

## **SOCIAL WORK**

### **MASTER PROGRAM IN PSYCHOSOCIAL REHABILITATION**

**Degree:** Master

**Professional qualification:** Master in *Psychosocial rehabilitation*

**Duration of studies:** 1 academic year (two semesters)

**Mode of education:** part-time

**Admission requirements:** completed education and qualification degree of "Bachelor" or "Master" in a field 3.4. Social activities and 3.2. Psychology, with an average grade of the diploma for completed higher education not lower than “good”.

Professional field 3.4 Social activities in the area of higher education 3.4 Social, economic and legal sciences at the South-West University “Neofit Rilski” is accredited by the National Evaluation and Accreditation Agency on 16.07.2018 for a 6-year period on the grounds of an overall assessment of 9.26 (nine, point twenty-six).

The program expands the fundamental, broad-based and specialized training in social activities acquired in the bachelor's degree. Graduates will have a wide interdisciplinary training, combining knowledge, skills and competencies in the field of psychosocial rehabilitation following the latest trends in this field on a European and global scale.

The program provides for the integration of knowledge and skills and the application of relevant competencies in practice with individuals, families, groups, communities and organizations.

#### **Areas of professional realization:**

In the process of their training and research, the Masters of Psychosocial Rehabilitation are prepared to work as a:

- Managers.
- Administrative officers.
- Analytical specialists in social activities.
- Lecturers, academic researchers, and scholars.
- At any structure within the social welfare system.
- at any system wherein a regulated position for performing psycho-social rehabilitation exists (mental health services in the community, day care centers, sheltered housing, health care and judicial system)

Successful graduates from the Master's Degree in Psychosocial Rehabilitation can continue their studies in the country and abroad in other Master's degree programs and PhD programs.

## CURRICULUM

### MASTER PROGRAM PSYCHOSOCIAL REHABILITATION

First semester	ECTS credits	Second semester	ECTS credits
Basics of Psychosocial Rehabilitation	4	Work with Families in Mental Health Care Services	3
Organization of Community Mental Health Services	3	Leadership in Community Mental Health Services	3
Therapeutic Behavior	4	Home Care in Psychiatry	2
Case Formulation	4	Management of Community Mental Health Services	3
Case Management	4	Multidisciplinary Teams	2
Mental Health Policy	3	Elective Course from 2 <sup>nd</sup> Group	2
Elective Course from 1 <sup>st</sup> Group	3	Graduation:	15
Practice	5	State Theoretical exam or Diploma Thesis Defense	
	<b>Total: 30</b>		<b>Total: 30</b>
<b>Elective courses</b> (students choose one course per group)			
<b>First group</b>		<b>Second group</b>	
Communication and Communicative Training	3	Information Aspects of Social Activities	2
Mediation in Conflict Resolution	3	Psychological Defenses and Nonverbal Communication	2
Public Relations	3	Labor and Social Rehabilitation	2
Reproductive Behavior and Demographic Policy	3	Social Activities in Extreme Conditions	2
Communication Disorders		Religions and Sects	2

**TOTAL CREDIT FOR THE PROGRAM: 60**

## **COURSE DESCRIPTION**

### **BASICS OF PSYCHOSOCIAL REHABILITATION**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Viktoriya Sotirova, PhD

**E\_mail:** [viktoriya\\_sotirova@swu.bg](mailto:viktoriya_sotirova@swu.bg)

#### **Annotation:**

The course “Basics of Psycho-Social Rehabilitation” is a core discipline of the education of master students, concerning the problems of psycho-social rehabilitation. In the course material information, that reveals the “paradigm”, basic concepts and terms of psycho-social rehabilitation, is underlined; as well as methodological and technological knowledge and tasks for that work. The goal of the course is to familiarize the students with the basic approaches, in psycho-social rehabilitation, that find implementation here and abroad. This familiarization will not only include general aspects of the existing models; but how they are implemented in our country, and the existing difficulties in that regard.

#### **Contents of the discipline:**

The lecture course in “Basics of Psycho-Social Rehabilitation” aims to give the students detailed information about the paradigm and problems, methodology and technology of psycho-social rehabilitation. During the process the students will learn the object of psycho-social rehabilitation – interdisciplinary, including medical knowledge, social support, pedagogy, sociology, law, economics etc. Emphasis will be put mainly on the problems and methodology of the activity.

The contents of the lecture course, its structure, the different actual problems, formulated problematic tasks, aim to create the maximum number of possibilities to stimulate independent research work of the students.

#### **Technology of education and assessment:**

In the lectures a dialectical system-wide approach will be used, by analyzing the general and particular in psycho-social rehabilitation, its components, objects, approaches, principles, methods, means, goals, functions, and tasks. The students will build up a methodological and technological attitude towards the concept and contents of psycho-social rehabilitation. During the course the students will get a current assessment based on presented theoretical works. The course will end with a written examination – a test that includes 12 questions from a previously provided summary. The criteria by which the given questions will be assessed are punctuality, clarity, and precision in the representation of the scientific information.

