**COURSE DESCRIPTION**

1. **Course title:** Traumatic stress, its treatment and emotional first aid  
2. **Course code:** SI-IOZK/45

3. **Validity of course description:** 2012/2013

4. **Level of studies:** BSc programme 1st cycle of higher education

5. **Mode of studies:** intramural studies

6. **Field of study:** SAFETY ENGINEERING  
   (FACULTY SYMBOL) RG3

7. **Profile of studies:** general

8. **Programme:** Protection engineering and crisis management

9. **Semester:** VII

10. **Faculty teaching the course:** Department Of Mining Management And Safety Engineering

11. **Course instructor:** MSc. Maja Taraszkiewicz-Łyda

12. **Course classification:** course of specialization

13. **Course status:** compulsory

14. **Language of instruction:** English, Polish

15. **Pre-requisite qualifications:** General knowledge about medicine rescue systems, stress symptoms

16. **Course objectives:**  
Explanation and provide students with the basic concepts and issues with posttraumatic stress disorder (PTSD), enabling to learn more about stress, form, causes and determinants of PTSD. Show the mechanisms of disorders, their classification, range of treatment and counseling forms.

17. **Description of learning outcomes:**

<table>
<thead>
<tr>
<th>Nr</th>
<th>Learning outcomes description</th>
<th>Method of assessment</th>
<th>Teaching methods</th>
<th>Learning outcomes reference code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Student has detailed and theoretically founded knowledge in the field of security systems organization is used to formulate and solve simple problems of practical engineering, the post-traumatic stress and emotional first aid</td>
<td>written test, delivering a seminar</td>
<td>lecture</td>
<td>K_W20+++</td>
</tr>
<tr>
<td>2.</td>
<td>Student is able to obtain information from literature, databases and other carefully selected sources of post-traumatic stress and emotional first aid, can integrate the information, make their interpretation, as well as draw conclusions and formulate and justify opinions</td>
<td>written test, delivering a seminar</td>
<td>lecture</td>
<td>K_U01++</td>
</tr>
<tr>
<td>3.</td>
<td>Student is able to work independently and in a team, able to develop and implement a schedule of work to ensure deadlines</td>
<td>written test, delivering a seminar</td>
<td>lecture</td>
<td>K_U02++</td>
</tr>
<tr>
<td>4.</td>
<td>Student is able to prepare and present an oral presentation on specific issues in the field of safety engineering written test,</td>
<td>written test, delivering a seminar</td>
<td>lecture</td>
<td>K_U04++</td>
</tr>
<tr>
<td>5.</td>
<td>able to use information and communication technologies relevant to the tasks typical of engineering activity</td>
<td>written test, delivering a seminar</td>
<td>lecture</td>
<td>K_U11++</td>
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<tr>
<td>6.</td>
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</tbody>
</table>
### 18. Teaching modes and hours

Lecture 15 h., Seminar 15 h.

### 19. Syllabus description:

**Lecture**


**Seminar**

Topics in the field: the stress relaxation techniques, anti-stress exercises, psychotherapy, support groups, the consequences of PTSD, stress in the uniformed services.

### 20. Examination

No

### 21. Primary sources:

- Dudek B.: Zaburzenia po stresie traumatycznym. GWP. Gdańsk, 2003
- Briere J., Scott C.: Podstawy terapii traumy. PTP. Warszawa 2010

### 22. Secondary sources:

### Total workload required to achieve learning outcomes

<table>
<thead>
<tr>
<th>Lp.</th>
<th>Teaching mode</th>
<th>Contact hours / Student workload hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lecture</td>
<td>15/30 refer to the indicated literature (15h), to prepare for lectures and pass (13h), participation in the completion of (2h)</td>
</tr>
<tr>
<td>2</td>
<td>Classes</td>
<td>/</td>
</tr>
<tr>
<td>3</td>
<td>Laboratory</td>
<td>/</td>
</tr>
<tr>
<td>4</td>
<td>Project</td>
<td>/</td>
</tr>
<tr>
<td>5</td>
<td>BA/ MA Seminar</td>
<td>15/30 refer to the indicated literature (14h) prepare to give a seminar (15 h), delivering a seminar (1h)</td>
</tr>
<tr>
<td>6</td>
<td>Other</td>
<td>/</td>
</tr>
<tr>
<td></td>
<td>Total number of hours</td>
<td>30/ 60</td>
</tr>
</tbody>
</table>

24. Total hours: 90

25. Number of ECTS credits: 3

26. Number of ECTS credits allocated for contact: 1

27. Number of ECTS credits allocated for in-practice hours (laboratory classes, projects): 1

26. Comments:

Approved:

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(date, Instructor’s signature)                                      (date, the Director of the Faculty Unit signature)