



Detailed Course Syllabus

Academic Year	2025. / 2026.	Semester	2
Study Program	Nursing	Specialization / Major in	Master's Degree
		Year of Study	1

I. BASIC COURSE INFORMATION

Name	Psychological Crisis Interventions		
Abbreviation	IZBD273	Code	279354
Status	elective	ECTS	5
Prerequisites	none		
Total Course Workload			
Teaching Mode	Total Hours	Teaching Mode	Total Hours
Lectures	15	Seminars	15
Class Time and Place	CUC according to published timetable		

II. TEACHING STAFF

Course Holder

Name and Surname	Marta Čivljak		
Academic Degree	PhD	Professional Title	Professor
Contact E-mail	marta.civljak@unicath.hr	Telephone	+385 (1) 3706 618
Office Hours	According to published timetable Office		

Course Collaborator

Name and Surname			
Academic Degree		Professional Title	
Contact E-mail		Telephone	
Office Hours	According to published timetable Office		

Course Collaborator

Name and Surname			
Academic Degree		Professional Title	
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III. DETAILED COURSE INFORMATION

Teaching Language English

Course Description *To inform students about fundamental concepts of stress and psychological crisis, procedures for recognizing psychological stress situations using modern diagnostic criteria, and to introduce them to possible therapeutic and other interventions in psychological crisis situations.*

By the end of the course, students will be able to:

- Expected Educational Outcomes**
- Analyze psychological crisis and stress
 - Differ psychological crisis from other conditions with similar symptoms
 - Apply therapeutic procedures in crisis interventions
 - Describe preventive programs
 - Explain stressful traumatic events and their consequences
 - Describe the specifics of working in crisis situations
 - Describe the specifics of communication in crisis situations

Textbooks and Materials

Required **World Health Organization.** International classification of diseases, 11th revision (ICD-11). Geneva: World Health Organization; 2019. Available from: <https://icd.who.int/>

Supplementary Recently published professional and scientific articles in the field will be used

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 attendance (at least 70% of classes)
Completion of seminar assignments

Examination Manner

Continuous assessment through:
Teaching activities: Seminar work
Final exam: Written test

Grading Manner

Grade Percentage of Points

Unsatisfactory (1) 0 - 59.9%

Satisfactory (2) 60 - 69.9%

Good (3) 70 - 79.9%

Very Good (4) 80 - 89.9%

Excellent (5) 90 - 100%

Detailed Overview of Grading within ECTS

ACTIVITY TYPE	ECTS Student Workload Coefficient	GRADE PERCENTAGE (%)
Class Attendance	1	0
Seminar Presentation	0,9	30
Total in Class	1,9	30
Final Exam	2,1	70
TOTAL ECTS (Classes + Final Exam)	4	100

Midterm Exam Dates

Final Exam Dates

According to published timetable

IV. WEEKLY CLASS SCHEDULE

Lectures

Week	Topic
1.	Psychological Crisis, Psychological Trauma, and Stress
2.	Mental Mechanisms and Psychological Conflict
3.	Anxiety Disorders, Stress-Related Disorders
4.	Psychotherapeutic and Psychopharmacological Approaches in Crisis Situations
5.	Post-Traumatic Stress Disorder and Acute Stress Disorder
6.	Communication Skills in Crisis and Other Stressful Situations
7.	Stress and Crisis: Physical and Psychological Aspects of Illness Development
8.	Patients' Reactions to Illness
9.	Reactions to Illness and Physiological Processes Across Different Life Stages
10.	Emotions and Empathy: Patient-Doctor and Doctor-Patient Relationship
11.	Eating and Sleep Disorders Related to Stress and Crisis Situations
12.	Loss and Mourning

Seminars

Week	Topic
1.	Group and Teamwork Dynamics
2.	Relaxation Techniques
3.	Coping with Loss and Support
4.	Loss and Mourning in Specific Contexts
5.	Addressing Mental Health Issues During Health Crisis Situations
6.	Communication in Emergency and Traumatic Situations
7.	Psychological Interventions in Crisis Situations