

## BASICS OF PSYCHOLOGY

**Goal of the course:** to acquire a system of psychological knowledge, form medical and psychological skills based on it, which is one of the crucial elements in professional training and professional activities of future doctors; which allows solving issues of building and organizing person-to-person interaction in the team, in understanding of the most efficient methods of impact on personality.

The discipline is related to such subjects as Ukrainian, philosophy, history of Ukraine and Ukrainian culture, medical psychology, etc.

**The process of learning the discipline is aimed at developing the following competencies:** ability to establish psychological contact with a patient; ability to take into account gender and age peculiarities of patients while selecting means and methods of medical and psychological rehabilitation; ability to apply deontological standards of doctor's work given a humanistic component, historical heritage and cutting-edge medical achievements; ability to assess adequately the impact of social and economic as well as system and value-based determinants on human health; ability to establish psychological contact with a patient; ability to monitor, analyze, generalize and systematize psychological facts; ability to acquire and apply methods of psychological diagnostics; ability to determine individual and psychological differences of persons due to their demonstration in activities and communications, as well as to take into account individual peculiarities of patients while selecting means and methods of medical aid; ability to define special features of emotional expressions and reveal their relation to other psychological processes while treating diseases; ability to use theoretical knowledge of psychology in everyday life and future profession; to develop positive personal characteristics and behavior as a specialist.

### **Program learning outcomes:**

**to know:** a subject matter of psychological science; methods of psychological research; psychology of personality and activity; individual differences of attention, feelings and perception; development of individual differences in memory, thinking and imagination; particularities of advancing emotional-volitional personal qualities; individual and typological characteristics.

**to be able to:** classify methods of scientific and psychological research; define functions of psychology and forms of their manifestation; explain origin, historical evolution and structure of consciousness; analyze a psychological structure of personality; interpret the role of communication in doctor's professional activities; generalize causes of conflict and define behavioral styles in a conflict situation; explain particularities of psychological cognitive and emotional-volitional processes, as well as justify their role in doctor's professional activities; determine individual and psychological differences of personality due to their demonstration in activities and communications.

**to acquire:** main categories and terms of psychology; forming regularities and key properties of personal psychological processes, emotional-volitional aspect and individual characteristics of persons; skills of psychological features of personal activities and communications; new possibilities for professional medical work; skills of the most efficient methods of impact on personality of sick people.

### **Key categorical framework of the discipline**

Psychological culture of personality, psychology, subject matter of psychology, mentality, spirit, psychological processes, consciousness, experiment, behavior, behavioral science, unconsciousness, psychoanalysis, psychology of personality, human being, individual, singularity, cognitive mental processes, individual and psychological personal differences, emotional-volitional aspect.

### **Discipline content:**

**Subject matter, objectives and methods of psychology.** Concept of psychology, its subject matter and key objectives. Core development trends in contemporary psychology. Concept of psyche and its functions. Key forms of psyche manifestation, their interaction. Structure of consciousness. Concept of unconsciousness. Characteristics of primary areas of psychological knowledge. Medical psychology. Relation between psychology and other sciences. The role of psychological knowledge in doctor's practical activities. General concept of psychological research methods. Aspects, schools and concepts in psychological science.

**Psychology of personality and activity.** General concept of personality. Contemporary personality theories. Psychological structure of personality. Biological and social elements of personality. Key factors and conditions for personal growth. Development of doctor's personality. Concept of activities. Goal and drivers of activities. Medical work and development of professional skills and abilities. Communication as a specific variety of activity. The role of communication in doctor's professional activities. Social groups. Concept of groups. Classification of groups. Psychological compatibility and conflict in person-to-person relations. Causes of conflicts. Behavioral styles in a conflict situation.

**Attention. Feelings and perception. Memory. Thinking, imagination.** Concept of attention as a special form of mental activity. Physiological foundation for attention. Classification of attention types. Characteristics of key attention types. Individual differences of attention. Inattention and its causes. The role of attention in doctor's professional activities. General characteristic of cognitive processes. Concept of feelings. Physiological foundation for feelings. Key properties of feelings. Sensitivity of analyzers, sensitivity thresholds. Classification and varieties of feelings. Pain senses. Individual differences of feelings, their diagnostics. Concept of perception. Physiological foundation for perception. Characteristic of key perception properties. Types of perception. Concept of illusion and hallucination. Individual differences of perception, their diagnostics. Feelings and perception in doctor's professional activities. Concept of memory. Psychological memory theories. Classification of memory types and their interaction. Characteristic of core memory processes. Remembering and its varieties. Efficient remembering conditions. Information preservation, its conditions. Reproduction and its varieties. Forgetting and its causes. Individual differences of memory, their diagnostics and development. Memory in doctor's professional activities. Concept of thinking and understanding of its specific nature in comparison with direct sensitive reflection. Social nature of thinking. Key thinking theories. Psychological characteristic of thinking as a problem-solving process. Concept of a problem situation. Intellectual operations as key thinking mechanisms. Logical forms of thinking. Classification of thinking types. Individual differences of thinking, their diagnostics and development. Demonstration of intellectual abilities in doctor's professional activities. Concept of imagination and its singularity as a cognitive process. Physiological foundation for imagination. Classification of imagination types, their characteristic. A dream as a special type of imagination. Techniques of creating imagination patterns. Imagination and personality. Imagination in doctor's professional activities.

**Emotional-volitional aspect of personality.** Concept of emotions and feelings. Psychological emotion theories. Physiological foundation for emotions and feelings. Expression of emotions and feelings. Forms of experiencing emotions and feelings. Types of emotions. Types of feelings. Higher feelings. Core parameters of the emotional process. Emotions and human health. Consideration of patient's emotional state during treatment. The role of emotional states in the regulation of human behavior and activities. Diagnostics of the personal emotional aspect. Concept of will. Physiological foundation for will. Psychological will theories. Concept of voluntary and involuntary actions. Simple and complex volitional actions, their analysis. Concept of volitional efforts and will power. Weak will and its causes. Key volitional personal qualities, their development. Doctor's volitional qualities and their role in professional activities.

**Individual and psychological differences of personality.** Concept of temper, its role in psychic activities and behavior. Key temper properties. Physiological foundation for temper. Temper theories. Temper types, their psychological characteristic and diagnostics. Consideration of patient's temper features in doctor's professional activities. Concept of character, its relation to temper. Physiological foundation for character. Accentuation of character. Development of character. Character and personality. Doctor's character and professional activities. Concept of abilities. Potential as a natural prerequisite for ability development. Types of abilities. Levels of ability development. Individual differences of human abilities, their diagnostics. Relation among temper, character and abilities. Abilities in doctor's professional activities.

**Capacity of the discipline:** 3 ECTS credits, total amount of 90 hours, including 34 in-class hours and 56 hours of individual work.

**Form of semester control:** final test