## **ORGANIZATION OF COMMUNITY MENTAL HEALTH SERVICES**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Chief. Assist. Prof. Silviya Miteva, PhD

**E\_mail:** [simil@swu.bg](mailto:simil@swu.bg)

### **Annotation:**

The course "Organization of mental health services in the community" is a necessary part of the education of students studying in the master's program "Psychosocial Rehabilitation". By it students obtain knowledge about the approach in the planning of services based on the functions of services.

The attention of master students majoring in "Psychosocial rehabilitation" will be aimed primarily at clarifying the idea of the different aspects of the problems of mental health services in the community, the types of social services in the community, structure and methodology of work in mental health services in the community. The course is based on knowledge obtained by courses in psychiatry, psychopathology, psychology and other subjects in the bachelors program. The course aims to introduce students to the values, ideology and politics of community psychiatry. Community psychiatry is examined as a practice that puts the basis on person's attention, its potential for development needs. The course shows how this problem is solved at levels: local service, local and central policy, organization of mental healthcare in the community, development of psychosocial rehabilitation.

### **The tasks of the course:**

- be proficient in new perspectives on different aspects of mental health services problems in the community, the types of social services in the community, the structure and methodology of work in mental health services in the community;
- to apply these perspectives in specific instances of dealing with these problems;
- to be able to assess to create strategies for inclusion in the activities of mental health services in the community themselves;
- to learn the concept of the multidisciplinary team as a mandatory part of psychiatric care in the community, in order to avoid a narrow medical approach;
- to provide knowledge for optimizing procedures for referral to a specialist by establishing clear rules and requirements for providing information in both directions;
- to emphasize the role of the family as a fundamental part of psychosocial rehabilitation process;
- to assimilate the fact that psychosocial rehabilitation, the customer should be considered as a subject and disease as an object.

**Contents of the course:**

Community psychiatry. Basic principles of psychiatric care in the community. Comparison of community psychiatry to the existing system in hospital and clinical psychiatry.

Studying the experience of other countries in the development of psychosocial rehabilitation.

Ensuring cooperation of key institutions in the community. Risk management. Planning interventions in crisis. Competences of the staff in mental health services in the community.

Training requirements of the staff. Work organization in mental health services in the community.

Planning methods. Assessment of local needs. Evaluation the effectiveness of services. Auditing. Planning.

**Teaching and Assessment:**

The course uses a comprehensive, system-wide approach to analyzing the public and private in psychosocial rehabilitation, its positive and negative characteristics. Students build critical attitude to the organization of mental health services in the community.

In the process of training students receive ongoing evaluation of presented theoretical work and assignments in the form of multimedia presentations and developed support materials for a user of social service.

The course ends with a written exam - a test that in which 12 questions from a predefined syllabus are included. The criteria according to which the questions are assessed: accuracy, clarity and precision in the presentation of scientific information.

## **THERAPEUTIC BEHAVIOR**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Ekaterina Mitova MD, PhD

**E\_mail:** [ekaterina@swu.bg](mailto:ekaterina@swu.bg)

**Annotation:**

The course on "Therapeutic behavior" is a general education and basic training of students in "Psychosocial Rehabilitation". The course in "Therapeutic behavior" is a necessary part of the education of students studying in the master's program "Psychosocial rehabilitation", because it is used to obtain knowledge about the nature of the therapeutic environment, therapeutic management and related therapeutic relationship in a new for our country's social service community, such as psycho-social rehabilitation.

The course is based on knowledge obtained by courses in medical disciplines in the bachelor program. Therapeutic behavior has a direct and indirect connection with psychosocial

rehabilitation, mental health services in the community and with other social and medical disciplines.

The attention of master students in "Psychosocial rehabilitation" will be aimed mostly at clarifying the idea of building a therapeutic community as the basis of best rehabilitation process in persons with severe mental illness. The course aims to examine the conceptual and practical meaning of the relationship professionals-client at the development of the therapeutic process. To achieve this aims, the course includes a set of skills of the therapeutic situation for the purposes of the distribution of roles in it, for the distribution of responsibilities between professional and client and basic principles of structuring relations in the therapeutic situation, to ensure the achievement of therapeutic goals. Utilization of skills for the creation, development and use of therapeutic relationship, the course includes assignments in which students practice what they have learned in the theoretical part.

### **Contents of the course:**

The therapeutic relationship as socially. Therapeutic situation: definition, nature. Nomination as an opportunity to build a therapeutic relationship: adoption, clarification and redrafting.

Use of the therapeutic framework to build therapeutic relationships, delays, absences unauthorized contacts with professionals. Recognition of anxiety in the therapeutic interview: work with anxiety and build confidence. The lack of development in the course of the therapeutic relationship. Recognizing and dealing with resistance and protecting the client. Failures in the rehabilitation plan as an opportunity for development. Promoting autonomy: unauthorized contacts with similar clients. Teamwork. Creating a therapeutic situation with involuntary client. Use of the procedure for involuntary treatment. Role of targeting and directional professional in building a therapeutic relationship. Work and organizational environment as an element in building a therapeutic relationship. Legal Basis and therapeutic relationships.

### **Teaching and Assessment:**

The course uses a comprehensive, system-wide approach for analyzing the public and private in psychosocial rehabilitation, its positive and negative characteristics. Students build critical attitude to the therapeutic approach, therapeutic relationship, therapeutic relations. The seminars are held in appropriate facilities for practical training support targeted at assimilation of lectures or using authentic documents, materials and more. For each topic the base or materials are specified.

In the process of training students receive ongoing evaluation of presented theoretical work and assignments in the form of multimedia presentations and developed support materials for a user of social service.

The course ends with a written exam - a test that in which 12 questions from a predefined syllabus are included. The criteria according to which the questions are assessed: accuracy, clarity and precision in the presentation of scientific information.

## **CASE FORMULATION**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturers:** Assoc. Prof. Ekaterina Mitova MD, PhD; Chief. Assist. Prof. Silviya Miteva, PhD

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**Annotation:**

The course in “Case formulation” is a necessary part of the education of students studying in the master's program “Psychosocial Rehabilitation”. Formulation of case is the pivotal clinical skills of professionals working in the field of mental health.

The course aims to help students acquire skills to build a case formulation and use of wording as a tool for engaging the customer, achieving therapeutic contract and planning treatment. Special attention is paid the utilization of formulation in order to achieve an overall approach to the client with mental illness and continued in time evaluation of interventions. The course integrates basic concepts of psychodynamic theories looking for the meaning and for the ways that the disease takes place. This facilitates professionals during the creation process, maintenance and use of therapeutic relations to achieve the goals of therapy.

**Contents of the course:**

Psychiatric case formulation; Psychodynamic formulations; Biological formulations; Behavioral formulations; Biopsychosocial formulation; Convergence of views in case formulation; Writing psychiatric case formulations.

**Teaching and Assessment:**

The course is conducted in traditionally approved way by using different audio-visual aids, videos. The exercises are held in facilities provided for the purpose (daycare center for psychosocial rehabilitation, sheltered home) or using authentic documents, materials, etc. on the basis on which are prepared role plays and developing studies.

The examination is conducted in writing. During the training, students have one paper test, like the main part of the monitoring.

## **CASE MANAGEMENT**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD

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**Annotation:**

This course aims to outline the main parameters and ideas about the process of "case management" in the context of psychosocial rehabilitation.

It is expected to build students' understanding of the need for a holistic approach to planning and offering services, following the needs and strengths of users of mental health services. Case management of mentally ill people requires mediation with institutions and specialists to partner and cooperate in meeting the needs of mentally ill people.

The emphasis is on unifying the efforts of specialists from the helping professions and coordinating the necessary services by offering an individual program of care for each patient. The topics of the criteria and the procedure for inclusion in a care program, the monitoring of their implementation and the discharge from the program are covered. Special focus is placed on planning care for patients with challenging behavior, risk management and working with other professionals in the context of the community.

**Content of the course:**

A conceptual review of "case management"; models, approaches and stages; indications for admission to a case coordination program; evaluation, development of an individual therapeutic plan, interventions with an individual client; family interventions; systematic interventions in the community, work in a multidisciplinary team.

**Course organization and assessment:**

The course structure presupposes various forms of teaching: lectures will present any theoretical material, and seminars will master their necessary practical skills. There are also extracurricular activities (demonstrations, case studies), which will provide students with various forms of independent work in the learning process.

The final exam is written.

## **MENTAL HEALTH POLICY**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD

**E\_mail:** [v\\_stancheva@swu.bg](mailto:v_stancheva@swu.bg)

**Annotation:**

This course aims to offer students the necessary knowledge about the formation and understanding of mental health policies, critical analysis of these policies, and relevant legislation. The main task is to get acquainted with the state of psychosocial rehabilitation in Bulgaria at the level of policymaking and the level of implementation of these policies.

It is expected that students will acquire the ability to synchronize the mission, vision, and management of the service and the organization of care with global, national, regional and local priorities in mental health policies, build the ability to identify key actors in the policy-making



process and their role for the democratization of the mental health policy-making process, skills for formulating one's own role in the implementation of the main policy instruments.

**Content of the course:**

Determinants, structure, and elements of mental health policies; the role of the WHO in promoting policies and strategies for the promotion of mental health and the prevention of mental disorders; National Suicide Prevention Program; an integrated approach to addictions - prevention, training, treatment, and rehabilitation; mental health policies of Bulgaria in the context of the health policy of the European Union.

**Course organization and assessment:**

The lecture course is conducted by the use of traditional and contemporary methods. During the classes, the lecturer uses examples from the practice.

The independent students' work:

- practical exercises on each topic/syllabus; methods, etc./; development and analysis of cases;
- development of topics with theoretical and practical orientation */the lists with the topics are attached separately/*.

The final exam is written.

