



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|---|----------------------|--|---|--------------------------------|---|------------|---|
| Course Title | | Coping With Domestic Crisis and Stress | | | | | | | |
| Course Code | | IFC501 | | Course Level | | Second Cycle (Master's Degree) | | | |
| ECTS Credit | 5 | Workload | 125 (<i>Hours</i>) | Theory | 2 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | | In this course, it is aimed that the students conduct a study about family conflicts and crisis, psychological evaluation and psychological counselling to solve or cope with stress. | | | | | | | |
| Course Content | | In family crisis, th definition of stres, to determine the stress level of family, practical coping techniques, and the path among stress, coping and psychopathology. | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Discussion, Case Study, Individual Study | | | | | |
| Name of Lecturer(s) | | Assoc. Prof. Mehmet ŞAKİROĞLU | | | | | | | |

Assessment Methods and Criteria

| Method | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1 | 40 |
| Final Examination | 1 | 60 |

Recommended or Required Reading

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| 1 | Baltaş, Z., Baltaş, A. (2008). Stres ve Başa Çıkma Yolları, Remzi. |
| 2 | Greenberg, J. (2013). Comprehensive Stress Management, 13th Edition. |
| 3 | McKay, M., Davis, M., Eshelman, E., R., Fanning, P.(2008). The Relaxation and Stres Reduction Workbook, A new harbinger self-help workbook. |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|---|
| 1 | Theoretical | Introduction to the course, its contents |
| 2 | Theoretical | Family crisis and definition of stress |
| 3 | Theoretical | Family crises and stress theories |
| 4 | Theoretical | Determination of the family's stress level |
| 5 | Theoretical | Psychological aid in case of loss of a relative of the family |
| 6 | Theoretical | Deception Therapy |
| 7 | Theoretical | Divorce Adaptation |
| 8 | Theoretical | Psychological aid to the moving family |
| 9 | Theoretical | Immigration and family system |
| 10 | Theoretical | Situation of having child or not |
| 11 | Theoretical | Intervening in the individual subject to domestic violence |
| 12 | Theoretical | Severe disease of one of the family member |
| 13 | Theoretical | Codes of treatment formulations |
| 14 | Theoretical | Role-Playing |
| 15 | Theoretical | General evaluation |
| 16 | Final Exam | Final Exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 0 | 3 | 42 |
| Assignment | 14 | 0 | 2 | 28 |
| Term Project | 1 | 1 | 6 | 7 |
| Reading | 14 | 1 | 1 | 28 |
| Individual Work | 5 | 0 | 2 | 10 |
| Midterm Examination | 1 | 3 | 1 | 4 |



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|--|---|---|---|-----|
| Final Examination | 1 | 5 | 1 | 6 |
| Total Workload (Hours) | | | | 125 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 5 |
| *25 hour workload is accepted as 1 ECTS | | | | |

Learning Outcomes

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|---|---|
| 1 | To understand the definition of domestic crises and stress and related theories. |
| 2 | To determine the stress level of family. |
| 3 | To learn practical coping techniques. |
| 4 | To know possible crisis situations in the family and prepares an intervention plan. |
| 5 | To formulate and prepares the treatment plan. |

Programme Outcomes (Family Counseling Interdisciplinary Master)

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|----|---|
| 1 | To learn the theories and applications of family and couple counseling |
| 2 | To gain family counseling skills in child and adolescent psychopathology |
| 3 | To apply scientific research methods |
| 4 | To look at parenting from a developmental perspective |
| 5 | Intervention to solve the crisis in the family |
| 6 | To gain communication and conflict resolution skills in the family |
| 7 | To analyze data using advanced statistical methods |
| 8 | To apply the techniques of interview and evaluation with family |
| 9 | To learn divorce mediation |
| 10 | To learn close relationships psychology and the communication between close relationships |
| 11 | To learn the basic theoretical explanations for the psychology of adulthood |
| 12 | To learn developmental psychopathology |
| 13 | To learn sexual dysfunctions and therapy |
| 14 | To learn to look at gender differences from a social psychology perspective |

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

| | L1 | L2 | L3 | L4 | L5 |
|----|----|----|----|----|----|
| P1 | 4 | 4 | 4 | 5 | 5 |
| P5 | 5 | 5 | 5 | 5 | 5 |
| P6 | 4 | 5 | 5 | 5 | 5 |
| P8 | 5 | 4 | 5 | 4 | 5 |
| P9 | 4 | 4 | 5 | 5 | 5 |

