

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



***SYLLABUS OF THE ACADEMIC DISCIPLINE
"PSYCHOLOGY OF TRAUMATIC SITUATIONS"***

Specialty: **C4 Psychology**

Educational level: **first (bachelor's) level**

Educational program: **Psychology**

General information about the academic discipline

Name of the academic discipline	Psychology of traumatic situations
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: Seminar classes: Independent work of students:
Terms of studying the discipline	1
Language of instruction	Ukrainian
Type of final control	Credit

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 “Psychology of Traumatic Situations” includes both theoretical and practical components. In the modern world, the problem of providing psychological assistance in traumatic situations is becoming increasingly urgent: during crises, disasters, terrorist attacks, natural and other calamities that individuals may experience. Thus, the contemporary need for psychological support in traumatic situations is relevant for many clients. This requires thorough professional training of specialists—practical psychologists—who possess methods of providing assistance in crisis and catastrophic situations.

Subject of the Course: The essence and structure of psychotraumatic situations; classification of psychotraumatic situations; the concept and impact of psychological crisis on the individual; psychodynamic, humanistic, behavioral, and other approaches to providing psychological assistance to clients who have experienced traumatic situations.

Purpose of the Course: To ensure the professional competence of practical psychologists in the field of psychology of traumatic situations.

Objectives of the Course:

- mastering the subject matter, object of the discipline, and methodological approaches to the study of the psychology of traumatic situations;

- forming practical psychologists' skills and abilities to apply psychotherapeutic and psychocorrective tools, as well as methods of psychological counseling for psychological support in traumatic situations.

Prerequisites:

The course “*Psychology of Traumatic Situations*” is directly related to the following disciplines: *Developmental and Age Psychology, General Psychology, Personality Psychology, Psychological Counseling, Psychology of Social Work*, and others.

Postrequisites:

The acquired knowledge and practical skills are used in the study of management psychology, organizational psychology, psychology of negotiations and mediation, crisis psychology, psychological counseling and coaching, as well as in the professional activities of specialists in socio-psychological, educational, managerial, and legal fields.

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. GC6. Ability to make informed decisions. GC7. Ability to generate new ideas (creativity). GC8. Interpersonal interaction skills.
Specific (Professional) Competencies (SC)	SC4. Ability to independently collect and critically process, analyze and summarize psychological information from various sources. SC7. Ability to analyze and systematize the results obtained, formulate reasoned conclusions and recommendations. SC9. Ability to carry out educational and psychoprophylactic activities in accordance with the request.
Program learning outcomes	
Program outcomes	PLO 1 Analyze and explain mental phenomena, identify psychological problems and propose ways to solve them. PLO7 Reflect and critically evaluate the reliability of the results of psychological research, formulate reasoned conclusions.

Content of the academic discipline:

№	Topic name	Number of hours, of which:				
		Lec ture s	Pract ical classe s	Indep enden t work	Teaching methods/assessment methods	
1st semester					Teaching methods:	
Content module I.					verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic;	
Topic 1.	The concept of the psychology of traumatic situations	2	1	7		
Topic 2.	Classification of traumatic situations	2	1	4		

Content module II.					practical; explanatory-illustrative; reproductive; problem-based presentation method; partially-search; research; interactive methods (situation analysis; discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative teaching methods (competence; project-research); case method.
Topic 3.	The concept of psychological crisis	2	1	7	
Topic 4.	The impact of psychological crisis on the individual	2	2	6	
Content module III.					
Topic 5	Psychodynamic approach to providing psychological assistance to clients affected by traumatic situations	2	2	6	
Topic 6	Behavioral approach in the psychology of traumatic situations	2	1	6	
Topic 7	Humanistic approach to the process of providing psychological assistance in traumatic situations	2	2	7	
Topic 8	Gestalt approach to providing assistance in psychotraumatic situations	2	1	4	
Topic 9	Existential approach to providing assistance in psychotraumatic situations	2	1	6	
Content module IV.					
Topic 10	Application of NPL and other modern psychological approaches in assisting clients who have experienced trauma	2	2	4	

Modular test work				
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		
		Module test	Credit	Total points

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10			
Work in a seminar class	3	3	3	3	3	3	3	3	3	3	20	20	100
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 "Methods and technologies of managerial decision-making":

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 "Methods and Technologies of Management Decision Making" 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. 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.

