

COURSE OUTLINE

1. GENERAL

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| SCHOOL | SOCIAL SCIENCES | | |
| DEPARTMENT | PSYCHOLOGY | | |
| LEVEL | <i>Undergraduate</i> | | |
| COURSE CODE | PSY-3608 | SEMESTER | 5 th |
| COURSE TITLE | <i>Psychosomatics and Somatomorphic disorders</i> | | |
| TEACHING ACTIVITIES | WEEKLY HOURS | ECTS | |
| Lectures, demonstration of videos | 3 | 4 | |
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| COURSE TYPE | Clinical Field of Psychology (Elective) | | |
| PREREQUISITES COURSES: | None | | |
| INSTRUCTION/EXAM LANGUAGE: | Greek | | |
| OFFERED TO ERASMUS STUDENTS | YES (independent study of English literature under the guidance of the instructor, 3 small essays and 1 term paper in English) | | |
| COURSE WEB PAGE (URL) | https://elearn.uoc.gr/course/view.php?id=85 (Password required) | | |

2. LEARNING OUTCOMES

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| Learning Outcomes |
| <p>The course aims to cover specific teaching needs in the area of clinical and health psychology.</p> <p>At the end of the course, the students should be able to:</p> <ul style="list-style-type: none"> • Comprehend the psychodynamic parameters which signal dangerous behaviors, the somatic expression of anxiety and tension, the somatization of traumatic experiences and the psychic exhaustion and their symbolization, as well as the projection of primary and secondary needs in the conversion phenomena (hysterical expressions). • Distinguish the psychosomatic from the somatomorphic disorders. • Become familiar with the classification of somatomorphic disorders (according to DSM and ISD) and their characteristics. • Understand the role of traumatic events and the relationship between mother and child in the genesis of psychosomatic symptoms and in health, in general. • Become familiar with clinical examples (i.e. case studies) of psychosomatic and somatomorphic disorders. |
| General Competences |
| <ul style="list-style-type: none"> • Critical thinking • Working independently • Working in an interdisciplinary environment • Criticism and self-criticism • Production of free, creative and inductive thinking |

3. COURSE CONTENT

- Definition of the concepts “psychosomatic” and “somatomorphic” in the field of psychology and especially in psychoanalysis: Distinction between symptoms.
- The etiology of somatic diseases: The acknowledgement of multifactoriality (biology, personality, relationships, anxiety-stress, defense mechanisms).
- Psychosomatic symptoms in children and the role of the relationship between mother and child: psychoanalysis and attachment theory.
- Causal effect variables of the psychosomatic contribution {primary and secondary causes}.
- Theoretical schools of psychosomatic medicine: Psychoanalysis, Health psychology, Psychoanalytic health psychology.
- Psychological clinical approaches for assessment and treatment of psychosomatic and somatomorphic disorders. Differential diagnosis for the conversion phenomena {hysterical syndromes}.
- The role of anxiety and stress in the expression of psychosomatic and somatomorphic disorders.
- The socio-cultural approach of somatization: The somatization as an expression of depression and trauma in non western cultures.
- Somatomorphic disorders: Types, symptoms, diagnosis and case studies.
- Psychosomatic disorders: Somatization, psychosomatic personality structure, the psychosomatic field of expression and symbolism.
- Psychoanalytical and Social-cognitive therapies in psychosomatic and somatomorphic disorders.
- The psychosomatic and somatopsychic dimension of the somatization phenomena through examples of clinical practices.
- Conclusion and comparison of different schools of thought.

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

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| INSTRUCTION METHOD | In class (face-to-face). These meetings include lectures, short video demonstrations, and discussions. | | |
| INFORMATION AND COMMUNICATION TECHNOLOGIES USED | Use of ICT in teaching Support for learning (communication with students and delivery of all course material) via the UoC e-learn online platform. | | |
| TEACHING ORGANIZATION | <i>Activity</i> | <i>Semester Work load</i> | <i>ECTS credits</i> |
| | Lectures | 39 | 1,56 |
| | Independent Study | 60 | 2,04 |
| | Participation in final exams | 2 | 0,08 |
| | Course Total | 101 | 4,04 |
| STUDENT EVALUATION | <p>The evaluation is in Greek for the students of UoC and in English for the Erasmus students.</p> <p>The evaluation will be by means of:</p> <p style="padding-left: 40px;">I. Written exam at the end of the semester (100%).</p> <p>The evaluation criteria are presented during the 1st lecture of the semester. Moreover, all criteria are available to the students via the web-site of course on UoC e-learn platform.</p> | | |

5. BIBLIOGRAPHY

This course is comprised of a range of different free, online materials (lecture notes, slides & videos). However, the course makes primary use of the following materials:

Basic bibliography:

- Nathalie Dumet (2011). *The Clinical of the Psychosomatic disorders* (ed. K.Hatira), Gundeberg Publisher, Athens.

Additional reading:

- Duberstein P. R. & Masling J. M. (2007). *The Psychodynamics of Perceptions* (ed. K. Hatira), Gundeberg, Publisher, Athens.