Syllabus

STRESS COPING AND ROLE OF SOCIAL SUPPORT: - 3186

Last update 24-02-2014

**HU Credits:** 2

**Degree/Cycle:** 2nd degree (Master)

**Responsible Department:** Social Work

**Academic year:** 2

**Semester:** 2nd Semester

**Teaching Languages:** Hebrew

**Campus:** Mt. Scopus

**Course/Module Coordinator:** Rebecca Feinstein-Winitzer

**Coordinator Email:** rebecca.feinstein@mail.huji.ac.il

**Coordinator Office Hours:** Mondays/Wednesdays 14:00-16:00

**Teaching Staff:**
Rebecca Feinstein-Winitzer
**Course/Module description:**

This course examines several aspects of stress and coping, including stress response and coping processes, as well as the roles of social support and social networks as coping mechanisms. This course will stress the development of students' critical thinking skills about stress and coping both in theory and in practice. We will learn to recognize the social, psychological, and biological patterning of stress and coping; the relationship between stress and trauma; the role of social support and make-up of social networks; and the ways in which individual stress response and coping behavior can be reflexive, socially situated, and embedded within larger social and cultural contexts. With a broader understanding of the stress and coping, we will explore its implications for social work practice, policy, and clinical interventions.

**Course/Module aims:**

- To develop a knowledge on the bio-psycho-social dimensions of the human stress response.
- To become familiar with the different types of cognitive, emotional, and behavioral coping skills people use to deal with stress and life crisis.
- To situation stress and coping within a framework of social support and social networks in order to examine how a person's stress and coping response is both influenced by his/her social system.
- To develop beginning skills in the assessment and treatment of people with stress and life crises.

**Learning outcomes - On successful completion of this module, students should be able to:**

At the end of the this course, students should be able:

- To identify the bio-psycho-social dimensions of the human stress response.
- To become familiar with the different types of cognitive, emotional, and behavioral coping skills people use to deal with stress and life crisis.
- To understand how stress and coping is influenced by social support and social networks.
- To acquire beginning skills in the assessment and treatment of people with stress and life crises.

**Attendance requirements(%):**

Attendance and class participation (10% of grade)

**Teaching arrangement and method of instruction:** Lecture and group discussion
Course/Module Content:

Week 1: Course overview and an introduction to stress and coping

Week 2: Stress and stressful events across the life course

Week 3: Personal and biological responses to stress

Week 4: Theories of coping

Week 5: Resiliency

Week 6: "Stress Portrait of a Killer" and class discussion

Week 7: Trauma

Week 8: Assessing and coping through social support

Week 9: Social networks as vehicles through which social support is provided

Week 10: Accessing and mobilizing social support through social networks

Week 11: Accessing social support through social networks for clients with major illness

Week 12: Race, ethnic, and class differences in social support and social network systems

Week 13: Course conclusion, compassion fatigue and self-care

Required Reading:

Week 1: Course overview and an introduction to stress and coping

Chapter 11: Stress and Emotion

Week 2: Stress and stressful events across the lifecourse


Week 3: Personal and biological responses to stress


Week 4: Theories of coping


Week 5: Resiliency


Week 6: "Stress Portrait of a Killer" and class discussion

http://www.youtube.com/watch?v=YG0ZuTv5rs

Week 7: Trauma


Week 8: Assessing and coping through social support


Week 9: Social networks as vehicles through which social support is provided


Week 10: Accessing and mobilizing social support through social networks


Week 11: Accessing social support through social networks for clients with major illness


Week 12: Race, ethnic, and class differences in social support and social network systems


Week 13: Course conclusion, compassion fatigue, and self-care


Additional Reading Material:
No relevant issue

Course/Module evaluation:
End of year written/oral examination 60 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 0 %
Assignments 30 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 10 %

Additional information:
No relevant issue