



UNIVERSITATEA
DE MEDICINĂ ȘI FARMACIE
„VICTOR BABEȘ” DIN TIMIȘOARA

Principles in psychotherapy



Course

- Introduction to psychotherapy.
- Psychotherapy vs somatotherapy
- Psychoeducation and prevention.
- Psychological counseling.
- Personal development and self-knowledge.
- Cognitive-behavioral psychotherapy.
- Psychotherapeutic interventions in oncology.
- Hypnosis and relaxation techniques in pain management
- Psychological intervention in trauma.
- Child and Adolescent Psychotherapy.
- Individual and group interventions in Addictions.
- Psychotherapeutic and psychosocial interventions in stress management.
- The role and the benefits of social support.



Structure
Assessment

Structure course hours,
14 week.

Assessment
Colloquium



Course tutor

S.L. Dr. Teodora Anghel
email: anghel.teodora@umft.ro