

**INTERNATIONAL HIGHER SCHOOL OF MEDICINE**

**Department of Introduction to Therapy and Family Medicine**

**SYLLABUS**

**Basics of Medical Psychology**

2025-2026 academic year

for students of medical faculty


2 course 4 semester, groups 1-10

2 credits (60 h, including auditorial 36 h, independent work 24 h.)

- Lecturer:** **Zhumagulova Kaliia**  
+996 550 310 292 phone (Whatsapp)  
Email: kaliyajumagulova@gmail.com
- Venue:** Zoom
- Practical classes:** **Zhumagulova Kaliia**  
+996 550 310 292 phone (Whatsapp)  
Email: kaliyajumagulova@gmail.com
- Venue:** Vedanta clinic, Fuchik 34, room 1
- Practical classes:** **Elena Alexseeva**  
+996 777 214 871 phone (Whatsapp)  
Email: vip.plan15@mail.ru
- Venue:** Simulation training center, room 102
- Practical classes:** **Meder Ismailov**  
+996 551950009 phone (Whatsapp)  
Email: ismailov.meder@gmail.com
- Venue:** RCPN, Baitik Baatyr 1a, room № 1
- Practical classes:** **Yeryomenko Vladimir**  
+996555513513 phone  
Email: vladimir.yeremenko@gmail.com
- Venue:** Vedanta clinic. Fuchik 34, room 4

Elena Alexseeva  
+996 777 214 871 phone  
Email: vip.plan15@mail.ru  
Simulation training center, room 102

Meder Ismailov  
+996 551950009 phone  
Email: ismailov.meder@gmail.com  
RCPN, Baitik Baatyr 1a, room № 1

The Syllabus is considered  
at the meeting of the department of  
Introduction to Therapy and Family Medicine  
Protocol № 2 dated 10.09.2025  
Head of the department  Kamchybekova A. A.

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**Course Objective:** To develop students' knowledge of the basic patterns of psychology of a healthy and sick person, the psychology of a doctor, the psychology of communication between a patient and a doctor, the psychological atmosphere of a medical institution, psychosomatic and somatopsychic influence, and the mental hygiene of doctor-patient relationships.

After study of the discipline the student must:

**Knowledge:** Psychological features of teamwork. Principles of tolerant interaction with patients and colleagues.

- Principles of ethics and deontology in medicine.
- Rules of interaction with colleagues and patients.

**Skill:** Interact effectively with colleagues and patients, observing the principles of tolerance.

- Apply empathy and active listening skills in medical practice.
- Resolve conflicts in the medical environment, taking into account ethical and professional standards.
- Apply ethical standards in daily work.
- Communicate effectively with colleagues, medical staff and patients.

Attitude:

- Skills of tolerant communication and interaction in a medical team.
- Methods of psychological support for patients with different social and cultural status.
- Skills of professional communication and conflict resolution.

The ability to comply with professional standards in various situations.

**Prerequisites:**

- Medical biology
- Normal physiology
- Philosophy
- Propedotherapy

**Postrequisites:**

- Bioethics
- Neurology and fundamentals of neurosurgery
- Psychiatry and narcology
- Internal medicine
- Obstetrics and gynecology

### THEMATIC PLAN OF LECTURES

№	Theme of lecture	Hours	Date
1.	Introduction to psychology. Personality and its characteristics.	2	1.09.25
2.	Consciousness, subconsciousness, unconscious state. Sleep and its features	2	2.09.25
3.	Perception and its features.	2	3.9.25
4.	Thinking and memory.	2	4.09.25
5.	Emotions. Emotional intelligence. Stress.	2	5.09.25
6.	Motivation. Types, features, levels.	2	8.09.25
7.	Mechanisms of psychological defense.	2	09.09.25
8.	Effective communication. Therapeutic alliance.	2	10.09.25
9.	Features of building communication between doctor and patient.	2	9.09.25

	Total	18	

### THEMATIC PLAN OF PRACTICAL CLASSES

№	Theme of practical class	Hours	Date
1.	Physiological mechanisms of memory and learning, and their impact on cognitive development and human mental activity.	2	16.09.2025
2.	Clinical Manifestations and Psychological Aspects of Speech Disorders	2	30.09.25
3.	The physiology of olfaction and its role in emotional perception, behavior, and mental state. The clinical significance of olfactory disorders in psychological practice.	2	14.10.25
4.	Physiological basis of taste sensations and their influence on eating behavior, motivation, and psycho-emotional state. Practical significance of taste disorders for psychology and medicine.	2	28.10.25
5.	Physiology of hearing and its connection with cognitive and emotional processes. Pathophysiology of deafness and the psychological consequences of hearing impairments. <b>Unit control 1</b>	2	11.11.25
6.	Provide a definition and explain the concept of mental health, emphasizing its significance in medical psychology and clinical practice.	2	25.11.25
7.	Describe the early signs of mental health disorders and their importance for timely diagnosis and psychological intervention in medicine.	2	9.12.25
8.	Explain the Mental Healthcare Act of India (2017), its amendments, with a focus on hospitalization, care, discharge, and patient rights, as well as its psychological and ethical significance.	2	23.12.25
9.	Explain the socio-psychological concepts of behavior and relationships, as well as their impact on health, illness, and patient care. <b>Unit control 2</b>	2	30.12.25
	Total	18	

### THEMATIC PLAN OF INDEPENDENT WORK OF STUDENTS

№	Unit	Theme of independent work	Hours	Date
1	Mental processes	<p><b>Provide a presentation on one chosen topic:</b></p> <ol style="list-style-type: none"> <li>1. The concept of personality. Personality typology. Formation of the understanding of personality structure. Situational tasks.</li> <li>2. The cultural-historical concept of human psyche development. General characteristics of the problem of unconscious mental processes. Manifestation of the unconscious, features of sleep in psychology.</li> <li>3. Sensory-perceptual processes. The concept of sensitivity. Illusions and distortions.</li> <li>4. Imagination in professional activity: types, functions, development. Analysis of metaphors.</li> <li>5. Physiology of vision, including color perception and color blindness: influence on cognitive and psychological processes.</li> <li>6. Formation of emotional self-regulation skills, assessment of stress levels.</li> </ol> <p>Working with literature</p>	12	11.11.25
2	Communication Basics	<p><b>Provide a presentation on one chosen topic:</b></p> <ol style="list-style-type: none"> <li>1. Maslow's hierarchy of needs theory. Key patterns in the development of the</li> </ol>	12	18.11.2025

		<p>motivational sphere. Motivated behavior as a characteristic of personality.</p> <p>2. The concept of psychological adaptation and maladaptation. Coping strategies for managing life difficulties.</p> <p>3. Concepts of "transference" and "countertransference." Empathy and active listening in medical interactions. Verbal and non-verbal communication tools.</p> <p>4. Demonstrate the role of effective communication skills in healthcare, focusing on their impact on doctor-patient relationships and the therapeutic alliance.</p> <p>5. Describe the ability to balance personal and professional priorities and its significance for the mental health of healthcare workers.</p> <p>6. Explain socio-psychological concepts of behavior and relationships, as well as their influence on health, illness, and patient care.</p> <p>Working with literature</p>		
<b>Total</b>			<b>24</b>	

### Recommended reading for the discipline:

#### 1. Basic:

1. Psychology. David G. Myers, 2020. Worth Publishers. <https://www.macmillanlearning.com/college/us/product/Psychology/p/1319132103>
2. Introduction to Clinical Psychology. Douglas A. Bernstein, 2020. Cambridge University Press. <https://www.cambridge.org/highereducation/books/introduction-to-clinical-psychology/27782F73F6ECC652B66779F33A177C0F#overview>

