



THE RELATIONSHIP BETWEEN MIND AND BODY AND THE PRACTICE OF PSYCHOTHERAPY

This course is given online. It includes 15 hours of course content.

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Pre-requisites: In order to register for and complete this course, participants need to be a licensed professional, *or* need to have completed or be in the process of completing a bachelor's degree in human relations (for example, psychology, counselling, nursing, occupational therapy, social work/MFT, guidance counselling, psychoeducation, or related disciplines).

GENERAL DESCRIPTION OF CONTENT

The course will cover the following themes:

- Fundamental concepts in health and medical psychology, psychoimmunology, and in psychosomatic medicine and the relationship between mind and body; overview of models of health and illness, including of the biopsychosocial model of health.
- Psychological reactions to physical illness and psychosocial aspects affecting medical diseases: how medical illness affects psychological health; how emotions, thoughts, and behaviour affect physical illness; acute and chronic illness (heart disease, hypertension, stroke, diabetes, arthritis); pain; life-threatening illnesses with cancer as a case example (coping, Kubler-Ross stages of grief, benefit finding etc.); health compromising behaviours
- Stress: physiological stress axis and the sympathetic and parasympathetic system; stress versus relaxation; acute, chronic stress; physical symptoms of stress, cortisol, stress reactivity, distress tolerance, after stress effects, vulnerability factors of stress, coping with stress, stress management and moderators of stress.

- Sleep: sleep physiology; circadian clock; functions of sleep: restoration, memory processing, dreaming; sleep disorders; mental disorders affected by/ affecting sleep; effect of food and drugs on sleep
- Symptoms that are common to somatic and psychological disorders: introduction.
- Physiological symptoms in common mental disorders (e.g., depression, eating disorders)
- Mental disorders and psychological symptoms caused by somatic disorders, and differential diagnosis
- Specific conditions: Somatic Symptom Disorder, Munchausen, and Conversion Disorder

ORGANIZATION OF CLASS TIME

As per the OPQ's interpretation of Bill 21 and of the hours and credits required by domain, participants may expect to invest 2 hours of personal work for each hour spent "in class" (online) for readings, course preparation, studying and the assignment(s) or examination(s).

ASSIGNMENTS

This course involves completing two exams, one mid-way through the course and another at the end of the course.

This course is graded as Pass/Fail.

REFERENCES

A number of documents are available to you in each lesson taken online. In addition to those documents, you may wish to consider the following textbook.

Taylor, S.E. & Sirois, F.M. (2014) *Health Psychology (3rd Canadian ed.)*, New York: McGraw-Hill Ryerson.