**WORK WITH FAMILIES IN MENTAL HEALTH CARE SERVICES**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Viktoriya Sotirova, PhD

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**Annotation:**

The course "Work with Families in the Practice of Mental Health Care" is a necessary part of the master's program in "Psychosocial Rehabilitation." In it the students gain knowledge for families with members having mental disorders and in need of special care, including home care, provided to them by professionals working in the field of psychosocial rehabilitation. The course closely looks at the basic concepts, approaches, and methods of psychosocial work with people and families with severe mental disorder, protection and support of people with disabilities and their families in the practice of mental health care.

**Contents of the discipline:**

The goal of the course is to familiarize the students with the basic principles and approaches, which are implemented here and abroad. This will be connected with not only general issues of existing patterns; but also how they are implemented here, as well as the possible difficulties in that regard.

Special attention will be paid to the imminent social support (methods and methodology), social protection (preventive, through control and imminent), and social aid (benefits and services), granted to families with members whom have severe mental disorder in the practice of mental health care.

By the seminars the course aims to actively familiarize the students with the general and particular characteristics of social work and mainly – of social protection and support of families with members having severe mental disorder. The methods, resources, and ways of social support in the work with families with members having severe mental disorders in the practice of psychosocial care will be discussed.

### **Technology of education and assessment:**

In the lectures and seminars a complex, system-wide, approach will be used to analyze the general and particular characteristics of social work and support of families with members having severe mental disorders, of it positive and negative characteristics. Critical attitude towards the planning and implementation of social work and social support while working with families having members with severe mental disorders will be thought to the students. In the course of study, the students get a current mark from presented theoretical works. The course end with a written examination – a test – that includes 12 questions from previously handed out summary. The criteria, by which the answers are being assessed, are punctuality, clarity, and precision in the representation of scientific information.

## **LEADERSHIP IN COMMUNITY MENTAL HEALTH SERVICES**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Ekaterina Mitova MD, PhD

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### **Annotation:**

The course on "Leadership in mental health community service" is as general education and basic training of students in "Psychosocial Rehabilitation."

Course in "Leadership in mental health community service" is a necessary part of the education of students studying in the master's program "Psychosocial Rehabilitation", because it is used to obtain knowledge at the essence of ethics of the professional behavior and ultimately therapeutic framework in the work with each individual client into a new for our country's social service community, such as psychosocial rehabilitation.

**The aim** of the course is for students to understand the essence of the development of the service social-therapeutic counseling, maintaining the standards of good practice, ethics of professional behavior and ultimately the therapeutic framework in working with each individual client, requires an organizational culture in which participation and authorship is a basic principle of presence in

the organization. Promoting the ability to participate and author in organizations is one of the functions of leadership, which utilizes the human factor for the purposes of the work task and improving the quality of services in the community. Supporting the leadership process in organizations contributes to staff motivation and reduction of burnout. The development of the clients of the service goes in parallel with the development of the professionals and the professionalism in the specific organization.

Upon successful completion of the course, students should be able to:

- to master new perspectives on various aspects of leadership problems related to the social-therapeutic counseling service;
- to apply these points of view in the specific cases of working with these problems;
- be able to evaluate and create strategies for improving the quality of services on the basis of the acquired knowledge package.

### **Contents of the course:**

Leadership Theories. Leadership as the subject of study. Identification, symbolization and leadership. Leadership, following and primary task. The need for the study of leadership. Leadership in the context of human organizations. Leadership and organizational culture. Transformational leadership. Learning organization. Leadership team. Implementation of leadership in organizational roles. Technology leadership. Coalition building and negotiation. Dysfunctional leadership and organizational context. Abuse and inappropriate use of leadership and narcissistic leadership. Disqualification of leadership.

### **Teaching and Assessment:**

The course is conducted in traditionally approved way by using multiple diagrams and sketches to illustrate.

Self-training provides:

- training exercise on any topic /plan synopses; methods and others./; preparation for solving tests and the development and analysis of case studies;
- preparation for every topic/plan- conspectus, methodologies, etc/, preparation for taking tests and developing and analysis of cases;
- developing themes with theoretical and practical focus /lists with topics are applied separately/.

The examination is conducted in writing.

## **HOME CARE IN PSYCHIATRY**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Viktoriya Sotirova, PhD

**E\_mail:** [viktoriya\\_sotirova@swu.bg](mailto:viktoriya_sotirova@swu.bg)

**Annotation:**

“Home Care in Psychiatry” is a core discipline of the education of master students on the problems, concerning psychosocial rehabilitation. The knowledge gained by the discipline will help form in the future specialist theoretical knowledge about the different aspects and particularities of home care; as well as to master basic practical approaches while working with specific cases, and skills to develop "Strategies for home care in the community."

**Contents of the discipline:**

The lecture course in “Home Care in Psychiatry” aims to give the students detailed information for home care; recovery; skills in everyday life; skills of family and friends about living with illness and disability; formation of skills of social behavior; implementation of occupational role and integrated employment. The content of the lecture course, its structure, the different actual problems, and formulated problem tasks aim to create the maximum number of possibilities to stimulate independent research work of the students.