#### 2. Additional:

1. Introduction to Clinical Psychology. An Evidence-Based Approach. Catherine M. lee, John Hunsley. Fourth Edition. 2018 John Wiley & Sons, Inc.
2. Psychology. Rosie m. Spielman, 2017. The OpenStax
3. American Psychological Assosiation. Psychology. 2001,2006,2007,2010. APA Manual. [1\)www.apa.org/pubs/databases/psyccinfo/index.aspx](http://www.apa.org/pubs/databases/psyccinfo/index.aspx)
- 2) <http://www.acgme.org/acgmeweb/Portals/0/PFAssets/ProgramRequirements/CPRs2013.pdf>.
- 3) [http://www.hhs.gov/ocr/privacy/hipaa/faq/health\\_information\\_technology/570.html](http://www.hhs.gov/ocr/privacy/hipaa/faq/health_information_technology/570.html)
- 4) <https://www.britannica.com/topic/dream-sleep-experience/Psychoanalytic-interpretations>
4. Derek J. Gaudet1, & Lisa A. Psychological Applications. 2024. Department of Psychology, University of New Brunswick Saint John (Canada). <https://doi.org/10.36315/2024inpact064>

### Grading policy and procedures for all types of work

For the period of studying the discipline, the student gains points for the relevant parameters (per unit):

current score - 40 points

independent work - 20 points

control score (final assessment of knowledge per unit) - 40 points

Maximum score - 100 (40+20+40)

### Grading system for student's achievements

Grading criteria per discipline				
Maximum score	Intervals			
	«unsatisfactory»	«satisfactory»	«good»	«excellent»
Current control - 40	0-23	24-30	31-35	36-40

Interval description	Does not have theory and practice. No communication skills	Mastered some of the theory and practice. Average communication skills	Mastered well, but not completely, theory, practice, communication skills	Mastered correctly theory, practice. Communication skills are developed.
Independent work - 20	0-11	12-15	16-17	18-20
	Information is missing or contains gross errors.	The information is partially presented, contains errors that do not distort the content.	The information is quite complete. The method of execution corresponds to the task. Competent design and presentation of the presentation.	The information is presented in full. Creative design and emotional presentation of the presentation.
Control work (module) - 40	0-23	24-30	31-35	36-40
	Not a single correct answer was given	More than 60% of answers are correct	Correct answers 70-80%	Correct answers 90-100%

**Conduct Policy: (lateness, absence, behavior in the auditorium, late submission of work).**

- Punctuality and completion of tasks.
- Mandatory attendance of classes.
- Attending class in a clean medical uniform.
- Eliminating conversations on a cell phone in the classroom.
- Active participation in the learning process.
- Doing homework on time.
- Academic detention at the time specified by the teacher.

For violations of the Conduct Policy, the total points for discipline might be reduced to 1-10 points.

**Academic Ethics Policy.**

- Be tolerant, respect the opinions of others.
- Formulate objections in the correct form.
- Constructively support feedback in all classes.
- Plagiarism and other forms of dishonest work are unacceptable. Plagiarism includes the following: the absence of references when using printed and electronic materials, quotes, thoughts and works of other authors or students.
- Prompting and cheating during tests, exams, classes is unacceptable as well as passing an exam for another student, unauthorized copying of materials.

For violations of the Academic Ethics Policy, the total points for the discipline may be reduced to 1-10 points.

**Guidelines for the lessons of the discipline**

**Unit 1. Introduction to general psychology.**

**Key questions covered in lecture 1. Introduction to psychology. Personality in psychology and medicine.**

1. Definitions: psychology, medical psychology
2. Mental processes: classification, interaction
3. Personality.
4. Holistic paradigm in medicine.

**Key questions covered in practice class 1. Introduction to psychology. Personality in psychology and medicine.**

1. The concept of personality from the standpoint of a holistic paradigm
2. Psychosomatic relations

Recommended reading for the lesson:

David G. Myers Psychology 2020 Worth Publishers <https://www.macmillanlearning.com/college/us/product/Psychology/p/1319132103>  
<https://onlinelibrary.wiley.com/journal/14676494>

**Key questions covered in lecture 2. Consciousness, subconsciousness, unconsciousness. Sleep.**

1. Definition and function

2.Role in situations of illness and medical processes

3.Unconsciousness and dreams

**Key questions covered in practice class 2. Consciousness, subconsciousness, unconsciousness. Sleep**

1.Consciousness and mental resources

2.Altered states of consciousness

3.Sleep and its features.

