



Table 2

3.2. Course description

Basic description		
Course coordinator	Doc. dr sc. Ika Rončević-Gržeta	
Course title	Family in health and illness	
Study programme	Nursing – Mental health	
Course status	elective	
Year	II	
ECTS credits and teaching	ECTS student 's workload coefficient	1,5
	Number of hours (L+E+S)	(10+0+15)

1. COURSE DESCRIPTION

1.1. Course objectives

The aim of the course is to familiarize students with family functioning and dynamic processes in the family and point out the importance of families as basic social community. Course content includes information on the functioning and healthy family dynamics over the life cycle of the family, as well as information about a dysfunctional family in a situation such as divorce, a sick member, stressful events, etc. Link and face important determinants of family life events (birth of a child, the birth of another child, school child in the family, adolescent in the family, leaving the family, retirement ...) in the family homeostasis. Integrated neurotic conflicts of the individual partners in understanding the specific interpersonal dynamics. Emphasize resources in healthy and dysfunctional families in dealing with frustration, stress and trauma, such as during a divorce, losing a family member, domestic violence, disease, etc. Recognize the family as the basic unit that will provide support to sick members and reflect on the emotional responses of family members in conjunction with the basic family dynamics, and introduce students to the way in which family members will help to overcome an emotional crisis facing illness, disability or death of family members. Introduce students to the basic therapeutic possibilities of the family. Considered in the context of family and social interdependence with the wider community and in relation to legal, moral and ethical standards. In addition to theoretical knowledge the student during the practical forms of teaching will practice ways of keeping the conversation with his family, to recognize the emotional reactions of family members as well as their own emotional reactions in terms of countertransference.

1.2. Course enrolment requirements

None

1.3. Expected course learning outcomes

After completion of this course, students will be familiarized with the basic theories of family dynamics and will be able to interpret the fundamental concepts in the field of family pathology.

Also, the student will be able to:

Evaluate the contemporary biopsychosocial access to family health and disease

Explain the structure of personality of a family member and it's impact on family relations

Explain the impact of complex changes during the life cycle on the individual and family balance

Prepare a plan for potential family treatment

Identify pathological emotional reactions to stressful events

Apply psychological knowledge and skills in the perseveration of health, diagnosis, treatment and rehabilitation of families

1.4. Course content



1 Sex: the biological fate and socialization - the dilemma regarding the role of gender, the importance of biological determinants in relation to the stereotypes in our society, the role of socialization
 2nd Love and intimacy - how to create intimate relations, the factors that play an important role in the emergence of relationship
 3rd Stop partner relationships and divorce - factors crucial to stop the partnership, the psychological reaction to stop, how to facilitate, to help partners to realize the basic reasons for the failure so the same would not be repeated in the future
 4th Violence - all more common, the question of the need for power and dominance in the partnership; determinants of personality structure, forms of domestic violence (violence against women over men, the elderly and children)
 5th Methods of partner-family therapy - when and why family therapy, the role of the therapist in family therapy, family therapy methods
 6th Adolescent in the family - family development cycles, crises, adolescent in the family, the problems of growing up and separation and how to help adolescents and families
 7th Mental illness in the family - the peculiarities of the dynamics of families with mentally ill member, how to recognize and how to help families
 8th Stress in families - families in stressful situations, stress the importance of family and impact on family dynamics, how to identify and help
 9th Chronic illness of a family member - the sick, specifics when it comes to illness of the child (from birth or acquired later), a disease of one of the parents
 10th Exam

<i>1.5. Teaching methods</i>	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> long distance education <input type="checkbox"/> fieldwork	<input type="checkbox"/> individual assignment <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other
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1.6. Comments

1.7. Student's obligations

Regular attendance to lectures and seminars (30% missing allowed. Students need to prepare themselves for the seminars.

1.8. Evaluation of student's work

Course attendance	10%	Activity/Participation	20%	Seminar paper	10%	Experimental work	
Written exam	15%	Oral exam	15%	Essay		Research	
Project		Sustained knowledge check	30%	Report		Practice	
Portfolio							

1.9. Assessment and evaluation of student's work during classes and on final exam

Evaluation would be performed according the legal acts for University of Rijeka and for School of medicine
 The student performance will be evaluated through the evaluation of the whole activities during the teaching period -70% and on the final exam 30%.

1.10. Assigned reading (at the time of the submission of study programme proposal)

1. S. Nikolić: Osnove obiteljske terapije
2. Melvill: Family relationships
3. Papers - help in lectures

1.11. Optional / additional reading (at the time of proposing study programme)

Mira Čudina-Obradović, Josip Obradović. Psihologija braka i obitelji. Golden Marketing – Tehnička knjiga; Zagreb,2006.

1.12. Number of assigned reading copies with regard to the number of students currently attending the course

Title	Number of copies	Number of students



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<i>1.13. Quality monitoring methods which ensure acquirement of output knowledge, skills and competences</i>	
Anonymous evaluation questionnaire is given to the students at the end of the course. The rate of the course completion and grading is evaluated.	