**Technology of education and assessment:**

In the lectures a dialectical system-wide approach will be used, by analyzing the general and particular in home care in psychiatry, its components, objects, approaches, principles, methods, means, goals, functions, and tasks. The students will build up a methodological and technological attitude towards the concept and contents of home care. During the course the students will get a current assessment based on presented theoretical works. The course will end with a written examination – a test that includes 12 questions from a previously provided summary. The criteria by which the given questions will be assessed are punctuality, clarity, and precision in the representation of the scientific information.

**MANAGEMENT OF COMMUNITY MENTAL HEALTH SERVICES**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+8s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturers:** Prof. D.Sc.Pariz Parizov; Chief. Assist. Prof. Silviya Miteva, PhD

**E\_mail:** [p\\_parizov@swu.bg](mailto:p_parizov@swu.bg); [simol@swu.bg](mailto:simol@swu.bg)

**Annotation:**

The course on "Management of mental health community service" is general education as well as basic training of students in "Psychosocial Rehabilitation."

Course in “Management of mental health community service” is a necessary part of the education of students studying in the master's program “Psychosocial rehabilitation”, because it is used to obtain knowledge about the essence of management in a new for our country social service in the community, such as psychosocial rehabilitation. The course is based on knowledge obtained from the training Fundamentals of Management and Social Management undergraduate program.

**The aim** of the course is for the students to learn the peculiarities of management in a specific and new social service, psycho-social rehabilitation. To achieve this objective the course includes a range of knowledge about public management, public policy, public strategy, including theory and business management processes in the macro - and meso - subsystems of the social system, and public management, containing management public organizations and their human resources. For acquiring skills for managing mental health services, marketing and follow-on strategies and policies, the course includes assignments in which students practice what they have learned in the theoretical part.

The tasks of the course are:

- to master new perspectives on different aspects of governance, policies and strategies for the development of mental health services in terms of the current requirements in psycho-social rehabilitation;
- to build knowledge and skills for the application of those points in the specific case of working with these issues;
- to be able to evaluate and create their own strategies for development of mental health services.

#### **Contents of the course:**

Public management and public policy - definitions, nature. Public strategy, public tactics and public management - definitions and nature. Management and Leadership: similarities and differences. Functions and tasks of management. Characteristics of modern management. The modern theory and practice of management organizations - approaches. Balance of resources. Characteristics of the organizations. Strategies and strategic alternatives. Marketing - nature of marketing analysis and synthesis. Advertising - definition, nature, purpose.

#### **Teaching and Assessment:**

In lectures and lessons on practical exercises using a comprehensive, system-wide approach to analyzing the general and private organizations in management and in particular those providing psycho-social rehabilitation, its positive and negative characteristics.

Students build critical attitude to the therapeutic approach, therapeutic relationship, therapeutic relations. The seminars are held in appropriate facilities for practical training support targeted at assimilation of lectures or using authentic documents, materials and more. For each topic the base or materials are specified. In the process of training students receive ongoing evaluation of presented theoretical work and assignments in the form of multimedia presentations and developed support materials for a user of social service.

The course ends with a written exam - a test that in which 12 questions from a predefined syllabus are included. The criteria according to which the questions are assessed: accuracy, clarity and precision in the presentation of scientific information.

### **MULTIDISCIPLINARY TEAMS**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD

**E\_mail:** [v\\_stancheva@swu.bg](mailto:v_stancheva@swu.bg)

**Annotation:**

Because severe mental illness impairs a person's ability to meet a wide range of psychosocial and biological needs, ensuring optimal functioning in the community requires the efforts of various professionals to be coordinated and adequate to the needs, resources and life project of the patient. The case coordinator performs this function, as multidisciplinary teamwork is an adequate way to maintain an organizational culture in which participatory management of interactions between different professionals.

The course aims to introduce basic concepts and sensitize students to the group processes that occur during team meetings. These processes contribute to or hinder the performance of work tasks. Understanding them implies the possibility for them to be experienced and a space for their understanding through the theory of groups and group processes. Therefore, the course will be organized on the creation of group situations and their discussion.

**Content of the course:**

Team-definitions, main functions and roles. Formation and development of the team. Characteristics of the individual stages. Models. Team meetings - basic rules and procedures. Teamwork efficiency. Barriers to effective teamwork. Modes of team work - the work task and on internal problems. Role of the leader of the team meeting for regime management. State of basic assumption - dependence. State of basic admission - struggle - escape. The use of the team as social protection against anxiety (collusive relationships, rigid rules and boundaries, victimization of the client or family, etc.). Decision making, responsibility, and accountability in multidisciplinary teamwork. Learning in a multidisciplinary team.

**Course organization and assessment:**

The lecture course is conducted by using traditional and contemporary methods and materials such as different audio-visual aids, videos, and if it is available, with demonstrations of cases.

