

Course Title : Health Psychology

Course Code :PSY-815

Credit Hours : 3

Pre Requisite: Ethics & Psychotherapy

Objective:

- Better understand the biopsychosocial model of health and well being. The course content covers various health issues where stress and psychological factors impair our physical health.
- Improve counseling skills in the context of general health care system.

Learning Outcomes:The student will be able to:

- Demonstrate how psychological factors influence our physical health and understand the role of health beliefs and practices in well being.
- Develop skills to provide counseling in specialized context (i.e. informational care to person with cardiac problems or instilling hope in terminally ill person).

Course Content:

The biology of health and illness

- Bio-Psychosocial approaches to well being
- Physiological reactivity under stress

Health Belief Models

- Health sickness and attribution process
- Health promotion: Influence, attitude and beliefs
- Socio-Cultural factors and health
- Spirituality, Social Support and Health

The Role of Alternative Health Care in Well being

Stress, Coping and Health

- Stress Health interaction

- Stress and immune system
- Lazarus Appraisal Model

Counseling in the Health Settings

- Patient, Practitioner Relationship
- Understanding Grief and Bereavement
- Informational and emotional care

Global Mental Health

- Epidemiology and mental health in developing countries
- Mental health services in developing world

Suggested Readings:

- Ogden, J. (2007). Health Psychology : A Text Book (4thed). Open University Press
- Taylor, S. (2011). Health Psychology (2nded). McGraw-Hill Ryerson.
- Baum, A., Revenson, T. A., & Singer, J. (2011). Handbook of Health Psychology. Psychology Press.