

<i>Title and Code of Course:</i> Health Psychology in Theory and Practice			
<i>Instructor's Name:</i> Zsuzsanna Mirnics Ph.D., Zsuzsanna Kövi Ph.D.			
<i>Instructor's Email Address:</i> mirnics.zsuzsanna@kre.hu , kovi.zsuzsanna@kre.hu			
Credit Point Value:	Number of Lessons per Week: 2	Type of Course: Seminar <input checked="" type="checkbox"/> Lecture <input type="checkbox"/>	Method of Evaluation: Oral Examination <input type="checkbox"/> In-Class Presentation <input type="checkbox"/> Other <input checked="" type="checkbox"/>
Course Description: <p>This course offers a practical approach and a cross-cultural perspective to some important health psychology topics, regarding which current literature is introduced together with some practical implications and applications of the research findings. During the course in-class presentations and self development exercises will be provided, with participation of both Hungarian and international students.</p> <p>Psychological well-being with special focus on psychological flexibility, gratitude, goals, values, self-esteem and spontaneity.</p> <p>Stress management with special emphasis on coping strategies, emotional intelligence, social support and positive schemas.</p> <p>Spirituality and its role regarding mental health, with special emphasis on connectedness to nature and mindfulness.</p>			
Bibliography: <p>Main readings (some additional might be provided):</p> <p>Collins-Donnelly K. : Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People (Gremlin and Thief CBT Workbooks), Jessica Kingsley, 2014</p> <p>McKay M., Wood J.C, Brentley J. (2007): The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance</p> <p>Mc Kay M., Lev A., Skeen M. (2012): Acceptance and Commitment Therapy for Interpersonal Problems, New Harbinger</p> <p>Romas J.A., Sharma M. (2017): Practical Stress Management: A Comprehensive Workbook, Seventh Edition, Elsevier.</p> <p>Stahl S. (2020): The Child in You: The Breakthrough Method for Bringing Out Your Authentic Self, Penguin.</p>			