The independent students' preparation envisages: research and analysis of literature sources, preparation of the annotated bibliography, preparation of tools and conducting research of problems and good practices of teamwork in the field of mental health; development of course work.

The on-going assessment is carried out by assessing of students' individual work/papers on pre-set topics from the lecture course. The exam is written (test with multiple choice questions) taking into account the current grades during the semester.

Criteria for evaluation of the written works: accuracy of the used terminology, coherence, and logical exposition of the thematic material, correctness in quoting the literary sources.

## **COMMUNICATION AND COMMUNICATIVE TRAINING**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Chief Assist. Prof. Elka Goranova. PhD

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**Annotation:**

The exact definition of the concept of communication is the goal of the whole course and gives the boundaries and its subject. The prerequisites that characterize communication as the social behavior of the person are considered.

The current curriculum aims to provide students with knowledge and skills for human communication (verbal and nonverbal) and to acquire basic communication skills related to their future profession as speech therapists.

The training in the discipline aims to help students master the processes through which participants in communication adapt and solve problems arising from social interaction, or defining roles, responsibilities, and norms, as well as resolving disagreements and conflicts. Students are expected to acquire and apply a set of communication skills needed in their immediate speech therapy work as a final learning outcome.

**Course content:**

The profession of a social worker and human communication; Development of communication, language, and speech; Social communication; Basic Communication Skills - Effective listening and messaging, asking questions, reflecting, self-disclosing, building and maintaining trust, managing anger, resolving conflicts, negotiating, power and influencing.

**Teaching and assessment:**

In the process of learning in some of the classes, students are divided into small groups and play situations in which they demonstrate basic types of communication skills. The main form of assessment of students' knowledge is the written exam. A test with open and closed questions and reporting of the current control is applied.

## **MEDIATION IN CONFLICT RESOLUTION**

**ECTS credits:** 3.0

**Evaluation:** formative assessment and written exam

**Semester:** I

**Hours weekly:** 15+0s+0lab+0p

**Statute of the discipline:** compulsory

**Methodical guidance:**

Department of Psychology

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Natasha Angelova, PhD

**E\_mail:** natasha\_v@swu.bg

**Annotation :**

The course on "Mediation in Conflict Resolution" is designed for students training to work in a dynamic environment of interpersonal communication, such as that of a social worker.

The aim of the course is to familiarize students with the main characteristics and psychological aspects of interpersonal conflicts and the possibility of direct intervention through mediation in their resolution.

The lecture course is aimed at improving the knowledge and professional competencies of students in working with people in direct contacts and conflict situations.

**Course content:**

Definition of a conflict. Elements of the conflict. Types of conflicts. Dynamics of the conflict. Types of conflict solutions. Steps for constructive conflict resolution. Mediation in overcoming conflicts in the family. Mediation in overcoming ethnic and social conflicts. Mediation in resolving labor conflicts. Competence of the social worker in resolving conflicts.

**Organization of instruction and assessment:**

The lecture course is conducted using traditional and modern interactive teaching and learning methods, such as: lecture, multimedia presentations, discussion, learning by doing, etc. Results from the lecturer's own research and practical experience are used.

The exam is written, taking into account the current grade during the semester.

## **PUBLIC RELATIONS**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Public Relations

Faculty of Law and History

**Lecturer:** Assoc. Prof. Dimitrina Stefanova, PhD

**E\_mail:** [dimi@swu.bg](mailto:dimi@swu.bg)

**Annotation**

**The main objective** of this course is introducing the nature and the characteristic features of the professional PR communication as well as giving systematic knowledge about the theory and practice of the communication connections within an institutional and organization structure. Another objective is to introduce to the students the theoretical social communication concepts and the practical rules for applying them in the sphere of PR. The third aim is to introduce the students the possibilities for enlarging and specialising and going deeper into the theory of the modern society communication forms.



**Syllabus contents**

Origin and nature of Public Relations. Principles. Structure of the PR professional activity. Organization of the PR activity. PR practice, PR staff and departments. PR schedule. The systematic analysis as PR organization principle. PR models. The organizations and PR – the communication in the organization; the organization structure and PR; The communication between the small groups. Mass communication and PR; Marketing and PR. The PR activity. PR campaigns.

**Education methods and assessment**

Examples, including visualization, illustrate the lectures. The students prepare in advance for participation in the lectures. A term project is prepared by the students as a home assignment. There is a term test. The final exam during the regular session is written. The final mark is a proportion between the results of the term test, the projects and the final exam.

**REPRODUCTIVE BEHAVIOR AND DEMOGRAPHIC POLICY**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Health Care

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Petya Andreeva, PhD

**E\_mail:** [andreivp3@gmail.com](mailto:andreivp3@gmail.com)

**Annotation:**

The course in "Reproductive Behavior and Demographic Policy" is both general and basic for the training of students in the master's program in "Psychosocial Rehabilitation". The course "Reproductive Behavior and Demographic Policy" is a necessary part of the preparation of students in this specialty, because it provides knowledge about the nature of demographic processes, the factors that determine them and trends in demographic development in Bulgaria.

