**Discipline "Psychosomatics"**

Lecturer: Ph.D. Psychol. D., Assoc., Vasilyeva H.V.

The discipline "Psychosomatics" **aims to** form a holistic view of students about the relationship of mind and body.

**Task of the course:**

* Developing students' ideas of human and social interaction.
* To provide students with an understanding of the structure of psychosomatic personality.
* Developing an understanding of psychomatics as a disease of civilization.
* Study of basic types of psychosomatic personalities.
* The study of psychosomatic concepts in various psychological approaches.
* Strategies and directions of psychological support for psychosomatic patients.

The discipline provides for the study of the following **topics**: Psychosomatic approach in psychology, understanding the integrity of the mind and body. The theory of stress in the understanding of psychomatics. Theories of the psychosomatic personality. The concept of the development of a psychosomatic personality. Personality traits that make up the psychosomatic structure. Psychosomatic ideas in the direction of psychotherapy. Characteristics of the directions of psychotherapy in psychosomatics. Psychological analysis of cardiovascular diseases. Psychological analysis of diseases of the gastrointestinal tract and eating behavior. Psychological analysis of diseases of the respiratory system. Psychological analysis of skin diseases. Psychonology.

The course includes a detailed **practical block**: psychodiagnostic methods, psychotechnics and training exercises to work with psychosomatic issues in order to improve the relationship between emotions and the body, overcoming alexithymia and psychoprophylaxis.