



Course syllabus for

# **Health and Ill-Health - a Psychosomatic Perspective, 7.5 credits**

Hälsa och ohälsa - ett psykosomatiskt perspektiv, 7.5 hp

This course syllabus is valid from autumn 2012.

Please note that the course syllabus is available in the following versions:

[Autumn2010](#) , [Autumn2012](#) , [Spring2013](#) , [Autumn2014](#) , [Spring2017](#) , [Autumn2021](#)

Course code	2QA085
Course name	Health and Ill-Health - a Psychosomatic Perspective
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	Second cycle, in-depth level of the course cannot be classified
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2010-03-19
Revised by	Styrelsen för utbildning
Last revision	2012-01-31
Course syllabus valid from	Autumn 2012

## **Specific entry requirements**

At least 120 credits from studies in health care leading towards a professional degree as occupational therapist, medical doctor, psychologist, nurse or physiotherapist. English and Swedish language skills equivalent to English A and Swedish B at Swedish upper secondary school are also required.

## **Objectives**

The aim of the course is to provide enhanced knowledge of a psychosomatic approach and how this can be applied in the patient encounter and in collaboration with other staff in the multi-disciplinary team. On completion of the course, the student should be able to: - account too and apply a biopsychosocial perspective on mental/psychosomatic disease, long pain and stress-related troubles, - account for body therapy, affect focused and behavioural interventions and their applications - implement motivational interviewing and give support within the framework of a therapeutic approach - co-operate in a multi-disciplinary team, and argue for the own specific field of knowledge and the role in the

rehabilitation of patients with mental/psychosomatic problems, long lasting pain and stress-related problems, - demonstrate a scientific and critical thinking and a reflective attitude to one's own perspectives/values and realise the needs of life-long learning.

## Content

The course comprises: - Explanatory models on health/unhealth; psycho-somatic theory, psychological and behavioural medicine models. - Stress theories and knowledge of the stress regulating system of the body. - Body, being, meaning and reflection as central concepts to understand the body soul entity. - Merleau-Ponty's phenomenological understanding of "the lived body". - Models to understand acceptance and change processes. - Therapeutic attitude. - Affect theory/affect interview. - Communication skills and motivational interviewing. - Body awareness and mindfulness training.

## Teaching methods

Different types of teaching are used; lectures, literature studies, discussions in seminars and group project.. Strong emphasis is put on active knowledge acquisition and at reflecting on ones own experiences in body awareness - and mindfulness training.

## Examination

Assessment of knowledge, skills, attitudes and self reflecting capacity is continuously carried out through follow-up of study assignments, and in the final examination. The examination consists of a written individual assignment and an assignment that is carried out in groups. For a Pass grade in the course, fulfilment of study assignments, approved examination, attendance and active participation in body awareness training and seminar discussions, are required .

## Transitional provisions

Examination will be provided during a period of one year after a close-down of the course. Examination may take place following previous course literature during a period of one year after the date of the renewal of the course literature.

## Other directives

Language of instruction: Swedish. Course evaluation is carried out in accordance with the guidelines established by the Board of Education. During the course, the participants are encouraged to give their views on the course content and arrangements. . This course is a collaboration with The Ersta Sköndal University College Department of caring science. The course replaces 2QA020. The course can not be included in a degree together with successful completion of another course if the content totally or partly corresponds with the content of this course. The following course is overlapping: 2XX044, Health and disease - a psychosomatic perspective, 7.5 HE credits

## Literature and other teaching aids

*Bullington, Jennifer*

**Psykosomatik : om kropp, själ och meningsskapande**

1. uppl. : Lund : Studentlitteratur, 2007 - 207, [1] s.

ISBN:9789144026459 LIBRIS-ID:10462754

[Library search](#)

*Rollnick, Stephen; Miller, William R.; Butler, Christopher C.*

**Motiverande samtal i hälso- och sjukvård : att hjälpa människor att ändra beteende**

Lund : Studentlitteratur, 2009 - 273 s.

ISBN:978-91-44-05262-5 LIBRIS-ID:11584447

[Library search](#)

*Sonnby-Borgström, Marianne*

**Affekter, affektiv kommunikation och anknytningsmönster : ett bio-psyko-socialt perspektiv**

1. uppl. : Lund : Studentlitteratur, 2005 - 255 s.

ISBN:91-44-03099-1 LIBRIS-ID:9712834

[Library search](#)

*Steen, Eldri; Haugli, Liv*

**Når livet setter seg i kroppen. : Bevisstgoering, muligheter, valg**

Oslo : Noras Ark, 2002

ISBN:82-7979-018-7

[Library search](#)

*Bragée, Britt W.*

**Kroppen har sin mening : psykosomatik i ny belysning**

1. uppl. : Lund : Studentlitteratur, 2010 - 199 s.

ISBN:978-91-44-06798-8 LIBRIS-ID:11886167

[Library search](#)

*Neve, Ing-Marie*

**Läkekunstens arbetsredskap**

1 : Studentlitteratur, 2003 - 166 s

ISBN:91-44-02780-X

[Library search](#)

*Haugli, Liv; Steen, Eldri*

**Kroniske muskel/skjelettsmerter og selvforståelse. : Avhandling. Universitet Oslo, Medicinska fakultet**

Unipub forlag, Akademika AS, 2001