 | The modern space of psychotherapy experience. | 2 |
| 3 | Psychotherapeutic environment. | 2 |
| 4 | Communication as interpersonal interaction. Features of the patient's personality. | 2 |
| Content module 2. Applied aspects of psychotherapy | | |
| 5 | Psychology of pain. Psychotherapy for psychogenic pain. | 2 |
| 6 | Psychotherapy of phobias, panic attacks, obsessions. | 2 |
| 7 | Psychotherapy for trauma. | 2 |
| 8 | Psychic and somatoform disorders. Psychotherapy for psychosomatic disorders. | 2 |
| 9 | Psychotherapy in working with children. | 2 |
| 10 | Psychotherapeutic help to the doctor in emotional burnout. | 2 |

| | | |
|--|--------------|-----------|
| | Total | 20 |
|--|--------------|-----------|

Self-directed work

| № | Topic | Number of hours |
|---|---|-----------------|
| 1 | Preparation for practical classes - theoretical training and developing practical skills. | 40 |
| 2 | Studying topics not included in the class plan (list): - psychology of cognitive mental processes; - psychoeducation, its application in the work of dentists; - features of managing patients with anxiety disorders; - features of treatment of patients with deviant behavior in a somatic hospital; - masked depression in the work of dentists; - basic principles of psychohygiene and psychoprophylaxis in a somatic hospital. | 30 |
| | Total | 70 |

Individual tasks:

Performing an individual task involves preparing a message or writing an abstract based on processing the primary sources on one of the proposed topics:

1. The history of the development of psychotherapy as a direction of psychological science.
2. The main directions of modern psychotherapy and trends of their development.
3. The theoretical basis of psychotherapy.
4. The personality of the therapist.
5. The psychodynamic direction of psychotherapy.
6. The humanistic direction of psychotherapy.
7. Cognitive-behavioral direction of psychotherapy.
8. The body-oriented direction of psychotherapy.
9. Art therapy as a method of working with a person.
10. The purpose and stages of family psychotherapy.
11. Psychotherapeutic contact.
12. Stages of the psychotherapeutic process.
13. The value of personality structure for the psychotherapeutic process.
14. The principles of psychotherapeutic correction of the attitude to a disease.
15. Basic communication skills and their value for psychotherapeutic counseling.
16. The concept of conflict. Unconscious processes. Defense mechanisms.
17. Conflicts in the medical environment, methods of solution and prevention.
18. The genesis of psychogenic pain, psychotherapeutic help for psychogenic pain.
19. Psychotherapy for phobic disorders, anxiety.
20. Psychological characteristics of persons with post-traumatic conditions.
21. Psychological assistance in crisis situations.
22. The psychosomatic approach as a principle of therapeutic activity (historical aspect).
23. Theories of psychosomatic correlations.

24. Psychodynamic understanding of the symptoms of mental and psychosomatic disorders.
25. Principles for the prevention of psychosomatic disorders.
26. Ethical and deontological aspects of psychotherapy.
27. Age features of psychotherapy.
28. Stages of psychosexual development and types of regressive behavior.
29. Features of psychotherapeutic care in childhood.
30. The syndrome of emotional burnout and ways to prevent it.

The list of questions that a student must master when studying the academic discipline (form of control – credit test)

1. The main aspects of psychotherapy as a method of treatment. Theoretical foundations of psychotherapy.
2. Options for classification of systems, directions and methods of psychotherapy.
3. The essence of modern understanding of psychotherapeutic influence.
4. The task of the psychotherapist.
5. Basic requirements for a psychotherapist.
6. The psychodynamic concept of Z. Freud. Psychodynamic theory of K. Jung. Psychotherapeutic process, personality structure, life cycles.
7. General characteristics of behavioral direction in psychotherapy. Basic concepts of behavioral psychotherapy. A. Beck's Cognitive psychotherapy.
8. The current state of development of client-centered therapy by K. Rogers. Theory and practice of psychotherapeutic work by K. Rogers.
9. Theoretical and methodological principles of gestalt therapy, basic principles of gestalt therapy. Therapeutic relationships in gestalt therapy.
10. Problems of deontology in psychotherapy, ethical principles of psychotherapist. Stages of the psychotherapeutic process. Psychotherapy contact.
11. Ways to solve and prevent conflicts. The physician's communicative competence and its role in effective and conflict-free interaction with the patient.
12. Understanding the structure of the personality in the clinical process. The value of personality structure for the psychotherapeutic process.
13. Psychological bases of communication in the medical-diagnostic process.
14. Psychosocial relationships in the development and maintenance of pain. Comorbidity of psychogenic pain.
15. Progressive muscle relaxation by Jacobson.
16. Autogenous Schultz training.
17. The concept and causes of psychotrauma.
18. Features of persons who have suffered psychotrauma.
19. The concept of post-traumatic stress disorder, clinical signs and methods of treatment.
20. The concept of the internal picture of the disease.
21. Factors, patterns and periods of mental development of the individual.
22. Features of psychotherapeutic work with children.
23. Music therapy, game therapy, art therapy.
24. Therapy of creative expression, testimony, successful use of the method.

25. The concept of neurosis, classification, clinical manifestations.
26. Peculiarities of management of patients with obsessions in general medical practice.
27. Techniques used to treat phobias.
28. Features of the management of patients with stomatophobia in the work of a dentist.
29. The concept of "emotional burnout", its stages and phenomena.
30. Ways to understand the phenomenon of emotional burnout and mechanisms of "anti-burnout".
31. The phenomena of countertransference (traumatic countertransference) and the negative emotional response of the therapist.
32. The concept of secondary (delegated, secondary, induced) traumatization.
33. Professional burnout of dentists.
34. Psychotherapy in the work with emotional burnout syndrome.

