

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Nasilje in psihosocialno svetovanje
Course title:	Psychosocial Counselling and Violence

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialno svetovanje, druga Psychosocial counselling, master, second	Program nima smeri The programme has no fields	Prvi, drugi First, second	Drugi, četrtri Second, fourth

Vrsta predmeta / Course type Izbirni / Elective

Univerzitetna koda predmeta / University course code: NPS / PCV

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
20		10			150	6

Nosilec predmeta / Lecturer: izr. prof. dr. Nevenka Podgornik / Assoc. Prof. Nevenka Podgornik, Ph.D.

Jeziki / Languages:

Predavanja / Lectures:	Slovensko / Slovenian, Angleško / English
Vaje / Tutorial:	Slovensko / Slovenian, Angleško / English

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Pogoj za vključitev v delo je vpis v 1. letnik študija.

Prerequisites:

Prerequisite for the subject is the enrollment in the 1st year of master study.

Vsebina:

- zgodovinska perspektiva prepoznavanja nasilja in zlorab
- refleksija nasilja in zlorab v javni sferi
- definicije nasilja
- oblike nasilja in zlorab
- nasilje in zloraba otrok v družini
- nasilje nad ženskami
- prepoznavanje nasilja in zlorabe otrok na otroka usmerjena perspektiva terapevtskega in svetovalnega dela
- komunikacija z otroki
- razvijanje terapevtskega odnosa z otrokom
- oblike pomoči odraslim žrtvam, ki so preživele nasilje
- oblike pomoči storilcem nasilja
- telefonsko svetovanje žrtvam nasilja

Content (Syllabus outline):

- historical perspective of identifying violence and abuse
- reflection of violence and abuse in the public sphere
- definitions of violence
- the forms of violence and abuse
- violence and abuse of children in the family
- violence against women
- identifying violence and child abuse
- a child-centered perspective of therapeutic and counseling work
- communicating with children
- developing a therapeutic relationship with the child
- forms of help for adult survivors of violence
- forms of help for perpetrators of violence
- telephone counseling for violence survivors

Temeljni literatura in viri / Readings:

VESELIČ, Š.; HORVAT, D.; PLAZ, M. *Priročnik za delo z ženskami in otroki z izkušnjo nasilja*. Ljubljana: društvo SOS telefon za ženske in otroke-žrtve nasilja, 2014.

HORVAT, Tjaša. *Psihosocialna pomoč ženskam in otrokom, ki preživljajo nasilje – Priročnik*. Ljubljana: Društvo SOS telefon za ženske in otroke - žrtve nasilja, 2017.

HORVAT, Dalida; LEŠNIK, Doroteja; PLAZ, Maja (ed.). *Psihosocialna pomoč ženskam in otrokom, ki preživljajo nasilje: priročnik*. Društvo SOS telefon za ženske in otroke-žrtve nasilja, 2004.

Štirn, Mateja, Minič, Maja. *Psihosocialna podpora žrtvam nasilja v družini in nasilja zaradi spola*. Ljubljana: ISA Institut, 2017.

WALKER, Richard M. Učenje veččin za delo z ženskami in otroci, ki preživljajo nasilje. *Socialno delo*, 1997, vol. 36, str. 415-425.

Martin, Lorna. *Issues in Psychotherapy with Young People. Workbook and Resources*. Quality Training UK, 2013.

BASS, Ellen, et al. *Pogum za okrevanje: priročnik za ženske, ki so preživele spolno zlorabo v otroštvu*. Liberalna akademija, 1998.

OATES, R. Kim. *The spectrum of child abuse: Assessment, treatment and prevention*. Routledge, 2013.

Cilji in kompetence:

Cilji predmeta so razumevanje vpliva nasilja predvsem na življenjski svet otroka in ženske, prepoznavanje različnih oblik nasilja in učenje o oblikah ukrepanja, zaščite in podpore v procesu okrevanja.

Učna enota prispeva k razvoju naslednjih splošnih in predmetnospecifičnih kompetenc študentov:

- sposobnost uporabe znanja v praksi in izvirnega, kreativnega reševanja problemov v novih ali neobičajnih kontekstih
- sposobnost poglobljene kritične analize, sinteze in predvidevanja rešitev ter posledic
- avtonomnost v strokovnem delu
- razvoj komunikacijskih sposobnosti in spretnosti, obvladovanje (sodelovanje, koordiniranje, vodenje, soustvarjanje) komunikacije v mednarodnem okolju, tudi z eksperti na drugih področjih
- etična refleksija in zavezanost profesionalni etiki, prevzemanje osebne in družbene odgovornosti, povezane z uporabo osvojenih znanj
- sposobnost povezovanja znanja in obvladovanja kompleksnosti, s katero se srečujejo pri strokovnem delu
- sposobnost jasnega sporočanja svojih zaključkov in znanj strokovni in laični javnosti
- zmožnost formulirati in uporabiti model psihosocialne pomoči v skladu z izbranim svetovalnim pristopom
- sposobnost nadgrajevati zgrajeno kritično vrednotenje implikacije problemov kulture, rase, spola, seksualnih orientacij

Objectives and competences:

The aim of the course is to understand the impact of violence, especially on the life of the children and women, to recognize various forms of violence and to learn about the forms of action, protection and support in the recovery process.

