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| <b>Course title</b>   | <b>Psychiatry *</b>   |             |                         |                                      |  |               |            |
| <b>Type</b>   | 60 hours of lectures + 30 hours of seminars = 90 hours  |             |                         |                                      |  |               |            |
| <b>Course leader</b>  | Prof. Dunja Degmečić, MD-PhD  |             |                         |                                      |  |               |            |
| <b>Course co-leader</b>   | Božidar Popović, MD, Adjunct Assistant<br>Mr. Sc. Jugoslav Gojković, MD, Adjunct Assistant<br>Marko Tomičević, MD, Adjunct Assistant  |             |                         |                                      |  |               |            |
| <b>The goal or purpose of the course</b>  | The aim of the course is to introduce students to the fundamentals of general psychopathology, clinical psychiatry, psychosomatics, the basics of psychodynamic psychotherapy, the fundamentals of psychopharmacotherapy, and child and adolescent psychiatry. The purpose of the course is for students to acquire appropriate competencies in understanding psychiatry in order to be able to understand, analyze, and interpret the psychiatric background in working with their clients. At the same time, by acquiring the necessary knowledge from the psychiatry course, students will use these competencies to develop partnerships with psychiatrists to create an appropriate atmosphere for psychotherapeutic change. |             |                         |                                      |  |               |            |
| <b>Prerequisites for enrolment</b>  | No prerequisites  |             |                         |                                      |  |               |            |
| <b>Learning outcomes</b>  | After successfully completing the course, the student will be able to:<br>Distinguish the basic concepts of psychopathology, mental health, and mental disorders;<br>Know the basics of etiology, epidemiology, and nosology of mental disorders;<br>Diagnose mental disorders;<br>Know the basics of psychopharmacotherapy of psychiatric disorders;<br>Identify developmental theories, and diagnose and list treatment procedures for psychiatric disorders in children and adolescents;<br>Expertly analyze psychoanalytic theories and practices, and psychodynamic personality development.   |             |                         |                                      |  |               |            |
| <b>The relation between learning outcomes, teaching methods, and assessment</b> | <b>Teaching activity</b>  | <b>ECTS</b> | <b>Learning outcome</b> | <b>Student activity</b>              | <b>Methods of assessment</b>                               | <b>Points</b> |            |
|   |   |             |                         |                                      |  | <b>min</b>    | <b>max</b> |
|   | Co-creative learning process  | 1           | 1-6                     | Active participation and interaction | Records of monitoring students and their active engagement | 10            | 20         |
|   | Lectures on psychiatric topics  | 1.5         | 1-6                     | Critical analysis                    | Discussion   | 10            | 20         |
|   | Group work  | 1           | 1-6                     | Group work                           | Participant feedback                                       | 10            | 20         |
|   | Seminar work  | 1           | 1-6                     | Individual work                      | Evaluation   | 15            | 20         |
|   | Knowledge assessment  | 1.5         |                         | Revision                             | Written exam   | 15            | 20         |
|   | <b>Total:</b>   | <b>6</b>    |                         |                                      |  | <b>60</b>     | <b>100</b> |
| <b>Office hours</b>   | Contact:<br>Prof. Dunja Degmečić, PhD, e-mail: <a href="mailto:ddegmecic@mefos.hr">ddegmecic@mefos.hr</a><br>Božidar Popović, MD, e-mail: <a href="mailto:salutogeneza1@gmail.com">salutogeneza1@gmail.com</a>  |             |                         |                                      |  |               |            |
| <b>Acquired competences</b>   | After successfully completing the course, the student will understand the basic concepts of psychopathology, mental health and mental disorders, will recognize the basics of etiology, epidemiology and nosology of mental disorders, will acquire the ability to diagnose mental disorders, will know the basics of psychopharmacotherapy of psychiatric disorders, and will be introduced to developmental theories, and diagnostic and therapeutic procedures for psychiatric disorders in children and adolescents. Finally, they will be introduced to the fundamentals of psychoanalytic theory and practice, as well as to psychodynamic personality development.   |             |                         |                                      |  |               |            |
