



Detailed Course Syllabus

Academic Year 2023/2024		Semester summer	
Study Program	Graduate university study	Specialization/ Major in	For Student Incoming Mobility
		Year of Study	1-2

I. BASIC COURSE INFORMATION

Name	Psychological Approaches to Pain Management		
Abbreviation	IZBEPSIH17	Code 251869	
Status	Elective	ECTS	3
Prerequisites	none		
<i>Total Course Workload</i>			
Teaching Mode	Total Hours	Teaching Mode	Total Hours
Lectures	15		
Practice	30		
Class Time and Place			

II. TEACHING STAFF

Course Holder

Name and Surname	Ljiljana Pačić-Turk		
Academic Degree	PhD	Professional Title	Associate Professor
Contact E-mail	ljpturk@unicath.hr	Telephone	+385 (1) 6706 604
Office Hours	According to the published schedule		

Associates in the course

Name and Surname	Ana Havelka Meštrović		
Academic Degree	PhD	Professional Title	Assistant Professor
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Office Hours	according to the published schedule		

Associates in the course

Name and Surname	Josipa Gelo		
Academic Degree		Professional Title	assistant
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Office Hours	according to the published schedule		

III. DETAILED COURSE INFORMATION

Teaching Language English

The aim of the course is to acquaint students with psychological techniques and treatments in dealing with the phenomenon of pain.

Course Description **Content:** Theories of pain. Pain measurement. Psychological and sociocultural determinants of pain. Interdisciplinary approaches in pain treatment. Paradoxical pain forms: phantom pain and causalgia. Pain control psychological methods and techniques (operant conditioning, cognitive-behavioral techniques, relaxation, biofeedback, virtual therapy). Other pain therapy procedures (hypnosis, audio-analgesia, TENS, acupuncture). Adaptation of the psychological treatment of pain adaptation to patients individual characteristics and his needs

- Expected Educational Outcomes**
- distinguish the theories of pain and the types of pain
 - analyze psychological and sociocultural determinants in the experience and interpretation of pain
 - compare different forms of behavior in painful states
 - apply different pain measurement procedures
 - compare different psychological procedures in pain control treatments
 - design a procedure and implementation of psychological pain treatment adapted to the characteristics and needs of the individual

Textbooks and Materials

Required Havelka Meštrović, A., Havelka, M. (2020). Biopsihosocijalni pristup boli. U: Havelka Meštrović, A., Havelka, M. (2020). Zdravstvena psihologija. Psihosocijalne osnove zdravlja. Jastrebarsko: Naklada Slap.

Turk, D. C. i Gatchel, R. J. (ur). (2018). Psychological Approaches to Pain Management: a practitioner's handbook. NY: Guilford Press.

Supplementary Caudill, M.A. (2016). Managing pain before it manages you: Fourth Edition. New York, NY: Guilford Press.

Examination and Grading

To Be Passed	yes	Exclusively Continuous Assessment	no	Included in Average Grade	yes
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Prerequisites to Obtain Signature and Take Final Exam Regular class attendance (attendance at least 70% of classes)
Obtaining a minimum of 35% points (out of a total of 100 points) during classes

Examination Manner Continuous evaluation of student work through teaching activities
Final written exam (minimum for passing the written exam is 50% correct answers)

Way to earning points:

- Grading Manner**
1. **Teaching activities - 70%:**
 - 1. colloquium- 20%
 - Practice - 50%
 2. **Final written exam - 30%**

Numerical grading scale for student work:

excellent (5) – 90 to 100% points
 very good (4) – 80 to 89.9% points
 good (3) – 65 to 79.9% points
 sufficient (2) – 50 to 64.9% points
 insufficient (1) – 0 to 49.9 % points

**Detailed
 Overview of
 Grading within
 ECTS**

TYPE OF ACTIVITY	ECTS ponts- coefficient of the student workoload	GRADE PERCENT (%)
Attending Classes	1.2	0
Practice	0.9	50
Colloquium	0.4	20
Total during classes	2.5	70
Final exam	0.5	30
TOTAL POINTS (classes + final exam)	3	100

**Midterm Exam
 Dates**

8th and 14th term of classes

**Final Exam
 Dates**

According to the published schedule

IV. WEEKLY CLASS SCHEDULE

Lectures

Week	Topic
1.	Introductory lecture
2.	Theories of pain
3.	Pain measurement
4.	Psychological determinants of pain
5.	Sociocultural characteristics of pain
6.	Paradoxical pain forms: phantom pain and causalgia
7.	Interdisciplinary approaches in pain treatment. Methods of pain control
8.	Model of operant conditioning in pain treatment
9.	Cognitive-behavioral techniques in pain treatment
10.	Relaxation technique in pain treatment
11.	Biofeedback and virtual therapy in pain treatment

12.	Group therapy with patients with chronic pain
13.	Colloquium
14.	Other pain therapy procedures (hypnosis, audio-analgesia, TENS, acupuncture)
15.	Adaptation of psychological treatment of pain according to age

<i>Practice</i>	
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Week	Topic
1.	Exercises according to the lecture topic
2.	Exercises according to the lecture topic
3.	Exercises according to the lecture topic
4.	Exercises according to the lecture topic
5.	Exercises according to the lecture topic
6.	Exercises according to the lecture topic
7.	Exercises according to the lecture topic
8.	Exercises according to the lecture topic
9.	Exercises according to the lecture topic
10.	Exercises according to the lecture topic
11.	Exercises according to the lecture topic
12.	Exercises according to the lecture topic
13.	Exercises according to the lecture topic
14.	Exercises according to the lecture topic
15.	Exercises according to the lecture topic