Learning unit contributes to the development of generic and subject specific competences of students:

- the ability to apply knowledge in practice and innovative, creative problem solving in new or unusual contexts
- the ability of critical analysis, synthesis and prediction of solutions and consequences,
- autonomy in professional work
- the development of communication skills, capability to communicate (cooperation, coordination, leadership, co-creation) in international environment and with experts on various fields
- ethical reflection and commitment to professional ethics, acceptance of personal and social responsibility associated with the use of acquired knowledge
- the ability to connect knowledge and manage complexity faced in professional work
- the ability of documenting and presenting data to professionals and general public
- the ability to formulate and to use the model of psychosocial help in line with selected counselling approach
- the ability to expand the existing critical evaluation of the implications of the problems of culture, race, gender, sexual orientation
- the ability to research, reflect and control their personal involvement in the processes of psychosocial help, which they co-create and run

- sposobnost raziskovanja, refleksije in nadzora svoje osebne vpletenosti v postopke psihosocialne pomoči, ki jih soustvarjajo in vodijo
- zmožnost dokumentirati in s kritično refleksijo predstaviti svoje svetovalno delo tako strokovni kot laični javnosti za diskusijo in vzajemno učenje
- zmožnost soustvarjati rešitve psihosocialnih problemov, kreativno ravnati s kompleksnimi, nepredvidljivimi in posebnimi situacijami
- sposobnost uspešnega predvidevanja in obvladovanja posledic ustvarjenih rešitev, zmožnost učenja tudi v smislu samostojno usmerjanega strokovnega izpopolnjevanja
- zmožnost avtonomije v profesionalni praksi

- the ability to document and present their counselling work to professional and lay public with the aim of discussion and mutual learning
- the ability to co-create solutions to psychosocial problems, to creatively deal with complex, unpredictable and special situations
- the ability to successfully anticipate and manage the consequences of created solutions
- the ability to learn in terms of self-directed professional development
- the ability of autonomy in professional practice

Predvideni študijski rezultati:

Študenti:

- razvijejo občutljivost za vprašanje spola in problematiko nasilja
- kritično osvetlijo problematiko nasilja kot družbenega problema
- razvijejo refleksijo kulturno-družbenega in zgodovinskega konteksta nasilja
- poznajo definicije nasilja
- poznajo oblike nasilja
- razvijajo komunikacijske veščine in rabo ustrezne terminologije v odnosu do žrtve nasilja
- razumejo in uporabijo modele pomoči v primeru spolne zlorabe
- poznajo in uporabijo metode psihoterapevtske pomoči v primeru otrok in odraslih, ki so preživljali ali preživljajo nasilje
- razložijo namen in uporabijo modele pomoči v odnosu do povzročitelja nasilja

Intended learning outcomes:

Students:

- develop sensitivity to gender issues and problems of violence
- critically get to know to violence as a social problem
- develop reflection on sociocultural and historical context of violence
- know the definitions of violence
- know different forms of violence
- develop communication skills and use of appropriate terminology in relationship with violence survivor
- understand and use the models of support in the case of sexual abuse
- know and use the methods of psychotherapeutic support in the case of children and adults who survived violence or are victims of violence
- explain the purpose and use models of support in relationship with perpetrators of violence

Metode poučevanja in učenja:**Learning and teaching methods:**

<ul style="list-style-type: none"> - predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov) - seminarske vaje (refleksija izkušenj, projektno delo, timsko delo, metode kritičnega mišljenja, diskusija, sporočanje povratne informacije) - uporaba spletne učilnice oziroma drugih sodobnih IKT orodij - individualne in skupinske konsultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj) - oblikovanje portfolija in samostojen študij (motiviranje, usmerjanje, samoopazovanje, samouravnavanje, refleksija, samoocenjevanje) 	<ul style="list-style-type: none"> - lectures with active participation of students (explanation, discussion, questions, examples, problem solving) - tutorial (reflection of experience, project work, team work, critical thinking methods, discussion, feedback) - use of online classroom or other contemporary ICT tools - individual and group consultations (discussion, further explanation, dealing with specific issues) - creation of portfolio and individual study (motivation, guidance, self-observation, self-regulation, reflection, self-assessment)
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Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Pisni izpit.	50	Written examination.
Študija primera.	50	Case study.
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading is in accordance with the Faculty's evaluation Ordinance.

Reference nosilca / Lecturer's references:

<p>PODGORNIK, Nevenka. <i>Psihične krize sodobnega človeka. Sociološko-antropološka perspektiva in vpogled v psihoterapevtsko prakso</i>. Trnava: Univerza Sv. Cirila in Metoda, 2014.</p>
<p>PODGORNIK, Nevenka. <i>Kriva je Eva: androcentrična konstrukcija stvarnosti in manifestiranje psihičnih kriz žensk</i>. Ljubljana: Vega, 2012.</p>
<p>PODGORNIK, Nevenka. Depression: a socio-cultural way of manifesting women's psychological crises. <i>Anthropol. noteb.</i>, 2012, year 18, no. 2, str. 55-67.</p>
<p>PODGORNIK, Nevenka. Reality psychotherapeutic process with a person that has mental disorders. <i>Research in social change</i>, sept. 2012, no. 4, iss. 3, str. 187-216.</p>
<p>PODGORNIK, Nevenka. A Psychotherapeutic treatment of psychosomatic problems. <i>Innovative issues and approaches in social sciences</i>, 2014, vol. 7, no. 3, str. 148-166.</p>

PODGORNIK, Nevenka, KOVAČIČ, Andrej. Can mental health be viewed as a public social problem? *The International journal of mental health*, 2014, vol. 43, no. 2, str. 52-69.

PODGORNIK, Nevenka. A psychosocial approach to treating young people's and young adults' computer addictions : individual and group counseling therapeutic program. V: BOZOGLAN, Bahadir (ur.). *Multifaceted approach to digital addiction and its treatment*, (Advances in psychology, mental health, and behavioral studies (APMHBS), Hershey (PA): IGI Global. cop. 2019, str. 281-291.

PODGORNIK, Nevenka. *Izzivi sodobne vzgoje*. 1. izd. Ljubljana: Vega, 2015.