| <b>Content</b>  | The psychiatry course includes:<br>1. Clinical psychiatry;<br>General psychopathology: consciousness, orientation, psychomotor, affect, mood, thought process; aggression, suicidality, cognitive functions, volitional-instinctive dynamisms.<br>Normal and pathological; Nosology, epidemiology, etiology and clinical picture of mental disorders; Diagnosing and differential diagnosis of mental disorders; Inpatient and outpatient   |             |                         |                                      |  |               |            |

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|  | <p>treatment of mental disorders; Prevention of mental disorders; Forensic psychiatry; Organic mental disorders; Addiction to psychoactive substances and other addictions; Schizophrenia and other psychotic disorders; Affective disorders; Anxiety and somatoform disorders; Stress-related disorders; Sexual disorders; Sleep disorders; Personality disorders; Treatment outcomes; Pathogenesis and salutogenesis.</p> <p>2. Child and adolescent psychiatry;<br/>Behavioral difficulties; Emotional and social disorders; Developmental disorders; Disorders of sexual orientation and drive; Eating disorders; Therapeutic approaches; Developmental theories;</p> <p>3. Psychopharmacotherapy;<br/>Doctor-patient trust; Fundamentals of neurotransmission; Working mechanisms of psychopharmaceuticals; Indications and contraindications; Side effects; Division of psychopharmaceuticals; Diagnostic categories and psychopharmaceuticals; Basic principles of psychopharmacotherapy; Treatment with antipsychotics; Treatment with anxiolytics; Treatment with antidepressants; Treatment with hypnotics; Treatment with mood stabilizers; Creative psychopharmacotherapy.</p> <p>4. Psychodynamically oriented psychiatry;<br/>Psychodynamically oriented psychoanalyses: Introduction to psychoanalytic theory and practice; psychodynamic personality development; trauma, conflict, symptom; memory disorders (infantile amnesia), defense mechanisms; the importance of phantasm in personality development; transitional object according to Winnicott; narcissism and narcissistic personality disorders; psychopathology of the self (theories of Heinz Kohut and Otto Kernberg); borderline organization of personality; psychodynamic diagnosis of neuroses; obsessive neurosis; phobia; conversion neurosis; therapeutic possibilities of psychoanalytic psychotherapy (transference, countertransference, working alliance, therapeutic framework, supervision, didactic analysis)</p> |
| <b>Required reading</b>                                | <p>P. FILAKOVIĆ i sur., <i>Psihijatrija</i>, Osijek, 2014.<br/>I. BEGOVAC i sur., <i>Dječja i adolescentna psihijatrija</i>, Zagreb, 2021. (odabrana poglavlja)</p>  |
| <b>Recommended reading</b>                             | <p>S. M. STAHL, <i>Stahlovi temelji psihofarmakologije</i>, Jastrebarsko, 2019.<br/>R. R. GREENSON, <i>The Technique and Practice of Psychoanalysis</i>, New York, 1972.<br/>D. W. WINNICOTT, <i>Igra i stvarnost</i>, Zagreb, 2004.<br/>H. KOHUT, <i>Analiza sebstva</i>, Zagreb, 1990.<br/>A. FREUD, <i>Ja i mehanizmi odbrane</i>, Novi Sad, 2010.<br/>Z. BASTAŠIĆ, <i>Lutka ima i srce i pamet</i>, Zagreb, 1990.<br/>D. DE ZAN, <i>Slika i crtež u psihoterapiji djece</i>, Zagreb, 1994.<br/>C. G. JUNG, <i>Čovjek i njegovi simboli</i>, Zagreb – Ljubljana, 1973.<br/>S. NIKOLIĆ, <i>Psihodrama – Priručnik za konzultante mentalnog zdravlja i psihoterapeute</i>, Zagreb, 1995.<br/>S. NIKOLIĆ, <i>Mentalni poremećaji u djece i omladine I – znanstveni temelji kliničke prakse</i>, Zagreb, 1988 (odabrana poglavlja)<br/>S. FREUD, <i>Tumačenje snova 1. i 2</i>, Zagreb, 2001.<br/>D. W. WINNICOTT, <i>Playing and Reality</i>, London, 1974.<br/>V.M. AXLINE, <i>Play Therapy</i>, New York, 1993.<br/>B. BETTELHEIM, <i>Ljubav nije dovoljna</i>, Zagreb, 1983.</p>  |
| <b>Teaching methods</b>                                | Lectures accompanied by PowerPoint presentations, audio-video examples, and individual and group work  |
| <b>Methods of knowledge assessment and examination</b> | Test with multiple answers, one of which is correct, and a seminar paper on a selected topic   |
| <b>Language of instruction and opportunities</b>       | Croatian   |
| <b>Method of monitoring the quality and success</b>    | Anonymous survey, written or oral feedback during the lecture  |

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| <b>of each course<br/>and/or module</b> |  |
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