

**PJSC "Higher Education Institution "INTERREGIONAL ACADEMY
OF PERSONNEL MANAGEMENT"**



***SYLLABUS OF THE ACADEMIC DISCIPLINE
" BIOSUGGESTIVE THERAPY "***

Specialty:	C4 Psychology
Educational level:	first (bachelor's) level
Educational program:	Psychology

General information about the academic discipline

Name of the academic discipline	Biosuggestive Therapy
Code and name of specialty	C4 Psychology
Level of higher education	first (bachelor's) level of higher education
Discipline status	selective
Number of credits and hours	3 credits / 90 hours. Lectures: 20 hours Seminar classes: 14 hours Independent work of students: 56 hours
Terms of studying the discipline	8 semester
Language of instruction	Ukrainian
Type of final control	Credit
Discipline page on the website	

General information about the teacher. Contact information.

Academic degree	
Academic title	
Position	
Disciplines taught by the NPP	
Areas of scientific research	
Links to identifier registries for scientists	
Teacher contact information:	
Email:	
Contact phone number	
Teacher's portfolio on the website of the department / institute / academy	

Course**Annotation.**

The course “Biosuggestive Therapy” is aimed at familiarizing students with the theoretical foundations and practical skills of applying biosuggestive methods in psychotherapy. The program covers a комплекс of psychotherapeutic methods based on the integration of body-oriented techniques, breathing exercises, suggestion (suggestion techniques), relaxation, and guided imagery. Its main goal is to activate a person’s internal resources to overcome psycho-emotional and psychosomatic disorders, reduce stress levels, and improve overall psychophysical well-being.

During the course, students study the mechanisms of the influence of suggestion on the psycho-emotional state and master techniques for the effective application of biosuggestion in work with anxiety disorders, psychosomatic conditions, stress, and emotional burnout. The course is intended for psychologists, psychotherapists, physicians, educators, as well as anyone interested in modern methods of self-regulation and psychocorrection. Upon completion, students acquire basic competencies for independent practice of biosuggestive therapy or for integrating its elements into their professional activities.

Subject of the discipline: the theoretical foundations, methodology, and practical techniques of biosuggestive therapy as a field of psychocorrective and psychotherapeutic activity. Particular attention is paid to the mechanisms of suggestion’s influence on the psychophysiological state of a person, the interconnection between body, breathing, thinking, and emotions, as well as methods of forming therapeutic suggestion within a body-oriented approach.

Course objective: to develop in students a systematic understanding of biosuggestive therapy as a psychotherapeutic method and to cultivate practical skills in applying body-oriented, breathing, cognitive-suggestive, and visualization techniques for working with psycho-emotional and psychosomatic conditions.

Objectives of the discipline:

1. To familiarize students with the history of origin, theoretical foundations, and modern directions of biosuggestive therapy.
2. To study the psychophysiological mechanisms of suggestion and its role in the therapeutic process.
3. To teach the application of breathing, body-oriented, and relaxation techniques as the basis of biosuggestive influence.
4. To develop skills in creating and using suggestive and therapeutic techniques.
5. To foster the ability to implement biosuggestive techniques in psychological counseling, psychotherapy, education, and medicine.

Prerequisites:

The study of the discipline “Biosuggestive Therapy” is based on knowledge and skills acquired in such courses as General Psychology, Clinical Psychology, Fundamentals of Psychotherapy, Anatomy and Physiology of the Central Nervous System, Psychodiagnostics, Counseling, and others.

Postrequisites:

The knowledge and skills gained in the course “Biosuggestive Therapy” facilitate successful learning in a range of other disciplines aimed at developing professional knowledge and practical skills.

Mastery of biosuggestive techniques—such as suggestion, body-based and breathing self-regulation—expands the future specialist’s professional toolkit, deepens understanding of the relationship between bodily and mental processes, and forms skills of holistic psychocorrective intervention. The acquired competencies provide a foundation for further successful study of such disciplines as Psychodiagnostics (development of observation skills and sensitivity to nonverbal and bodily signals), Experimental Psychology (analysis of psychophysiological states), Psychological Special Practicum (application of biosuggestive techniques in personal practice), Psychological Counseling (establishing rapport, client support, work with imagery and emotional states), Clinical Psychology (understanding psychosomatic interrelations and interventions aimed at improving psychophysical condition), Psychological Correction (biosuggestive methods as effective tools in restorative and supportive work with various client groups), Crisis Intervention (stabilization of emotional states and reduction of anxiety), and Theory and Practice of Psychotraining (integration of acquired skills into group work focused on personal growth, relaxation, and activation of internal resources).

The course “Biosuggestive Therapy” is an important component of the professional training of a practicing specialist in the field of psychology.

Program competencies and learning outcomes:

General Competencies (GC)	GC1. Ability to apply knowledge in practical situations. GC2. Knowledge and understanding of the subject area and understanding of professional activity. GC4. Ability to learn and master modern knowledge. GC8. Interpersonal interaction skills GC11. The ability to preserve and enhance moral, cultural,
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	scientific values and achievements of society based on an understanding of 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, technology to use various types and forms of physical activity for active recreation and healthy lifestyle.
Specific (Professional) Competencies (SC)	<p>SC1. Ability to operate the categorical and conceptual apparatus of psychology</p> <p>SC2. Ability to retrospectively analyze domestic and foreign experience in understanding the nature of the emergence, functioning and development of mental phenomena.</p> <p>SC7. Ability to analyze and systematize the results obtained, formulate reasoned conclusions and recommendations.</p> <p>SC8: Ability to organize and provide psychological assistance (individual and group).</p> <p>SC9. Ability to carry out educational and psychoprophylactic activities in accordance with the request.</p> <p>SC10. Ability to comply with professional ethics.</p> <p>SC14. Ability to understand the patterns of interaction of individuals, social groups, communities.</p>
Program learning outcomes	
Program outcomes	<p>PLO4 Justify own position, draw independent conclusions based on the results of their own research and analysis of literary sources.</p> <p>PPO5 Choose and apply valid and reliable psychodiagnostics tools (tests, questionnaires, projective techniques, etc.) for psychological research and psychological assistance technologies.</p> <p>PLO7 Reflect and critically evaluate the reliability of the results of psychological research, formulate reasoned conclusions.</p> <p>PLO8 Present the results of own research orally/written for specialists and non-specialists.</p> <p>PLO11 Draw up and implement a plan of the counselling process, taking into account the specifics of the request and individual characteristics of the client, ensure the effectiveness of their own actions.</p> <p>PLO12 Develop and implement a program of psycho-preventive and educational activities, psychological assistance measures in the form of lectures, discussions, round tables, games, trainings, etc. in accordance with the requirements of the client.</p> <p>PLO18 Take effective measures to preserve health (own and others) and, if necessary, determine the content of the request for supervision.</p> <p>PLO21. Implement programs on interpersonal and intergroup interaction that would contribute to a positive psychological microclimate in teams.</p>

Content of the academic discipline (full-time education)

		Number of hours, of which:
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No.	Topic name	Lectures	Seminar classes.	Independent work	Teaching methods/assessment methods
Semester 1					Teaching methods:verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical; explanatory-illustrative; reproductive; problem-based presentation method; partially-search; research; interactive methods (discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; practicing skills; working out discussion questions); modeling of professional activity; innovative teaching methods (competence-based; project-research); case method. Evaluation methods:oral control (oral survey, assessment of participation in discussions, other interactive
Content Module 1. Theoretical Foundations of Biosuggestive Therapy					
Topic 1.	Biosuggestive Therapy: Development of the Approach, Basic Concepts, and Areas of Application	2	1	6	
Topic 2.	Psychosomatic Disorders	2	2	6	
Topic 3.	Essence of the Biosuggestive Therapy Method	2	1	6	
Topic 4.	Essence of the Biosuggestive Therapy Method	2	2	4	
Topic 5.	Self-Suggestion: Structure of Influence	2	1	6	
Content Module 2. Practical Aspects of Biosuggestive Therapy					
Topic 6.	Biosuggestive Therapy: Structure of a Therapeutic Session	2	1	6	
Topic 7.	Biosuggestive Session	2	2	6	
Topic 8.	Effectiveness of the Biosuggestive Therapy	2	1	4	
Topic 9.	Esoteric Component of the Biosuggestive Therapy	2	2	6	
Topic 10.	Therapeutic Impact of Biosuggestion on the Therapist	2	1	6	

					learning methods); written control (control, independent work); test control (closed-form tests: test-alternative, test-compliance); method of self-control and self-assessment; evaluation of case tasks.
Modular test					
	Total:	20	14	56	
Form of control: credit					

Technical equipment and/or software.The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.

Forms of control methods.

Monitoring the progress of students is divided into current and final (semester).

Current control carried out during practical and seminar classes. Its purpose is to systematically check:

- understanding and mastering the theoretical foundations of economic processes;
- the ability to apply knowledge to build models and analyze economic data;
- skills in diagnosing and forecasting economic processes;
- using specialized software for modeling and processing statistical data.

Forms of student participation in the educational process that are subject to ongoing control:

- speeches and presentations on the analysis of economic processes;
- oral reports on the analysis of economic cases;
- addition, question to the person answering;
- systematic work in seminar classes and activity during discussions;
- participation in discussions, brainstorming, interactive forms of classes;
- analysis of economic data, statistical indicators, economic and mathematical models;
- written assignments (tests, tests, analytical and abstract papers);
- preparation of abstracts, theses, analytical notes;
- independent study of discipline topics and lecture materials.

