



Syllabus for academic year: 2021/2022													
Training cycle: 2019/20-2024/2025, 2020/21-2025/26, 2021/22-2026/27													
Description of the course													
Course	Laughter therapy										Group of detailed education results		
											Group code D	Group name Behavioural and Social Sciences	
Faculty	Faculty of Medicine												
Major	medicine												
Level of studies	<input checked="" type="checkbox"/> uniform magister studies <input type="checkbox"/> 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies												
Form of studies	<input checked="" type="checkbox"/> full-time <input type="checkbox"/> part-time												
Year of studies	I, II, III					Semester:	<input checked="" type="checkbox"/> winter <input checked="" type="checkbox"/> summer						
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input checked="" type="checkbox"/> free choice / optional												
Language of study	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English												
Number of hours													
Form of education													
	Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	Classes in Simulated Conditions (CSC)	Practical Classes with Patient (PCP)	Foreign language Course (FLC)	Physical Education (PE)	Vocational Practice (VP)	Directed Self-Study (DSS)	E-learning (EL)
Winter semester:													
.....Studium Języków Obcych..... ... (Dep. in charge of the course)													
Direct (contact) education ¹		20											
Distance learning ²													
Summer semester:													
...Studium Języków Obcych..... (Dep. in charge of the course)													

¹Education conducted with direct participation of university teachers or other academics

²Education with applied methods and techniques for distance learning



Direct (contact) education		20											
Distance learning													
TOTAL per year:													
.....Studium Języków Obcych.....													
... (Dep. in charge of the course)													
Direct (contact) education		20											
Distance learning													
Educational objectives (max. 6 items) C1. To learn how to use positive psychology and humour in interpersonal relationships and in particular laughter therapy in adult & children patients C2. To gain knowledge about positive psychology and humour functions in interpersonal relationships in different contexts C3. To practise and develop creative, analytical and critical thinking in students C4. Development of social competences needed to practice the medical profession, in accordance with graduate's profile.													
Education result for course in relation to verification methods of the intended education result and the type of class:													
Number of detailed education result	Student who completes the course knows/is able to					Methods of verification of intended education results	Form of didactic class <i>*enter the abbreviation</i>						
DW4	Students know about the social attitudes to the meaning of health, illness, disability and old age, the social consequences of illness and disability and socio-cultural barriers, as well as the concept of health-related quality of life					Group work	SE						
DW12	Students are able to recognise the role of stress in the aetiopathogenesis and course of diseases and coping mechanisms.					Group work	SE						
DW15	Students know about the principles of motivating the patient towards healthy behaviour and informing about an unfavourable prognosis					Group work	SE						
DW6	Students are able to recognise the importance of verbal and non-verbal communication in communication with the patient and the concept of trust in interaction with the patient					Group work, work in pairs	SE						
DU4	Students are able to build an atmosphere of trust throughout the diagnostic and treatment process					Group work, work in pairs	SE						
DU5	Students are able to interview an adult patient, a child and a family using active listening techniques and expressing empathy, and talk to the patient about their life situation make a conversation with a					Group work, discussion	SE						



	patient and his family		
DU12	Students are able to communicate with colleagues, providing feedback and support	Pair and group work, discussion	SE
* L- lecture; SE- seminar; AC- auditorium classes; MC- major classes (non-clinical); CC- clinical classes; LC- laboratory classes; CSC- classes in simulated conditions; PCP- practical classes with patient; FLC- foreign language course; PE- physical education; VP- vocational practice; DSS-directed self-study; EL- E-learning			
Student's amount of work (balance of ECTS points):			
Student's workload (class participation, activity, preparation, etc.)		Student Workload	
1. Number of hours of direct contact:		20	
2. Number of hours of distance learning:		0	
3. Number of hours of student's own work:		6	
4. Number of hours of directed self-study		n/a	
Total student's workload		26	
ECTS points for course		1	
Content of classes: (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)			
Seminars			
1 & 2	An introduction to humour research and laughter therapy		
3 & 4	Functions of humour and its meaning for human health		
5 & 6	Positive psychology- main assumptions		
7 & 8	Positive communication and interpersonal relationships		
9 & 10	Ethics and boundaries of humour		
11 & 12	Humour analysis		
13 & 14	Workplace humour-copying with stress and conflicts		
15 & 16	Laughter therapy for children		
17 & 18	Laughter therapy for adults		
19 & 20	Laughter therapy for patients		
Basic literature (list according to importance, no more than 3 items)			



1. Martin, R. A. (2007). *The psychology of humour: An integrative approach*. Amsterdam: Elsevier Academic Press.
2. Joseph S., Linley P.A. Eds. (2004). *Positive Psychology in Practice*. Hoboken, NJ: John Wiley and Sons
3. . Liebertz C.(2009). *Terapia śmiechem*. Warszawa: Wydawnictwo Jedność

Additional literature and other materials(no more than 3 items)

1. Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.
2. Ruch, W. (Ed.). (1998). *Humour research: 3. The sense of humour: Explorations of a personality characteristic*. Berlin: Walter de Gruyter & Co.
3. Sultanoff, S.M. (2003). *Integrating humour into psychotherapy*. In Schaefer, C. (Ed.), *Play therapy with adults* (pp. 107–143). New York: Wiley and Sons.

Preliminary conditions:(minimum requirements to be met by the student before starting the course)

Not applicable

Conditions to receive credit for the course:

Regular attendance, active participation and preparation for the classes, PowerPoint presentation on a given topic. Each missed class needs to be made up for in the form of a game for a whole group (the game should be based on positive psychology and laughter therapy). The PowerPoint presentation will be assessed as follows: up to 5 points for the content, up to 5 points for analytical and critical thinking, up to 5 points for presentation skills and up to 5 points for engaging the whole class in a discussion or some exercises related to the presentation topic.

Presentations will take place either face to face with the lecturer or by means of social communicators.

Grade:	Criteria for courses ending with a grade ³
Very Good(5.0)	19-20 points
Good Above (4.5)	17-18 points
Good(4.0)	14-16 points
Satisfactory Plus (3.5)	12-13 points
Satisfactory (3.0)	11 points
	Criteria for courses ending with a credit³
Credit	Not applicable

Grade:	Criteria for exam ³
Very Good (5.0)	Not applicable
Good Above (4.5)	Not applicable
Good (4.0)	Not applicable
Satisfactory Plus (3.5)	Not applicable
Satisfactory (3.0)	Not applicable

Department in charge of the course:	Studium Języków Obcych
Department address:	ul. Mikulicza-Radeckiego 7 Wrocław
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³ The verification must cover all education results, which are realized in all form of classes within the course



Person in charge for the course:	Dr Maria Kmita			
Telephone:	tel. 71 784 14 82			
E-Mail:	maria.kmita@umed.wroc.pl			
List of persons conducting specific classes:				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Maria Kmita	PhD	Social science	Lecturer	Seminars

Date of Syllabus development

.....21.06.2021.....

Syllabus developed by

.....Maria Kmita.....

Dean's signature

.....
Wrocław Medical University
Faculty of Medicine
Wrocław Studies
prof. Beata Szymczanska, PhD

Signature of Head(s) of teaching unit(s)

.....Uniwersytet Medyczny we Wrocławiu
STUDIUM JEZYKÓW OBOJCH
kierownik.
mgr Dagmara Brozd