Recommended reading for the lesson:

Douglas A. Bernstein Introduction to Clinical Psychology 2020 Cambridge University Press

<https://www.cambridge.org/>

highereducation/books/introduction-to-clinical-psychology/27782F73F6ECC652B66779F33A177C0F#overview

<https://www.apa.org/pubs/highlights/spotlight/issue-111>

**Key questions covered in lecture 3. Perception**

1.Cognitive processes: perception

2.Definition and function

3.The phenomena of perception

**Key questions covered in practice class 3.**

1.Filters of perception

2.Apperception: the definition and role in the distortion of clinical and therapeutic interaction

3.Opportunities for doctors in the correction of unperceptive distortions

Recommended reading for the lesson:

David G. Myers Psychology 2020 Worth Publishers <https://www.macmillanlearning.com/>

college/us/product/Psychology/p/1319132103

<https://onlinelibrary.wiley.com/journal/14676494>

**Key questions covered in lecture 4. Thinking and Memory**

1.Definition and function

2.Thinking and its features.

3.Types of memory

4.Factors that influence remembering and forgetting of information

Recommended reading for the lesson:

Douglas A. Bernstein Introduction to Clinical Psychology 2020 Cambridge University Press

<https://www.cambridge.org/>

highereducation/books/introduction-to-clinical-psychology/27782F73F6ECC652B66779F33A177C0F#overview

<https://www.apa.org/pubs/highlights/spotlight/issue-111>

**Key questions covered in practice class 4. Thinking and Memory. Emotions, EQ and stress.**

1.Thinking: definition, functions, properties, types

2.Memory: definition, principles and ways of improving the fixation of new information and gain access to already stored information.

3. Definition, functions, types and theories of emotions

4.Stress models of diseases

Recommended reading for the lesson:

David G. Myers Psychology 2020 Worth Publishers <https://www.macmillanlearning.com/>

college/us/product/Psychology/p/1319132103

<https://onlinelibrary.wiley.com/journal/14676494>

**Key questions covered in lecture 5. Emotions, EQ and stress.**

1.Definition and function

2.Progress on the thinking process

3.Stress and its features.

Recommended reading for the lesson:

Douglas A. Bernstein Introduction to Clinical Psychology 2020 Cambridge University Press

<https://www.cambridge.org/>

highereducation/books/introduction-to-clinical-psychology/27782F73F6ECC652B66779F33A177C0F#overview

<https://www.apa.org/pubs/highlights/spotlight/issue-111>

**Key questions covered in practice class 5. Module 1.**

1. Definitions: psychology, medical psychology

2. Mental processes: classification, interaction
3. Personality.
4. Holistic paradigm in medicine.
5. Definition and function
6. Role in situations of illness and medical processes
7. Unconsciousness and dreams
8. Cognitive processes: perception
9. Definition and function
10. The phenomena of perception
11. Definition and function
12. Thinking and its features.
13. Types of memory
14. Factors that influence remembering and forgetting of information
15. Definition and function
16. Progress on the thinking process
17. Stress and its features.

## **Unit 2. Introduction to medical psychology.**

### **Key questions covered in lecture 6. Motivation. Theory of Maslow**

1. Definition and function
2. Types of motivations and needs

### **Key questions covered in practice class 6.**

1. Motivation: definition, functions, types
2. Theories of needs by Maslow, Symonov, Freud

Recommended reading for the lesson:

Catherine M. lee, John Hunsley. Introduction to Clinical Psychology. An Evidence-Based Approach. Fourth Edition 2018 John Wiley & Sons, Inc. <https://www.amazon.com/>

Introduction-Clinical-Psychology-John-Hunsley-ebook/dp/B077Z9G2X9

[Medical psychology – Wikipedia https://en.wikipedia.org/wiki/Medical\\_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.](https://en.wikipedia.org/wiki/Medical_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.)

### **Key questions covered in lecture 7. Mechanisms of psychological defenses.**

1. Definition and function
2. Types of psychological defense mechanisms
3. Role of mechanisms of psychological defenses in the development of psychological problems.

