

**MEDICAL UNIVERSITY - SOFIA**  
**DEPARTMENT OF PSYCHIATRY**

**COURSE “MEDICAL PSYCHOLOGY”**

**for students of Dental Medicine**

Medical Psychology is a discipline which introduces the biopsychological integrative models of health and disease. The medical psychology curriculum is designed to prepare students to understand the psychological factors and the personality styles of coping with the illness.

**The goals** of the course are to provide the students with psychological knowledge in addition to the specialized medical competence. It has to facilitate the development of an integrative approach to the patient and a long-lasting interest to the psychological and behavioral aspects of health and disease.

**Method:**

The course consists of 15 hours lectures and 15 hours seminars. It relies on students active participation in discussions of clinical cases.

**Assessment** is based on an oral examination.

**CURRICULUM (30 hours)**

1. **Biopsychosocial Model.** Clinical application. Psychological factors affecting physical health. Psychosomatic relationship. Illness behavior. Adjustment to illness and handicap.
2. **Doctor-patient Relationship and therapeutic Alliance.** Models and characteristics of a good therapeutic relationship. Doctor-patient relationship as communication. Therapeutic behavior and skills.
3. **Personality and Behavior in Health and Illness.** Theories about personality and personality disorders. Psychological responses to illness (somatic and psychiatric diseases, chronic diseases).
4. **Live Development.** Psychological theories of normal and abnormal development. Development stages of the life cycle. Crises of development. Domestic violence, child abuse and neglect. Interventions with child behavior problems.
5. **Psychological Treatment (Psychotherapy and Counseling).** Basic goals and indications. Models of psychotherapy The therapeutic process, procedures and techniques. Therapeutic factors.
6. **Drug Addiction.** Dependent behavior, substance dependence, substance abuse. Psychosocial factors.
7. **Theory of Stress and Coping.** The processes where psychology meets psychology – emotional and body responses. Adaptive and abnormal coping responses. Consequences of chronic stress. Illness as a stress. Coping with illness.