



**Karolinska
Institutet**

Course syllabus for

Psychological treatment of pain and sleeping disorders and in rehabilitation. When, why and how?, 7.5 credits

Smärta, sömnsvårigheter och rehabilitering. Vad kan psykologisk behandling tillföra, och hur gör man?, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Course code	LKG008
Course name	Psychological treatment of pain and sleeping disorders and in rehabilitation. When, why and how?
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Medicine
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Participating institutions	<ul style="list-style-type: none">• Department of Neuroscience
Decided by	Godkänt på kursen Klinisk medicin.
Decision date	2007-05-08
Revised by	Programme committee for study programme in medicine
Last revision	2018-06-26
Course syllabus valid from	Autumn 2007

Specific entry requirements

The Pass grade in the course Clinical medicine.

Objectives

The general aim of the course is to give the student a behavioural medical perspective on symptoms and functional ability. Emphasis is on analysis and intervention planning based on a synthesis of evidence-based medical and psychological knowledge.

The learning outcomes are tiered according to the SOLO taxonomy and the skills according to Miller's

pyramid *.

Skills:

At a basic level be able to formulate questions that provide the basis of a behavioural analysis based on learning theory principles. M 3

To be able to compile this information in a basic behavioural analysis M3

To be able to make an adequate assessment of pain/sleep disorders based on a behavioural medical perspective (PD) S3

To in agreement with the patient be able to settle on a plan for behavioural changes in order to increase functional ability and life quality 3 and M3

Knowledge and understanding:

To present basic knowledge of pain physiology, sleep physiology, e. g.:

To be able to distinguish nociceptive/non-nociceptive pain (S2)

To have basic knowledge of learning theory and be able to describe learning theory principles. S3

To have knowledge of the basics of cognitive behaviour therapy (CBT) and be able to describe the principles of CBT. S2

Have an understanding of the working methods in psychological KBT oriented working methods and be able to describe these. S3

To have knowledge, and be able to discuss the scientific basis for behavioural medicine. S3.

To see connections between gender, the psychosocial situation and symptoms, and to be able to describe these. S3

To have an understanding in, and be able to describe how behavioural medicine can be used in rehabilitation. S 3

Approach:

To be able to respond to patients with symptoms that are difficult to treat which has resulted in significant physical disability, and cannot immediately be explained or treated from a clean somatic framework. M3

To be able to cooperate with other professional groups engaged in behavioural medicine (psychologists, physiotherapists et al). M3.

Content

Theoretical foundations of behavioural analysis, specific conditions for medical history taking and treatment is the basis of proficiency training in which the student may exercise the parts under supervision. The students seek and evaluate current scientific studies that relate to the patient cases in which they are involved in. They take a stand to available evidence for different treatment options. They learn how behavioural medicine interventions are carried out and are evaluated scientifically. The student is supported in his critical understanding during literature seminars.

Integration and a holistic perspective is created by course integration with basic scientific knowledge, including pathophysiology and differential diagnostics, with behavioural medical treatment of some common clinical symptoms/syndromes. A part of the course is clinical. Perspectives of particular concern: The pain problems and living conditions of women and men will be treated.

The course will highlight current research in the area of behavioural medicine and neuroscience such as brain imaging and neurophysiology.

Detailed parts:

Integrating assignments in the course:

Long term pain

Sleep disorder

Several others from the groups Mental and Senses and the nervous system will be treated. In parts of the course on rehabilitation, assignments from other groups will also be used.

Tuition forms related to the aims of the course: a) Medical basic science. Relevant basic science consists of both repetition of earlier knowledge on sleep, pain and other subjects relevant to the course and of

supplementation. The teaching is given both in groups, and in seminars where the student is expected to be well prepared. b) Basic knowledge in learning theory and KBT. Lectures and seminars. c) Basic knowledge/skills in KBT. Seminars and proficiency training through role plays. d) Clinical skills: Role play, auscultation, study visits, supervised patient contact. e) Scientific ability. Literature seminars.

Teaching methods

The main working methods of the course are group exercises, study visits, clinical work under supervision and teaching seminars. A part of the teaching will be IT-supported.

Examination

Examination is arranged a) partly in seminars where the students present a summary of a patient case (analysis and intervention planning) with an emphasis on the integration between basic knowledge and clinic. The student also should have carried out a literature search and present and discuss at least one current, relevant scientific article in support of conclusions in the analysis and/or intervention plan. b) partly in the form of a practical examination with a standardised patient.

A pass grade also requires:

Required basic knowledge S1 - S2

Professional treatment (pain/sleep history) M3

Scientific ability. S 4

Ability to integrate basic science and clinic. S3

Compulsory parts: Literature seminars, clinical placings and examination.

Limited number of examinations or practical training sessions:

The number of examination and practical training sessions follows the local guidelines of Karolinska Institutet, implying that the number of examinations is limited to 6, while placement, as a rule, may be repeated only once.

Transitional provisions

The course has been cancelled.

Other directives

The course connects to and advances knowledge within Stage C such as core within the Study Programme in Medicine.

Course evaluation will be carried out in accordance with KI's general course evaluation.

Other collaborative departments can be combined, and vary from semester to semester.

Literature and other teaching aids

Lovallo, William R.

Stress and health : biological and psychological interactions

2. ed. : Thousand Oaks, Calif. : Sage Publications, cop. 2005. - xiv, 278 s.

ISBN:1-4129-0478-1 (pbk.) LIBRIS-ID:9535222

[Library search](#)

Kåver, Anna

Att leva ett liv, inte vinna ett krig : om acceptans

Stockholm : Natur och kultur, 2004 - 123, [1] s.

ISBN:91-27-09843-5 (inb.) LIBRIS-ID:9592857

[Library search](#)

Linton, Steven James

Att förstå patienter med smärta

Lund : Studentlitteratur, 2005 - 370 s.

ISBN:91-44-03386-9 LIBRIS-ID:9987550

[Library search](#)

Nilsson, Åsa

Vem är det som bestämmer i ditt liv? : om medveten närvaro

Stockholm : Natur och kultur, 2004 - 130, [1] s.

ISBN:91-27-09845-1 (inb.) LIBRIS-ID:9592777

[Library search](#)

Ramnerö, Jonas; Törneke, Niklas

Beteendets ABC : en introduktion till behavioristisk psykoterapi

Lund : Studentlitteratur, 2006 - 249 s.

ISBN:91-44-04374-0 LIBRIS-ID:10082183

[Library search](#)

Söderström, Marie

Sömn : sov bättre med kognitiv beteendeterapi

Stockholm : Viva, 2007 - 304 s.

ISBN:978-91-85675-00-5 (inb.) LIBRIS-ID:10273140

URL: <http://194.68.4.214/bilder/tif/9185675008.tif>

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