

Course description

1. GENERAL INFORMATION			
1.1. Course teacher	Doc. dr. sc. Antun Volenik		1.6. Year of the study
1.2. Name of the course	Spirituality and mental health		1.7. ECTS credits
1.3. Associate teachers	Doc. dr. sc. Luka Janeš		1.8. Type of instruction (number of hours L + E + S + e-learning)
1.4. Study programme (undergraduate, graduate, integrated)	undergraduate, graduate		1.9. Expected enrolment in the course
1.5. Status of the course	<input type="checkbox"/> mandatory	<input type="checkbox"/> <u>elective</u>	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)
2. COUSE DESCRIPTION			
2.1. Course objectives	Students will be able to: develop the skill of argumentative presentation of their own critical opinion related to the topic of the relationship between mental health and spiritual perspectives; recognize the importance of a transdisciplinary research approach; recognize the methodological connections between religiosity and philosophy in terms of studying the concept of mental health; formulate scientific hypotheses in the religious field; recognize the importance of the pastoral role in providing help and care to people with mental disabilities; to develop the skill of presenting one's own critical position in an argumentative manner.		
2.2. Enrolment requirements and/or entry competences required for the course	No		
2.3. Learning outcomes at the level of the programme to which the course contributes	Understand the role and importance of religion for man as an individual and society in general. Analyse the concept of society and the ways in which certain societies shape the behaviour, beliefs and identity of people. Analyse the relationship between religious sciences and other disciplines. Reflect and discuss (contemporary) cultural phenomena and values, based on knowledge and theories in the philosophical heritage and other disciplines.		
2.4. Expected learning outcomes at the level of the course (3 to 10 learning outcomes)	Students will be able to: recognize links between religious, philosophical and scientific perspectives on the mental health research platform; determine the links between psychiatry, psychology and psychotherapy in the horizon of spiritual perspectives; determine the historical epochs, authors and schools in which the connection between spirituality and mental health was evaluated in a significant way; formulate scientific hypotheses in the religious and philosophical fields.		
2.5. Course content (syllabus)	The course systematically evaluates the relationship between spirituality and mental health, starting from a religious, psychological, psychiatric, psychotherapeutic and philosophical perspective. Course content: Introduction to the course Phenomenology of health and disease Comparative analysis of terms: spiritual-mental-physical Sociological aspects of spirituality Spiritual Exercises of Ignatius of Loyola		

	Philosophical foundations of psychotherapy Forms and types of psychotherapy Psychotherapeutic relationship Mental health in the community Theories of personality Shame, shame and guilt Psychopathology and diagnostics Addictions and recovery of addicts Concluding remarks									
2.6. Format of instruction:	<input type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> online in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work				<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			2.7. Comments:		
2.8. Student responsibilities										
2.9. Monitoring student work	Class attendance	YES	NO	Research	YES	NO	Oral exam	YES	NO	
	Experimental work	YES	NO	Report	YES	NO	(other)	YES	NO	
	Essay	YES	NO	Seminar paper	YES	NO	(other)	YES	NO	
	Preliminary exam	YES	NO	Practical work	YES	NO	(other)	YES	NO	
	Project	YES	NO	Written exam	YES	NO	ECTS credits (total)			
2.10. Required literature (available in the library and/or via other media)	Title						Number of copies in the library	Availability via other media		
	Bozek A., Nowak P. F., Blukacz M. (2020). „The Relationship between Spirituality, Health-Related Behavior, and Psychological Well-Being“, <i>Frontiers in Psychology</i>									
	Čorić, Šimun Š. (1998), <i>Psihologija religioznosti</i> . Slap, Jastrebarsko									
	Jung, Carl Gustav (1990). <i>O religiji i kršćanstvu</i> , Župski ured, Selci Đakovački									
	Lojolski, Ignacije (2021). <i>Duhovne vježbe</i> , FTI, Zagreb									
	Vitz, Paul Clayton (2011). <i>Psihologija kao religija</i> , Verbum, Split									
	Stammers, S., Pulvermacher, R. The value of doing philosophy in mental health contexts. <i>Med Health Care and Philos</i> 23, 743–752 (2020). https://doi.org/10.1007/s11019-020-09961-4									
Szentmártoni, Mihály (2009) <i>Osjetljivost za čovjeka</i> . Verbum, Split.										
2.11. Optional literature										
2.12. Other (as the proposer wishes to add)										