Current control methods:

- oral control (survey, conversation, report, message);
- written control (test work, analytical report, essay, completion of tasks for building models or processing statistics);
- combined control (oral and written combination to assess understanding and practical skills);
- presentation of independent work or case analysis;
- monitoring activity and participation in practical classes;
- test control (closed and open tasks, analysis of graphs and models);

- working with problem situations (analytical cases, scenario modeling of economic processes).

Evaluation system and requirements.
Table of distribution of points received by higher education applicants*

Topics	Ongoing knowledge assessment										Final control		Total points
											Module test	Credit	
	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10	20	20	100
Work in a seminar class	3	3	3	3	3	3	3	3	3	3			
Independent work	3	3	3	3	3	3	3	3	3	3			

*The table contains information about the maximum points for each type of academic work of a higher education applicant.

When assessing the mastery of each topic for current educational activities, the student is given grades taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the Assessment of Academic Achievements of Students of Higher Education at PJSC "Higher Education Institution "MAUP".

Module control is carried out in the last lesson of the module in written form, in the form of testing.

Evaluation criteria for the module test in the academic discipline "Biosuggestive Therapy ":

When evaluating a module test, the volume and correctness of the tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
- a grade of "good" (B) is given for completing 80% of all tasks;
- a grade of "good" (C) is given for completing 70% of all tasks;
- a grade of "satisfactory" (D) is given for the correct completion of 60% of the proposed tasks;
- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
- an "unsatisfactory" (FX) grade is given if less than 50% of the tasks are completed.

Failure to appear for a module test - 0 points.

The above scores are converted into rating points as follows:

- "A" - 18-20 points;
- "B" - 16-17 points;
- "C" - 14-15 points;
- "D" - 12-13 points.
- "E" - 10-11 points;
- "FX" - less than 10 points.

The final semester assessment in the discipline " Biosuggestive Therapy " is a mandatory form of assessing students' learning outcomes. It is conducted within the time

frame specified by the curriculum and covers the scope of material specified by the course program.

The final assessment is carried out in the form of a test. A student who has completed all the required work is allowed to take the semester assessment.

The final grade is based on the student's performance during the semester. The student's grade consists of points accumulated from the results of the current assessment and incentive points.

Students who have completed all required assignments and received a score of 60 points or higher receive a grade corresponding to the grade received without additional testing.

For students who have completed all the required tasks but received a score below 60 points, as well as for those who wish to improve their score (result), the teacher conducts a final work in the form of a test during the last scheduled lesson in the discipline in the academic semester.

Evaluation of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific circles of applicants and problem groups, preparation of publications, participation in All-Ukrainian Olympiads and competitions and International competitions, etc. in excess of the tasks established by the relevant work program of the academic discipline.

By decision of the department, students who participated in research work and performed certain types of additional (individual) educational activities may be awarded incentive (bonus) points for a specific educational component.

Assessment of independent work

The total number of points received by a student for completing independent work is one of the components of academic success in the discipline. Independent work on each topic, in accordance with the course program, is evaluated in the range from 0 to 3 points using standardized and generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks) evaluation criteria.

Maximum possible assessment of independent work (individual tasks)	Execution level			
	Perfectly	Good	Satisfactorily	Unsatisfactorily
3	3	2	1	0

Forms of assessment include: ongoing assessment of practical work; ongoing assessment of knowledge acquisition based on oral responses, reports, presentations and other forms of participation during practical (seminar) classes; individual or group projects requiring the development of practical skills and competencies (optional format); solving situational tasks; preparing summaries of independently studied topics; testing or written exams; preparing draft articles, conference abstracts and other publications; other forms that ensure comprehensive mastery of the curriculum and contribute to the gradual development of skills for effective independent professional (practical, scientific and theoretical) activity at a high level.

To assess the learning outcomes of a higher education applicant during the semester, a 100-point, national and ECTS assessment scale is used.

Final assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment	
		for exam, course project (work), practice	for credit
90 – 100	AND	perfectly	Enrolled
82 – 89	IN	good	
75 – 81	WITH		

68 – 74	D	satisfactorily	
60 – 67	THERE		
35 – 59	FX	unsatisfactory with the possibility of reassembly	not accepted with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	not passed with mandatory re-study of the discipline

Course policy.

To successfully complete the course " Biosuggestive Therapy ", the student must:

- regularly attend lectures and practical classes;
- work systematically, systematically and actively in lectures and practical classes;
- make up for missed classes or unsatisfactory grades received in classes;
- to fully perform the tasks that the teacher requires to prepare, their quality is appropriate;
- perform control and other independent work;
- adhere to the norms of academic conduct and ethics.

The course " Biosuggestive Therapy " involves mastering and adhering to the principles of ethics and academic integrity, in particular, focusing on preventing plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and author's, not overloaded with quotations, and must be accompanied by references to primary sources. Violations of academic integrity are considered to be: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, and biased evaluation.