**Course content:**

The aim of the training in the section on reproductive behavior is to inform students with the problems of sexual and reproductive health in different age groups, as well as for people with disabilities. In the sector of demographic policy - to inform students with the main demographic indicators used in the analysis of demographic processes; with the causes and manifestations of the demographic collapse in the country, the socio-economic and other factors influencing the demographic indicators; to provoke the search for and implementation of strategies and models for dealing with the demographic collapse in the country.

**Training and assessment technology:**

The lecture course is conducted in the traditionally established way with the use of various audio-visual means, video materials. The exam is written taking into account the current grades during

the semester. It is conducted through a test or 8-10 questions, including basic concepts, mechanisms, schemes, descriptions, etc. The current control is carried out by evaluating independently developed theoretical topics, developing individual cases.

## **COMMUNICATION DISORDERS**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Logopaedics

Faculty of Public Health, Health Care and Sport

**Lecturers:** Assoc. Prof. Elka Goranova, PhD; Chief Assist. Prof. Anna Andreeva, PhD

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### **Annotation:**

The elective course "Communicative Disorders" is studied within one semester and is designed for students in the master's program in "Psychosocial Rehabilitation".

The aim of the course is for students to acquire knowledge about speech and language pathology and opportunities for providing social services that will lead to improved quality of life and social integration of people with communication disorders.

Students learn about the process of communication and its disorders during the course. Future professionals consider the classification of speech-language pathology, based on the specifics of the etiology and symptoms. Different types of assistive technologies are considered, which help people with language and speech disorders to communicate independently and to express themselves. Students learn to recognize communication disorders and their impact on the quality of life of those affected and their families. Students study the role of the social worker in the teamwork with persons with language and speech pathology.

At the end of the lecture course students are expected to: be able to recognize the presence of a communication disorder; to be able to refer persons with speech and language pathology to the relevant professionals for consultations, prevention, assessment, therapy; to apply the acquired knowledge and skills to work in a team of professionals in various fields that offer services to improve the health and quality of life of people with communication disorders; to know basic methods and systems for augmentative and alternative communication and assistive technologies supporting communication.

### **Content:**

Communication and speech-language pathology. Classification of communication disorders. Articulation and orofacial disorders. Voice disorders - work with persons with laryngectomy and tracheostomy. Fluency disorders. Language disorders in children and adults. Neurologically based communication disorders - dysarthria, apraxia, aphasia. Disorders of written communication. Communication disorders due to sensory impairments - hearing and vision. Communication disorders in emotional-behavioral disorders - autism spectrum disorders, attention deficit hyperactivity disorder (ADHD). Teamwork in people with dementia. Swallowing disorders. Voice

and communication change in transgender people. Application of augmentative and alternative communication and assistive technologies that support communication.

**Teaching and assessment:**

In the process of teaching presentations, demonstration of multimedia products and other audiovisual means, discussions are used.

The main form of assessment of students' knowledge is the written exam. A test with open and closed questions and reporting of the current control is applied.

Current control - abstract, case study, test.

## **INFORMATION ASPECTS OF SOCIAL ACTIVITIES**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Chief. Assist. Prof. Yoanna Tzvetanova, PhD

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**Abstract:**

Information and communication technologies are an integral part of the functional literacy of modern social workers. The emphasis in the discipline is placed on the acquisition of knowledge related to modern methodological solutions and practices in social work, in which the forms and methods of assistance are based on modern information and communication technologies. This will help build students' self-confidence to know the applicability of technology in the field of social work.

**Course content:**

The course covers achievements in the field of information technology and their application in social work, which are diverse and claim a new conceptual approach to the issue. Examples are: e-therapy, providing services to individual clients through the use of online consulting, video conferencing, self-managed web-based interventions, electronic social networks, mobile applications, artificial intelligence and how these tools can be used effectively and ethically, as the use of ICT in social work is associated with unprecedented ethical dilemmas.

**Teaching and assessment:**

The lecture course lays the theoretical foundations of the discipline. During the semester exam are carried out, abstracts and projects are developed. The exam includes the development and defense of essays on the topics of the discipline. The final grade is based on the current exam and final exam grade.

## **PSYCHOLOGICAL DEFENSES AND NONVERBAL COMMUNICATION**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Prof. Vaska-Stancheva – Popkostadinova, MD, PhD

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**Annotation:**

The subject of this course are the different types of psychological defenses and non-verbal communication in the context of social work. The content is divided into two relatively separate parts: psychological defenses and non-verbal communication. The main goal of the course is to build an understanding of: defense mechanisms; the process of communication and barriers to its effectiveness on a verbal and nonverbal level. The thematic material is directly related to the practical social work, in accordance with its specifics.

**Course content:**

Defense mechanisms-classification and characteristics. Anxiety and protective role of defense mechanisms in social work. Theory of communication. Nonverbal communication-elements and characteristics. Axioms of communication. Barriers for effective nonverbal communication. Approaches for evaluation of NVC.

