

Stress Management

Department of Psychology, PSI441

Class Meeting Time and Location will be announced.

2019-20 / Fall

Instructor name: Psk. Dr. Dilay Eldoğan Eken

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Course Description

This course provides a broad introduction of the science of stress and the common techniques applied in stress management. The focus of the course will be primarily in the conceptual issues related to stress, psychophysiology of stress, role of personality on the experience of stress and the main approaches aiming to deal with stress.

Course Goals

Students who complete this course successfully will be able to:

- Learn basic concepts related to science of stress.
- Gather information related to psychophysiology of stress.
- Differentiate adaptive and chronic stress.
- Get knowledge on the influence of personality traits and schemas on the perception of stressors.
- Gain basic skills to successfully manage their own daily stressors and transfer their knowledge for the good of public health.

Required Textbooks

Olpin, M., & Hesson, M. (2016). *Stress management for life: A research based, experiential approach*. (4th ed.). Boston: Cengage Learning.

Lehrer, P. M., Woolfolk, R. L., & Sime, W. E. (Eds.). (2007). *Principles and practice of stress management*. (3rd ed.). New York, NY: Guilford Press.

Sapolsky, R. M. (2004). *Why zebras don't get ulcers? The acclaimed guide to stress, stress related diseases, and coping-revised and updated*. New York: Henry Hold and Company.

Gevrekci, A. (2018) (Ed.). *Hücreden topluma stres*. Ankara: Türk Psikologlar Derneği Yayınları

Course Grading

Midterm : 40%

Attending class-discussion: 10%

Final Exam : 50%

Teaching Environment

The best learning environment is one in which all members feel respected while being productively challenged. During the semester, participants can contribute, explore, and challenge their own ideas as well as those of others. Every participant has an active responsibility to foster a climate of intellectual stimulation, openness, and respect for diverse perspectives, questions, personal backgrounds, abilities, and experiences, although instructor bear primary responsibility for its maintenance.

I encourage students to speak directly with me about any suggestions or concerns they have regarding a particular instructional space or situation. Alternatively, students may bring concerns to another trusted advisor or administrator (such as an academic advisor or department chair).

1. *Attendance Policy:* Students are expected to attend classes on a regular basis, be on time and participate in class activities and discussions. Attendance is required and will be regularly recorded. **If your attendance exceeds %30, you will not be able to take the final exam.**
2. *Policies on Missed Exams:* If you miss midterm or final exam, you can only get a make-up if you present an official documentation of absence.
3. *Ethics/Violations of Academic Integrity:* Ethical behavior is an essential component of the education. Always cite your sources when you present ideas and/or language that you have not developed yourself, including material from class lectures and discussions. While you are citing the sources in accordance with APA style.
4. *Class Readings:* You are expected to come to classes after you read the assigned chapters from your textbooks so that you will be able to participate in the class discussions effectively.
5. *Exams:* You will be responsible from all of the topics covered in the classroom and assigned reading materials in your exams. All chapters will be included in the final exam. Exams will consist of multiple-choice questions, fill in the blanks and open-ended questions. The exams will be “closed-books”; you will not be allowed to use your course materials during the exam.

Preliminary Schedule of Topics and Readings

Date	Topics	Major Assignments
Week I	Conceptual Issues Underlying Stress Management Practice: Self-Assessment	Lehrer Ch. 1 & Sapolsky Ch. 1
Week II	Psychophysiological Mechanisms of Stress Practice: Progressive Relaxation	Lehrer Ch. 2 & Olpin Ch. 3
Week III	Why is psychological stress stressful?	Sapolsky Ch. 13
Week IV	Personality, Temperament, and Their Stress related Consequences Practice: Assessment of EMSs	Sapolsky Ch. 15

Week V	Personality, Temperament, and Their Stress related Consequences	Sapolsky Ch. 15
Week VI	Stress, Implicit Memory and Explicit Memory Practice: Guided Imagery	Sapolsky Ch. 10
Week VII	Stress and Psychological Disorders	Lehrer Ch. 2
Week VIII	Stress, Mind-Body Connection and Physiological Disorders Practice: Minis	Lehrer Ch. 2 & Olpin Ch. 4
Week IX	Stress, Aging and Death	Sapolsky Ch. 12
Week X	Cognitive Techniques in Stress Management Practice: Preparing Flash Cards	Olpin Ch. 5 & 6, Lehrer Ch. 18
Week XI	Mindfulness and Managing Emotions Practice: Following your own lifestyle	Olpin Ch. 7 & 8
Week XII	Social Support, Relationships and Communication & Healthy Lifestyles	Olpin Ch. 13 & 15