### **Key questions covered in practice class 7. Mechanisms of psychological defenses. Therapeutic alliance.**

1. Freud's theory of drives and defenses. Types of psychological defense mechanisms
2. Role of mechanisms of psychological defenses as the factors of emotional contact
3. Principles of collecting and transmitting information
4. Principles of informing the patient and his relatives.

Recommended reading for the lesson:

Catherine M. lee, John Hunsley. Introduction to Clinical Psychology. An Evidence-Based Approach. Fourth Edition 2018 John Wiley & Sons, Inc. <https://www.amazon.com/>

Introduction-Clinical-Psychology-John-Hunsley-ebook/dp/B077Z9G2X9

[Medical psychology | List of High Impact Articles https://www.longdom.org/scholarly/medical-psychology-journals-articles-ppts-list-781.html](https://www.longdom.org/scholarly/medical-psychology-journals-articles-ppts-list-781.html)

### **Key questions covered in lecture 8. Therapeutic alliance. Terms of effective communication.**

1. Understanding of the factors that affect interpersonal interaction and their use
2. Objectives of the patients in reality and in perception of physician
3. Therapeutic alliance as a psychological compromise between doctor and patient.

### **Key questions covered in practice class 8. Doctor –patient communication. Factors of emotional contact.**

1. Aspects of doctor-patient communication.
2. Picture of the world. The image of disease and health.
3. Communication with different group of patients.

Recommended reading for the lesson:

Catherine M. lee, John Hunsley. Introduction to Clinical Psychology. An Evidence-Based Approach. Fourth Edition 2018 John Wiley & Sons, Inc. <https://www.amazon.com/>

Introduction-Clinical-Psychology-John-Hunsley-ebook/dp/B077Z9G2X9

[Medical psychology – Wikipedia https://en.wikipedia.org/wiki/Medical\\_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.](https://en.wikipedia.org/wiki/Medical_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.)

**Key questions covered in lecture 9. Doctor –patient communication. Factors of emotional contact.**

- 1.Aspects of doctor-patient communication.
- 2.Picture of the world. The image of disease and health.
- 3.Communication with different group of patients.

**Key questions covered in practice class 9. Module 2.**

1. Definition and function
2. Types of motivations and needs
3. Definition and function
4. Types of psychological defense mechanisms
5. Role of mechanisms of psychological defenses in the development of psychological problems.
6. Definition and function
7. Types of psychological defense mechanisms
8. Role of mechanisms of psychological defenses in the development of psychological problems.
9. Understanding of the factors that affect interpersonal interaction and their use
10. Objectives of the patients in reality and in perception of physician
11. Therapeutic alliance as a psychological compromise between doctor and patient.

Recommended reading for the lesson:

[Medical psychology – Wikipedia https://en.wikipedia.org/wiki/Medical\\_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.](https://en.wikipedia.org/wiki/Medical_psychology#:~:text=Medical%20psychology%20or%20medico%2Dpsychology,both%20physical%20and%20mental%20disorders.)

**Methodological instructions for the implementation of independent work on the discipline**

Tasks for independent work:

Student must choose and prepare a presentation on one of the following topics:

**Unit 1**

Provide a presentation on 1 selected topic:

1. History of the emergence and development of medical psychology.
2. Psychological compatibility of patients in specialized departments.
3. Features of communication with a patient showing aggression.
4. Psychology of caring for a dying patient.
5. Patient's attitude towards the disease

Working with literature

**Unit 2**

Provide a presentation on 1 selected topic:

1. Psychology of relatives and visitors of patients.
2. Identity of the medical worker
3. Creating a positive relationship between doctor and patient.
4. Medical environment as a healing factor

Working with literature.

Requirements for the implementation of the abstract:

- Given by written and printed form.
- Typed in Times New Roman 12, 1.5 interval / escape much text in slide in ppt.
- The first page / slide should contain the full name of the student, group, semester, the name of the abstract, the data of teacher, the filing date of the abstract.
- Contain parts: introduction, main part, findings / conclusions, list of references, resource.
- The total essay 8 - 10 pages.