

## COURSE OUTLINE

### 1. GENERAL

<b>SCHOOL</b>	SOCIAL SCIENCES		
<b>DEPARTMENT</b>	PSYCHOLOGY		
<b>LEVEL OF STUDIES</b>	Under-Graduate		
<b>COURSE CODE</b>	<b>Ψ 3698</b>	<b>SEMESTER</b>	6 <sup>th</sup>
<b>COURSE TITLE</b>	Psychosomatic and somatoform disorders		
<b>INDEPENDENT TEACHING ACTIVITIES</b>		<b>WEEKLY TEACHING HOURS</b>	<b>ECTS</b>
Lectures		3	4
<b>COURSE TYPE</b> <i>general background, special background, specialised general knowledge, skills development</i>	Specialised general knowledge (elective)		
<b>PREREQUISITES COURSES:</b>	No		
<b>INSTRUCTION/EXAM LANGUAGE:</b>	Greek		
<b>OFFERED TO ERASMUS STUDENTS</b>	No		
<b>COURSE WEB PAGE (URL)</b>	TBA		

### 2. LEARNING OUTCOMES

Learning Outcomes
<p>This module aims to facilitate students' awareness of psychosomatic symptoms and their symbolism, somatoform disorders and conversion phenomena. Furthermore, the module aims to clarify the differentiation between psychosomatic and somatoform disorders. The primary theoretical approach is psychoanalytic/psychodynamic, though other related approaches are also discussed.</p> <p>Specifically, Freud's initial observations regarding conversion phenomena and his statements on the connection between the psychic and the physical will be presented. Then, the early theories on the psychosomatic will be examined and contrasted to the contemporary approach of the biopsychosocial health and illness model, as well as the fundamentals of health psychology.</p> <p>The next section of the module will familiarize students with the diagnostic criteria, the causality and the differential diagnosis of somatoform disorders, as well as the fundamental contemporary approaches of psychoanalytic psychosomatics.</p> <p>That will be followed by lectures focusing on specific clinical issues such as child psychosomatics, trauma, stress and grief, as well as fields related to the biopsychosocial approach of physical health issues which are closely related to the social, such as HIV and addiction.</p> <p>Lastly, examples of empirical research based on the psychosomatics and the approach towards somatoform and psychosomatic disorders in therapy will be presented.</p> <p>The module will take the form of lectures, where conversation within the student group, critical thinking and reflection are encouraged. The theoretical part will be systematically</p>

framed by the presentation of research and clinical examples, which will also be used to practice differential diagnosis and case formulation.

At the end of the module, students should be able to:

- Express knowledge on psychosomatic symptoms and basic theoretical approaches thereto with a more in-depth understanding of the psychoanalytic/psychodynamic approach.
- Discern between psychosomatic and conversion symptoms.
- Comprehend the classification of somatoform disorders (according to the DSM), their specific characteristics and elements of basic differential diagnosis from other disorders (such as personality disorders).
- Comprehend the multiple factors of physical and somatoform disorders, as well as the therapeutic interventions used to address them.

Additionally, regarding a wider scope of outcomes, the aim of this module is for students to:

- Grasp the importance of intersectional and biopsychosocial approach to health, sickness and psychological phenomena in general.
- Critically and creatively reflect on the theories discussed.

Connect theoretical knowledge to research planning, therapeutic intervention and clinical application.

#### General Competences

- Search for, analysis and synthesis of data and information, using the necessary technologies
- Adaptation to new situations
- Decision-making
- Autonomous work
- Work in an interdisciplinary environment
- Respect for diversity and multiculturalism
- Demonstration of social, professional and ethical responsibility and sensitivity to gender issues
- Exercise of critique and self-critique
- Promotion of free, creative and inductive thinking

### 3. COURSE CONTENT

*The course's content is linked to the 5 main axes of the curriculum:*

*Scientific Foundations [1], Scientific Research and Critical Thinking [2], Ethical and Social Responsibility [3], Communication Ability [4], Basic Preparation for Career Decisions and Vocational Rehabilitation [5].*

1. Psychosomatics: Definitions, connection between “psyche” and body [1,2,3,4]
2. The birth of the contemporary study of the intertwining of psychic and somatic: Studies on hysteria. – Overview of psychoanalytic metapsychological models. [1,2,3]

3. Psychosomatic medicine, Health Psychology, the biopsychosocial model of health and illness. [1,2,3]
4. Stress and trauma. [1,2,3]
5. Somatoform disorders: diagnostic criteria, etiology, treatment approaches. [1,2,3,5]
6. Contemporary psychoanalytic approach to the connection between psyche and body: symbolic function and emotion regulation. [1,2,3]
7. Deficit approaches: The Psychosomatic School of Paris [1,2,3]
8. Conflict and fantasy approaches: McDougall, Krystal, the British School, Lacanian orientation. [1,2,3]
9. Psychosomatic constitution of the infant and the child. [1,2,3]
10. Body, gender and society: the example of HIV. [1,2,3,4]
11. Addictions and substance use as psychosomatic conditions [1,2,3,4]
12. Research in psychosomatics [1,2,3,4,5]
13. Therapeutic approaches to the body: behavioral medicine, psychoanalysis and psychoanalytic interventions [1,2,3,4,5]

#### 4. INSTRUCTIONAL and LEARNING METHODS - EVALUATION

<b>INSTRUCTION METHOD</b>	In the classroom (vis-à-vis)		
<b>INFORMATION AND COMMUNICATION TECHNOLOGIES USED</b>	Use of multimedia and technical support. Support through the utilization of UoC e-learn online platform.		
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester workload (hours)</b>	<b>ECTS</b>
	Lectures	39	1.56
	Study for final exams	60	2.4
	Participation in the exams	2	0.08
	<b>Total</b>	<b>101</b>	<b>4.04</b>
<b>STUDENT EVALUATION</b>	<p>Exams are held in Greek.</p> <p>Final exams may include:</p> <ul style="list-style-type: none"> <li>- Essay questions</li> <li>- Short answer questions.</li> </ul> <p>Assessment criteria are presented during the first lecture and are presented on the online page of the course.</p>		

## 5. BIBLIOGRAPHY

- *Suggested literature*

- Αναγνωστόπουλος, Φ. & Καραδήμας, Ε. (επ. εκδ.) (2008). *Υγεία και ασθένεια: ψυχολογικές διεργασίες [Health and Illness: Psychological processes]*. Αθήνα: Λιβάνης.
- Dumet, N. (2011). *Η κλινική των ψυχοσωματικών διαταραχών. Ψυχαναλυτική προσέγγιση [The clinic of psychosomatic disorders. Psychoanalytic approaches]* (Κ. Χατήρα επ.). Αθήνα: Gutenberg.
- Sloate, P. L. (επιμ.) (2024). *Από το σωματικό στο συμβολικό. Ψυχοσωματικές καταστάσεις και ψυχικοί μετασχηματισμοί [From soma to symbo. Psychosomatic conditions and transformatice experience]* (Α. Καλτσούδα επ.). Αθήνα: Πεδίο.

- *Related scientific journals*

*Psychotherapy and psychosomatics*

*Psychosomatics*

*Psychosomatic medicine*

*Journal of Psychosomatic Research*

*International Journal of Behavioral Medicine*

*International Journal of Psychoanalysis*