

SYLLABUS

1. Name of the department / clinic providing the course:

Department of Psychodermatology and Neuroimmunobiology of the Skin

2. Course title:

3. Course profile:

4. Specialty:

5. Level of course unit:

6. Course unit title: Coping strategies and psychodermatological awareness

7. Course unit code:

8. Type of course unit: elective

9. Course aims:

The aim of this course is to provide students with a knowledge of stress physiology and its meaning for daily life, stress coping strategies and the profits connected with the ability to deal with stress effectively. We also would like to gain students' knowledge of burnout syndrome and its effect on work effectiveness. Finally, we wish to sensitize students to idea of psychodermatology and show the links between psychological functioning and condition of the skin and multiple skin diseases.

10. Year & semester of study:

11. Types of educational activities and number of hours allocated: classes x 51h

12. Number of ECTS credits allocated and their structure according to students' from of learning:

13. Names of course unit's faculty: Anna Zalewska-Janowska MD, PhD; Katarzyna Tomaszewska MD, PhD; Aleksandra Słodka PhD; Bartłomiej Tarkowski PhD, Aneta Gruchała-Cisłak PhD.

14. Prerequisites: Basic knowledge of human physiology

15. Learning activities and teaching methods:

discussion, multimedia based learning, workshop, case studies, self-directed learning

16. Course unit content:

1. Introduction to Stress and Stress Physiology

- Definition and types of stress (acute vs. chronic).
- Biological stress response: HPA axis, cortisol, autonomic nervous system.
- Impact of stress on daily life and health.

2. Coping with Stress – Strategies and Effectiveness

- Problem-focused vs. emotion-focused coping.
- Adaptive vs. maladaptive coping behaviors.
- Techniques: relaxation, mindfulness, cognitive restructuring, time management.
- Benefits of effective stress management.

3. Burnout Syndrome and Work Effectiveness

- Symptoms and stages of burnout.
- Risk factors and occupational stress.
- Burnout vs. depression – similarities and differences.
- Prevention and intervention strategies.

4. Psychodermatology – The Mind-Skin Connection

- Definition and scope of psychodermatology.
- Mechanisms linking psychological stress and skin conditions.
- Common psychodermatological disorders (e.g., psoriasis, eczema, acne, alopecia areata).
- Psychological interventions in dermatological treatment.

5. Integrative Approaches and Practical Applications

- Stress management in daily routines.
- Holistic care: collaboration between dermatologists, psychologists, and psychiatrists.
- Case studies: patient scenarios linking stress, coping, and skin health.
- Self-care practices for maintaining psychological and dermatological well-being.

17. Course objectives:

Knowledge

After the course student should know:

- the definition of stress, the mechanism of its occurrence and potential stress sources
- adaptive stress coping strategies
- the strategies of burnout syndrome prevention
- most common psychodermatological disorders

Skills

After the course student should be able to:

- Identify thoughts, emotions and stress symptoms occurring to him in stressful situation

- Describe and use at least two methods of relaxation
- List the components of burnout syndrome

Attitudes and transferable (generic) competencies

After the course student should in practice:

- Be able to introduce adaptive stress coping strategies
- Utilize time management and planning strategies in his daily duties
- Identify and develop personal resources useful in stress coping process
- Cooperate in an interdisciplinary team

18. Required and recommended learning resources (readings):

Required: All the learning materials will be delivered to the students during the course.

Recommended: Stephen Palmer, „*Coping with stress at University*”, 2006. Sage Publications Inc.

19. Assessment methods and criteria:

A prerequisite for passing the course is attendance at classes and a short test to verify the learning outcomes including closed and open questions.

20. Additional information:

Contact:

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21. Statement and signature of the course leader:

I hereby state that the content of the curriculum included in the syllabus below is the result of my individual work completed as part of work contract/cooperation resulting from a civil law contract, and that author rights to this title are not the property of a third party.

22. Dean's signature:

23. Date: