Federal State Budgetary Educational Institution

higher education

“Orenburg State Medical University”

Ministry of Health of the Russian Federation

**GUIDELINES**

**FOR TEACHERS**

**FOR THE ORGANIZATION OF THE STUDY OF THE DISCIPLINE**

**"ADAPTIVE PSYCHOLOGICAL TRAINING"**

31.05.01 “General medicine”

Is the part of the main professional educational program of higher education

education in the direction of training (specialty) 31.05.01 General medicine,

approved by the Academic Council of the FSBEI HE ORGMU of the Ministry of Health of Russia

Protocol No. 8 dated March 25, 2016

Orenburg

**1. Guidelines for practical training.**

**Module 1. Self-confidence training.**

**Topic 1.** **Acquaintance. Discussion of the goals and objectives of the training. Introduction of the rules of the training group. Self-knowledge. Introspection.**

Type of training lesson: practical lesson.

Purpose: formation of motivation for training sessions; introduction and discussion of the rules of work in the training group; acquaintance with the techniques of self-knowledge and introspection.

Lesson plan

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  **Motivational moment** (relevance of studying the topic of the lesson) |
| 2 | **Input control - testing.** |
| 3 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Acquaintance.  2. Introduction and discussion of the rules of the training group.  3. The main part:  3.1. Exercise "My image";  3.2. Exercise "Who am I?"  3.3. Exercise "The ship I'm sailing on";  3.4. Exercise "My judgments";  4. Discussion of the lesson. Homework. |
| 4 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 2. Feelings. Ways of expressing feelings.**

Type of training lesson: practical lesson.

Purpose: learning how to recognize and express your feelings.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercise "Expression of emotions").  3. The main part:  3.1. Discussion of theoretical material;  3.2. Exercise "Human contour";  3.3. Exercise "Sculpture of emotions"  3.4. Exercise "10 rooms";  3.5. Discussion of theoretical information "Our feelings from the point of view of psychological theory";  3.6. Exercise "Establishing personal distance";  3.7. Discussion of theoretical information "What is personal territory";  3.8. Exercise "Expanding the internal space";  3.9. Discussion of theoretical information "Anger and Resentment";  3.10. Exercise "Give the worm";  3.11. Exercise "My resentment";  3.12. Exercise "Forgiveness and Gratitude";  3.13. Discussion of theoretical information "Expression of emotions";  3.14. Exercise “Words of Anger”;  3.15. Exercise "Pushing";  3.16. Discussion of theoretical information "Our feelings";  3.17. Exercise "Affectionate palms".  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 3. Self-love. Self-acceptance. Self-approval. Positive thinking.**

Type of training lesson: practical lesson.

Purpose: development of a positive attitude towards oneself; the formation of positive thinking skills.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercise "Wish").  3. The main part:  3.1. Exercise "Smile";  3.2. Discussion of theoretical information "Our feelings" (continued);  3.3. Exercise "Morning of tomorrow";  3.4. Discussion of theoretical information "Our feelings" (continued);  3.5. Exercise "Interaction";  3.6. Exercise "Looking at yourself through the eyes of a man in love";  3.7. Discussion of theoretical information "Our feelings" (continued);  3.8. Exercise "Name";  3.9. Exercise "Mask";  3.10. Exercise “Treat yourself like a loved one”;  3.11. Exercise "Hello, I am my beloved";  3.12. Discussion of theoretical information "Self-love";  3.13. Exercise "In the rays of the sun";  3.14. Discussion of theoretical information "External and internal attractiveness"  3.15. Exercise "Ideal image";  3.16. Discussion of theoretical information "Self-approval and self-acceptance"  3.17. Exercise "Developing Self-Acceptance"  3.18. Discussion of theoretical information "Self-assessment";  3.19. Exercise "Two options";  3.20. Exercise "My goals";  3.21. Discussion of theoretical information "Success and failure"  3.22. Exercise "Zone of strength";  3.23. Discussion of theoretical information "Positive thinking", "How to hear your inner voice";  3.24. Exercise "Sage from the Temple";  3.25. Discussion of theoretical information "Internal signalman";  3.26. Exercise "Rose Blossom".  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal*.* |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 4. Self-confidence. Self-regulation**

Type of training lesson: practical lesson.

Purpose: developing skills of confident behavior.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercise "Attention").  3. The main part:  3.1. Exercise "Psychogymnastics";  3.2. Exercise "Walking";  3.3. Exercise "Smile";  3.4. Exercise "Posture and Smile";  3.5. Exercise “Talking on the Phone”;  3.6. Exercise "Confident, insecure and aggressive behavior";  3.7. Exercise "Railway cash desk";  3.8. Discussion of theoretical information “Self-regulation. Self-regulation methods ";  3.9. Exercise "Hero's Dream";  3.10. Exercise "My values".  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Module 2. Interpersonal Confidence Training**

**Topic 5. Contact training.**

Type of training lesson: practical lesson.

Purpose: formation of skills for establishing and developing social contacts**.**

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercises "Greetings", "Greetings without words").  3. The main part:  3.1. Exercise "New acquaintances";  3.2. Exercise “Places to Meet”;  3.3. Exercise "Collecting phrases for a contact";  3.4. Exercise "First visit";  3.5. Exercise “Topics for conversation”;  3.6. Exercise-role-playing game "Contact training";  3.7. Exercise "Contact with the group";  3.8. Exercise “Collecting situations on the topic“ Acquaintance ””;  3.9. Exercise-role play "Transfer the initiative and listen";  3.10. Exercise-role-playing game "Make an appointment";  3.11. Exercise "Generalization of the skill of acquaintance";  3.12. Exercise "Dialogue in pairs: all good things in 100 seconds";  3.13. Exercise “What a lovely little thing I have”;  3.14. Exercise “What a lovely little thing you have”;  3.15. Exercise “How do I do it so well”;  3.16. Exercise "Making specific compliments";  3.17. Exercise "Making general compliments";  3.18. Exercise "What is pleasant for most people";  3.19. Exercise "Arouse sympathy in the group";  3.20. Exercise-role-playing game "Arouse sympathy".  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 6. Barriers to interpersonal communication**.

Type of training lesson: practical lesson.

Purpose: formation of skills of recognition and overcoming of barriers of interpersonal communication.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm up.  3. The main part:  3.1. Discussion of theoretical information "Barriers to interpersonal communication"  3.2. Exercise "Late";  3.3. Exercise "Recognizing barriers to interpersonal communication";  3.4. Discussion of theoretical information "Ways to overcome barriers to interpersonal communication and establish open communication"; "Types of openness of feelings"  3.5. Exercise "What is harder?";  3.6. Exercise "Feelings are different";  3.7. Exercise "Guess the feeling";  3.8. Exercise “What I Feel Now”;  3.9. Exercise “How to say it in Russian?”;  3.10. Exercise "Feeling plus behavior";  3.11. Discussion of theoretical information "Expression of positive feelings";  3.12. Exercise-role-playing game “How you made me happy!”;  3.13. Discussion of theoretical information "Positive attitude to one's own feelings";  3.14. Exercise “Collecting situations on the topic“ Expression of positive feelings ””;  3.15. Exercise-role play "Expression of positive feelings";  3.16. Discussion of theoretical information "Reflection of the partner's positive feelings";  3.17. Exercise “Collecting situations on the topic“ Reflection of positive feelings of a partner ””;  3.18. Exercise-role play "Reflection of the partner's positive feelings";  3.19. Discussion of theoretical information "Expression of negative feelings";  3.20. Role-playing exercise "Negative Feelings";  3.21. Exercise “Collecting situations on the topic“ Expression of negative feelings ””;  3.22. Exercise-role play "Reflection of negative feelings of a partner";  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 7. Confidence in conflict situations.**

Type of training lesson: practical lesson.

Purpose: formation of skills of confident behavior in conflict situations.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm up.  3. The main part:  3.1. Discussion of theoretical information "Rules for conducting a conflict conversation"  3.2. Exercise "Collecting situations on the topic" Conflict conversation "";  3.3. Exercise-role play "Conflict conversation";  3.4. Exercise “Collecting situations on the topic“ Inability to refuse ””;  3.5. Discussion of theoretical information "Request denial";  3.6. Exercise-role-playing game “Ability to say“ no ””;  4. Discussion of the lesson. Homework**.** |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

Module 3. Training in the formation of positive life goals.

**Topic 8. Self-realization and self-determination.**

Type of training lesson: practical lesson.

Purpose: to form behavioral skills aimed at constructive interaction with people, self-realization and self-determination.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercise "Collective counting").  3. The main part:  3.1. Discussion of theoretical information “The needs of our“ I ”; human rights to realize their needs of their “I” ”;  3.2. Exercise "My Rights";  3.3. Exercise “Interaction;  3.4. Exercise "Yes, no";  3.5. Exercise "Communication with loved ones";  3.6. Exercise "Open your fist";  3.7. Discussion of theoretical information "The triangle of power and the triangle of self-knowledge"  3.8. Discussion of theoretical information "Life of your own choice";  3.9. Exercise "Power of speech";  3.10. Discussion of theoretical information "Confident and uncertain person";  4. Discussion of the lesson. Homework. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

**-** didactic (psychological tools, handouts);

-material and technical (multimedia projector, laptop).

**Topic 9. Formation of positive life goals.**

Type of training lesson: practical lesson.

Purpose: training the skills of determining life goals.

**Lesson plan**

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| № | Stages and content of the lesson |
| 1 | **Organizing time.**  Announcement of the topic, the purpose of the lesson.  Motivational moment (relevance of studying the topic of the lesson) |
| 2 | **The main part of the training session.**  - Practical skills development. The form of organizing educational activities - discussion, training.  Exercises:  1. Greetings. Homework check.  2. Warm-up (exercise "Driving a blind man").  3. The main part:  3.1. Exercise "The motives for achieving the goal";  3.2. Exercise "In 2 years";  3.3. Exercise "Get out of the circle";  3.4. Exercise “What do I really want?”;  3.5. Discussion of theoretical information "Program for achieving the goal";  3.6. Exercise “Fall of Confidence”;  3.7. Exercise "Success";  4. Discussion of the lesson. Homework.  The final control is testing. |
| 3 | **The final part of the lesson:**  - summing up the results of the lesson;  - setting current grades in the educational journal. |

**Means of education:**

- didactic (psychological tools, handouts);

-material and technical (multimedia projector, notebook).