

39.03.02 Social work, the Organization profile and management in the sphere of social work	
Prevention of professional stress: prevention and intervention	
Course/semester	Bachelordegree, 2/4
Mainobjective	To create ability and readiness to resist professional stress, and also to prevent a burning out situation.
Contents	Problem of professional stress and professional burning out in the helping professions, including, in social work. Symptoms of professional stress and burning out. Behavior of the person in a situation of professional stress and professional burning out. Ways of opposition to professional burning out. Organization of prevention of professional burning out.
Preliminaryrequirements	For successful assimilation of discipline the student needs to know fundamentals of the general psychology, social diagnostics, self-reflection and psychodiagnostics.
Structureofthecourse	Lectures – 18 hours, practice – 18 hours, examination, independent work – 32 hours. Total 72 hours (40 hours contact)
Estimation, control – test	Mark and rating system: - 0–24 it is unsatisfactory without possibility of repeating an examination; - 25–49 it is unsatisfactory with possibility of repeating an examination; - 50–72 it is satisfactory; - 73–86 it is good; - 87–100 it is excellent. 80% – current work, 20% – pass
Features of the organization of educational process and training materials	Development of the course takes place with application of the following educational technologies: case method, problem method / problem training, method of projects, training in small groups, training seminar.