**Organization of instruction and assessment:**

The lecture course is conducted with the help of audiovisual equipment, as well as interactive methods, presentations and discussions of cases, and video analysis of cases.

The final exam is written. The final grade takes into account the results of the on-going assessment and the grade from the final exam.

## **LABOR AND SOCIAL REHABILITATION**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturers:** Prof. D.Sc.Pariz Parizov; Chief. Assist. Prof. Maria Stoykova, PhD

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**Annotation:**

The lecture course is conducted in the traditionally established way and is based on the theoretical paradigm of the universal significance of labor and social rehabilitation to improve the quality of life of social sites and people with disabilities. The knowledge in the field of "Labor and social rehabilitation" is necessary for students due to the essential features of their future work with patients / clients /, elderly people with social problems, with impaired anatomical and physiological functions, as well as with accompanying other somatic disorders.

The course aims to provide fundamental training in a basic direction - labor and social rehabilitation. The content of the lecture course, its structure, the various current problems, the formulated problem tasks aim to create maximum opportunities to activate the self student work.

**Course content:**

Introduction to the course "Labor and social rehabilitation ". Definition of labor and social rehabilitation. Nature and definitions for labor and social rehabilitation. Research on the disability as an object of rehabilitation. Basic directions of research. Systems for assessment of lost working capacity. Rehabilitation and employment. Diseases and disabilities. Terms and concepts in the field of labor and social rehabilitation. International organizations and their role in the development of labor and social rehabilitation. Bodies and organizations in Bulgaria conducting rehabilitation. Labor and social legislation governing the issues of Rehabilitation Professional qualification and retraining of people with disabilities. Evaluation of the effectiveness of rehabilitation measures.

**Training and assessment technology:**

The lecture course is conducted in the traditionally established way and is based on the theoretical paradigm of the universal significance of labor and social rehabilitation to improve the quality of life of social sites and persons with disabilities. The teaching strategy is built on the classics teaching traditions. The exam is written. It includes 12 questions / definitions, norms, rules, processes, etc./The final grade takes into account the results of the current control and the grade from the exam.

## **SOCIAL ACTIVITIES IN EXTREME CONDITIONS**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Rosen Kalpachki, PhD

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**Annotation:**

Natural disasters like earthquakes, fires, floods etc. are extremely dangerous for people. They arise suddenly, develop fulminantly and strike wide spaces and usually affect a lot of people.

The aims and tasks of the course are students to acquire knowledge about these extreme conditions and to understand their effect on people's daily life and psychological state; what are the reactions of the individual personality and the community as a whole in this kind of situations; the features of Posttraumatic stress disorder and the role of the specialist in dealing with it. Also students are introduced to the main principles for behavior during earthquakes, fires, floods, hurricanes etc.; organizing and conducting rescue operation in regions of disasters; methods and ways of giving first aid to injured people.

The main methods of training, which are used in the course, are lectures and discussion groups. Computer configurations with current illustrations are used to clarify the scientific material. Also practical demonstrations are used to train students on giving first aid and ways of saving people with technical recourses.

### **Contents of the course:**

The main types and characteristics of natural disasters. Extreme situations and their influence on the behavior of people. Posttraumatic stress disorders. Social and psychological aspects of terrorism. Main principles of action in earthquakes. Types of lifesaving actions, which are used on injured people in earthquakes. Defense methods in occurrence of floods from down pouring rains and tidal waves. Types of lifesaving actions and first aid in floods. Principles for action in occurrence of fires in residents and public buildings. The role of the social consultant.

### **Training and assessment technology:**

Lectures - the referred topics are studied in relevance of their specific nature and in all of them are used multimedia and computer configuration.

The main form of examination and grading of students is a written exam/test. Their knowledge and skills will be graded by the six-point system.

Testing procedures are: current control – it is implemented during the lectures; exam – the course is finished with a written exam, which includes test, theoretical questions, and practical tasks.

## **RELIGIONS AND SECTS**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 15l+0s+0p

**Course type:** elective

**Course coordinating department:**

Department of Philosophical and Political Sciences

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Antoaneta Nikolova, PhD

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### **Annotation:**

The main purpose of the course "Religion and Sects" is to build in the students' thinking a comprehensive idea of the origin and essence of religion, mythology and various beliefs, as well as of the religious teachings of different cultures from ancient times to the present day.

The course aims at helping students to acquire knowledge that will allow them to interpret the facts of our modern life in terms of understanding of the rational, historical, dogmatic and moral dimensions of religion.

The development of these knowledge and understandings should result in a formation of a balanced person with a national dignity and awareness of universal values and contemporary challenges.

**Course content:**

Origin of religion. The essence of religion. Essence of mythology. Religious teachings in Bulgaria. Religious teachings in other countries.

**Teaching and assessment technology:**

The lecture course is conducted in the traditionally established way with the use of many illustrative materials.

The exam is written.