The form of final control of academic performance

The form of final control of academic performance in the discipline is a credit test.

The credit test in the academic discipline "Fundamentals of Psychotherapy in the Practice of a Dentist" is a form of final control, which consists in assessing the assimilation of students' learning material solely on the basis of current learning according to the discipline program and does not provide a separate lesson. At the last thematic lesson after the discussion of the topic of the lesson, the teacher of the study group announces the amount of student points based on the results of the current control and for the individual task.

The grade in the discipline is defined as the sum of grades of current educational activities in points, which are displayed at each practical lesson on the relevant topic and the number of points for the individual task.

The results of the tests are evaluated on a two-point scale: "credited", "not credited". A student receives a grade of "passed" if he has completed all types of work provided by the curriculum in the discipline, attended all lectures and seminars defined by thematic plans, and if there are passes - worked them in time, scored a total of at least 122. Maximum the number of points that a student can score in the discipline for the current educational activities and the performance of an individual task - 200 points.

Student's independent work is evaluated during the current control in a practical lesson.

The system of continuous and final control

The teacher necessarily evaluates the success of each student at each class on a four-point (traditional) scale using approved by the cycle methodological commission assessment criteria developed with standardized generic criteria for assessing students' knowledge.

Evaluate is integrated (all types of student work are evaluated both during the preparation for the class and during the class) according to the criteria that are made known to the students at the beginning of studying the discipline.

Conversion of the current marks, given on the traditional 4-point scale, not conducted into a multi-point one at each session.

Forms of assessment of current educational activities are standardized and include control of theoretical and practical training.

Conversion of the traditional 4-point scale into a multi-point score (maximum 120 points) is made only after the last lesson that precedes the test. Conversion is carried out according to the following algorithm:

a) the average student's grade on the traditional 4-point scale, obtained during the current classes belonging to this module (up to the hundredth grade) is calculated;

b) to obtain a convertible multi-point total assessment of current effectiveness per module, the average score obtained on the traditional 4-point scale is multiplied by a coefficient of 24. The exception is when the average on the traditional 4-point scale is 2 points. In this case, the student receives 0 points on a multi-point scale;

c) the average grade of current effectiveness is calculated by the total number of lessons per module.

The minimum number of points for a module that a student must score in his/her study for a credit is 120 points.

The teacher who leads the group calculates the total points for the module the next day after the final module control is completed.

The maximum number of points per module is 200 points.

Assessment of individual tasks of the student

Marks for individual tasks are awarded to the student only if they are successfully completed and defended.

The number of points awarded for different types of individual tasks depends on their size and significance. They are added to the amount of points earned by the student in the course during their current learning activities.

Assessment of independent work of the students

Independent work of students, which is provided by the topic of the lesson along with the classroom work, is evaluated during the ongoing control of the topic in the relevant lesson.

Teaching methods

Different teaching methods are used in the course of teaching the discipline:

- by source of information and formation of skills: verbal, demonstrative and practical;
- depending on the main didactic tasks: gaining new knowledge, developing skills, testing and assessment of knowledge, and
 - oral discussion of the topic with the involvement of the majority of the students of the group;
 - discussions on problematic situations;
 - abstract speeches;
 - written testing;
 - blitz poll;
 - writing tasks, etc.

The result of a student's independent extracurricular work is reproduced in the form of poster presentations or defense of abstracts.

Assessment of student effectiveness in the discipline is a rating and is ranked on a multi-point scale.

The number of points for the discipline is considered as the total score, which includes the current achievement, additional points for individual work.

Control methods verbal, written, programmed control.

Methodological support

1. Work program of the academic discipline Fundamentals of Psychotherapy in the Practice of a Dentist.
2. Plans for practical training in the discipline.
3. Tasks for independent work of students.
4. Methodical instructions for independent work of students during preparation to practice and to class.
5. Guidelines for teachers.
6. Questions and tasks for ongoing control of students' knowledge and skills.
7. Test tasks in the discipline of the second level.
8. Situational tasks in the level II discipline.
9. Educational atlas of experimental methods for the study of human mental activity.
10. Educational movies.

Recommended reading

Basic (available at the library of PSMU):

1. Kozhyna G.M., Gavenko V.L., Samardakova G.O. Psychiatry. – Kharkiv, 2007. – 364 p.

Supplementary:

1. The American Psychiatric Publishing Textbook of Psychiatry, 5th Edition Edited by Robert E. Hales, MD, MBA; Stuart C. Yudofsky, MD; Glen O. Gabbard, MD. – NY, 2009. – 867 p.
2. Sartorius N. Understanding the ICD-10 Classification of Mental Disorders. A Pocket Reference. – London, 1999. – 87 p.

Information resources

- <http://www.psychiatry.ua/books/>
- Standards for medical assistance in Ukraine (<http://www.moz.gov.ua/ua/portal/standards>)
- Medscape from WebMD <http://www.medscape.com>
- National Guideline Clearinghouse <https://www.guideline.gov/>
- The Cochrane Collaboration The Cochrane Library <http://www.cochrane.org/>
- National Institute for Health and Clinical Excellence (NICE) <https://www.nice.org.uk/>
- The National Health and Medical Research Council (NHMRC) <https://www.nhmrc.gov.au>
- Royal College of Physicians <https://www.rcplondon.ac.uk/>
- AMA (American Medical Association) <https://www.ama-assn.org/>

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