

Psychology
Alma Mater Europaea University
Campus Vienna / Alma Mater Vienna
Dr. Sara Liebert

Course Name: Psychology
Semester: Fall 2024
Professor: Sara Liebert
Intended for: Bachelor students
ECTS: 5
Language: English
Contact: sliebert@almamater.at

Course Description: This course provides an essential foundation in psychology tailored for physiotherapy students. It explores key psychological concepts and theories that influence human behavior, mental processes, and emotional responses. Topics covered include psychological development, the impact of mental health on physical rehabilitation, cognitive and behavioral factors in pain perception, patient motivation, and the therapeutic relationship. Students will also examine how psychological principles can enhance patient care and outcomes, emphasizing communication strategies, empathy, and patient-centered practices. Through a combination of lectures, discussions, and practical applications, this course aims to equip future physiotherapists with the knowledge and skills necessary to understand and address the psychological aspects of patient care, fostering a holistic approach to rehabilitation.

Grading: Grades will consist of class participation, a midterm exam, discussion board posts, and a final exam.

Class Participation (20% of grade)

Students are expected to come to class prepared and ready to participate.

Poor participation, unexcused absences, and consistent tardiness will lead to lost points for participation.

Discussion Board Posts (20% of grade)

Students will periodically be asked to post or reflect on the course content via Moodle Discussion Board. More detailed instructions will be provided for each required post.

Midterm Examination (25% of grade)

The midterm examination will consist of multiple choice, short answer, and brief essays relevant to the course material (inclusive of lectures, class discussions, and assigned readings). The purpose of the exam is for students to synthesize course material related to psychopathology in an efficient and effective manner. The final Exam will be administered in class on November 5, 2024.

Final Examination (35% of grade)

The final examination will consist of multiple choice, short answer, and brief essays relevant to the course material (inclusive of lectures, class discussions, and assigned readings). The purpose of the exam is for students to synthesize course material related to psychopathology in an efficient and effective manner. The final Exam will be administered in class on November 19, 2024.

Required Reading

Bischof, G., Bischof, A., & Rumpf, H. J. (2021). Motivational Interviewing: An Evidence-Based Approach for Use in Medical Practice. *Deutsches Arzteblatt international*, 118(7), 109–115. <https://doi.org/10.3238/arztebl.m2021.0014>

Myers, D. G., & DeWall, C. N. (2021). *Psychology*. Worth Publishers, Macmillan Learning.

Topics, Readings, and Assignments by Session

<i>Session</i>	<i>Date/Time</i>	<i>Topic</i>	<i>Reading</i>	<i>Assignment</i>
1	Oct 3 1600-1800	<ul style="list-style-type: none"> Overview of Psychology as a discipline. How can psychological concepts be applied to physiotherapy? 	None	None
2	Oct 8 1600-1800	<ul style="list-style-type: none"> Neuropsychology and Neuroplasticity 	Textbook pgs 266-303; 350-387	Complete Discussion Board Post.
3	Oct 10 1600-1800	<ul style="list-style-type: none"> Sensation and perception 	Textbook pgs 803-811; 920-940; 954-958	Complete Discussion Board Post
4	Nov 5 1600-1800	<ul style="list-style-type: none"> Midterm Exam 	None	No assignment
6	Nov 7 1600-1800	<ul style="list-style-type: none"> Midterm Exam Review Learning Theories 	Textbook pgs 988-1002; 1016-1040; 1072-1089	No assignment
7	Nov 7 1800-2000	<ul style="list-style-type: none"> Lifespan Development 	Textbook pgs 671-690; 722-744; 756-767	Complete Discussion Board Post.
8	Nov 8 1600-1800	<ul style="list-style-type: none"> Understanding Mental Illness How may it impact your work? 	Textbook pgs	Complete Discussion Board Post
9	Nov 12 1600-1800	<ul style="list-style-type: none"> Motivational Interviewing 	Bischof, et al (2021) Article accessible on Moodle	Come to class prepared to practice your MI skills.
10	Nov 19 1600-1800	<ul style="list-style-type: none"> Final Exam 	None	No assignment