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), internship	
		National scale assessment for exam, course project (work), internship	For pass/fail (credit)
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		
68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	fail unsatisfactory with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail unsatisfactory with mandatory re-study of the discipline

Course policy.

To successfully complete the course "Methods and Technologies of Management Decision Making", 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 "Methods and Technologies of Management Decision Making" 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:

Main sources:

1. Turynina, O. L. Psychology of traumatic situations: textbook for students of higher education institutions / O. L. Turynina. – Kyiv: DP "Vyd. dim "Personal", 2017. – 160 p. – Bibliography: p. 149–159.
2. Havrylets, I. H. Human psychophysiology in extreme situations: textbook. Kyiv: ZAT "Vipol", 2016. – 188 p.
3. Extreme psychology: textbook / Edited by Prof. O. V. Timchenko. Kharkiv: UCU, 2017. – 502 p.
4. Kavetskyi, V. Ye. Formation of teachers' readiness for psycho-social self-support and support of participants in the educational process in crisis situations. Organization of a safe educational environment – a challenge of modernity: prospects and solutions (Ternopil, Ukraine, March 3, 2023). Scientific, methodical, informational collection of the Ternopil Regional Institute of Postgraduate Pedagogical Education / Editorial board: O. M. Petrovskyi et al. Ternopil: TOKIPPO, 2023. P. 163–169.
5. Safin, O. D., Soroka, O. M. Psychological prerequisites for studying professional stress in special working conditions. Visnyk KNU. Military-specialized sciences, 2021, №1(45), P. 39–43. URL: [link](#)
6. Safin, O. Somatic correlates of post-traumatic stress disorder. Psychological Journal, (11), 2024, P. 59–68. <https://doi.org/10.31499/2617-2100.11.2023.298407>

Additional sources:

1. Kavetskyi, V. Ye. Formation of teachers' readiness for psycho-social self-support and support of participants in the educational process in crisis situations. Organization of a safe educational environment – a challenge of modernity: prospects and solutions (Ternopil, Ukraine, March 3, 2023). Scientific, methodical, informational collection of the Ternopil Regional Institute of Postgraduate Pedagogical Education. Ternopil: TOKIPPO, 2023. P. 163–169.
2. Musienko, H. O., Baranenko, O. V., Goltsova, S. V., Vikhlyayeva, L. Yu. Assessment of the features of post-traumatic stress disorder in persons with alcohol dependence. Dovzhenko Readings: theory and practice of narcology: materials of VI Ukrainian scientific-practical conference with international participation. Kharkiv, 2005, P. 99–102.
3. Boltonosov, S. V. Features of clinical manifestations of post-traumatic stress disorder in combatants in eastern Ukraine who consume alcohol. Archive of Psychiatry, Vol. 24, №2, 2018, P. 77–80.
4. Klos, L. Ye. Support of rehabilitation of war veterans and their families. Lviv: Marchenko T. V., 2024. – 155 p.

5. Psychological prevention of psychotraumatization of servicemen of the Armed Forces of Ukraine. Compiled by O. M. Kokun, V. M. Moroz, N. S. Lozinska, I. O. Pishko. Kyiv: KNT, 2023. – 300 p.
6. Socio-psychological technologies for restoring personality after traumatic events. Collective authors: T. M. Tytarenko, Yu. D. Hundertailo, M. S. Dvornik. Kyiv: KNT, 2023. – 218 p.

Electronic resources:

1. <http://www.twirpx.com/> – electronic library
2. <http://www.psychologytoday.com/> – online psychology journal
3. <http://psyfactor.org/> – “Psy-Factor” project