Recommended sources of information.

Main literature:

Books / Monographs

1. Strazhny, O. Biosuggestive Therapy: A Guide for Specialists. BST, 2023. 131 p.
2. Strazhny, O. Biosuggestive Therapy for Correction and Treatment of Psychosomatic Disorders: A Manual for Doctors and Psychologists. Ternopil: Textbooks and Manuals, 2024. 192 p. URL: <https://emed.library.gov.ua/wp-content/uploads/tainacan-items/26427/147901/Biosuhestyvna-terapiia-dlia-korektsii-ta-likuvannia-psykhosomatychnykh-rozladiv.pdf>
- Articles / Conference Proceedings
3. Venger, O. P., Ivanitska, T. I. Application of Biosuggestive Therapy to Improve Psychological Processes in Internally Displaced Persons during the War in Ukraine. *Achievements of Clinical and Experimental Medicine*, 2023, No. 4, pp. 63–69.
4. Voloshyn, V. M. The Method of Biosuggestive Therapy. In: Proc. of the Int. Sci.-Practical Online Conf. *Psychology of Crisis States: Science and Practice*, 2021, pp. 67–70.
5. Hubska, O., Strazhny, O., Prikashchikova, H., Pronosa-Stebliuk, K., Stebliuk, V. Biosuggestive Therapy for Correction of Psychosomatic Disorders in Residents of De-occupied Regions of Kyiv Oblast. In: *In Search of Truth and Humanity in the Age of War* (Poland, Leszno, 21–26.08.2022), Leszno, Poland, 2022, pp. 119–126.
6. Zelenska, K. O., Kraskovska, T. Yu. Biosuggestive Therapy in the Treatment System of Stress-Associated Disorders in Internally Displaced Persons. *Medicine Today and Tomorrow*, 2020, No. 89(4), pp. 66–73.
7. Zhuravel, Ye. Yu. Feasibility of Applying Biosuggestive Therapy in Rehabilitation of Combat-Experienced Individuals. *Habitus*, Issue 67, 2024, pp. 154–159.

8. Kabashnyuk, V. O. Biosuggestive Therapy as a Means for Correction and Treatment of Psychosomatic Patients. In: *Current Issues of Theory and Practice of Psycho-Pedagogical Training of Future Specialists*, IX All-Ukrainian Sci.-Practical Conf., Khmelnytskyi, 2021, pp. 31–33.

9. Makarova, O. P. Application of the Biosuggestive Therapy Method in Work with Psychosomatic Disorders. In: *Providing Psychological Assistance in the Security and Defense Sector of Ukraine: II All-Ukrainian Interdisciplinary Psychological Forum*, Kyiv: DNDI of the Ministry of Internal Affairs of Ukraine, 2023, pp. 123–126.

10. Prints, V. A. Biosuggestive Therapy: Theory and Practice. In: *Psychology of the XXI Century: Theoretical and Practical Studies*, Ed. L. H. Bilyi, Khmelnytskyi: MAUP Publishing, 2024, Issue 20, pp. 270–274. URL: <https://drive.google.com/file/d/1oOPEE6Qs6ic-H64-ztfRGnNXDEOywNNA/view>

11. Prints, V. A. Biosuggestive Therapy as an Effective Method in Stress Management. In: *Psychology of the XXI Century: Theoretical and Practical Studies*, Ed. L. H. Bilyi, Khmelnytskyi: MAUP Publishing, 2025, Issue 21, pp. 219–222. URL: https://drive.google.com/file/d/1Ozx3pWKSll0gq3FMA6EuWxJ9Og_xBTpg/view

12. Prints, V. A. The Impact of Biosuggestive Therapy on Mental Health Recovery Processes in Post-Traumatic Stress Disorder. *Scientific Perspectives (Psychology Series)*, No. 3(57), 2025, pp. 1487–1496. URL: <http://perspectives.pp.ua/index.php/np/article/view/21976>

13. Prints, V. A., Konyushenko, O. L., Steblo, L. V. Biosuggestive Therapy in Acute Stress Response: Prevention of Acute Stress Disorder and PTSD. *Perspectives and Innovations in Science (Pedagogy, Psychology, Medicine Series)*, No. 5(51), 2025, pp. 2212–2223.

Internet Resources

1. Biosuggestive Therapy. URL: <https://vasilishin.com.ua/biosugestyvna-terapiya/>
2. Institute of Biosuggestive Therapy. URL: <https://www.biosuggest.eu/>
3. Biosuggestive Therapy Method. URL: <https://www.biosuggest.eu/method-bst>
4. Forest Glade Mental Health and Rehabilitation Center, Ministry of Health of Ukraine. URL: <https://www.facebook.com/ForestGladeHosp/posts/658650549792864/>