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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY

Head of the Department
of General Psychology
_____ / Kadyrov R.V./
"11th" of April 2025

SUBJECT GUIDE FOR TEACHERS AND STUDENTS FOR

Б1.В.01 Psychology of communication in professional activity

(Name of discipline)

Specialty	**31.05.01 General Medicine for international students (in English)** (code, name)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	**Full-time**
Period of mastering the BEP	**6 years** (nominal length of study)
Department	of General Psychology

Vladivostok, 2025

Subject guide for teachers and students for **Б1.В.01 Psychology of communication in professional activity** is based on:

1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 988 of Ministry of Science and Higher Education of the Russian Federation
dated August 12, 2020.

2) Curriculum for the specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system),
approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia Report No. 8/24-25 dated March 31, 2025.

Subject guide for teachers and students for the writing team of the Department of General Psychology of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the head of the department, Doctor of Psychology, Associate Professor Kadyrov R.V.

Developed by:

Senior lecturer	-	Gaidai A.S.
(position held)	(academic degree, academic title)	(full name)

1. GENERAL PROVISIONS

Subject guide for **Б1.В.01 Psychology of communication in professional activity** is a set of recommendations and explanations that facilitate to optimal organization of mastering this discipline.

Regular analysis of lecture materials and work with end-of-the-text questions are necessary for better understanding of the material and systematization of knowledge of **Б1.В.01 Psychology of communication in professional activity**. Particular attention should be paid to emerging questions, confusing terms, and conflicts of points of view during the independent review of the lecture material. If necessary, a student should contact the teacher for advice. Lecture material streamlines students' thinking, while practical classes provide deeper insight into the material of the discipline.

Special attention should be paid to the content of the main provisions and conclusions, explanation of phenomena and facts, and clarification of the practical application of theoretic aspects of topic when preparing for a practical class. During this process students should aim to understand and remember the main provisions of the material under consideration, examples provided, as well as understand the illustrative material.

Collections of assessment tools are used to organize independent study of topics (questions) of the discipline.

Independent work of students is facilitated by the following:

1. availability and accessibility of the necessary educational and reference material;
2. a system of regular quality control of completed independent work;
3. availability of teacher's advice.

Subject guides for self-study are presented as literary sources. Subject guides for independent work of students include a list of library resources of the educational institution and other materials accessible to students.

Independent work is a type of in-person extracurricular work of teachers and students of **Б1.В.01 Psychology of communication in professional activity**. Control of independent work is conducted by the leading teacher. Evaluation of independent work results is taken into account when conducting interim examination of students throughout the **Б1.В.01 Psychology of communication in professional activity** course.

Continuous assessment during the **Б1.В.01 Psychology of communication in professional activity** course is implemented in order to check indicators of achieving competencies, to stimulate students' academic work, and improve methods of mastering new knowledge. Continuous assessment during the **Б1.В.01 Psychology of communication in professional activity** course is conducted during the semester to assess all types and sections of the academic discipline that encompass the competencies developed by the discipline: warm-up, role-playing scenarios, work in small groups, group discussions, debates, creative assignments, practical exercises, and social and psychological training. Continuous assessment of students' knowledge and results of their preparation for practical classes is conducted during every class session.

Interim assessment aims to determine the level of mastery of competency indicators. It is conducted in the test format after the student has mastered all sections of **Б1.В.01 Psychology of communication in professional activity** and takes into account learning outcomes for all types of student work over the entire period of mastering the **Б1.В.01 Psychology of communication in professional activity** course.

Time allotted for interim assessment is indicated in the schedule.

Assignments given during practical classes, as well as assignments aimed to prepare students for continuous and interim assessment, are included in the collection of assessment tools for **Б1.В.01 Psychology of communication in professional activity**. If necessary, students should contact the teacher for advice. It is necessary to thoroughly think over questions that need clarification before seeking teacher's advice.

2. SUBJECT GUIDES FOR LECTURE CLASSES

No lectures are included in the Federal State Educational Standards of Higher Education 31.05.01 General Medicine for international students (in English).

3. SUBJECT GUIDES FOR PRACTICAL CLASSES

Table 1. Subject Guides for Practical **Б1.В.01 Psychology of communication in professional activity** Classes

Topic No.1 Introduction, getting acquainted	
Duration of the practical class (in academic hours):	2
Purpose of the practical class: 1. develop an understanding of the importance of communication psychology in professional training and the ability to establish rapport; 2. during the discussion, outline the main means of nonverbal communication during the discussion; 3. develop the ability to establish productive rapport with others and interact productively and conflict-free in a team.	
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.	
Independent work of the student: working with study materials, practicing acquired skills.	
Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.	
Recommended reading: 1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p. 2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p. 3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p. 4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.	
Topic No.2 Establishing contact, the ability to convey information. Non-verbal contact	
Duration of the practical class (in academic hours):	2
Purpose of the practical class: 1. develop an understanding of the importance of communication psychology in professional training and the ability to establish rapport; 2. during the discussion, outline the main means of nonverbal communication during the discussion; 3. develop the ability to establish productive rapport with others and interact productively and conflict-free in a team.	
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards,	

and subject guides for the discipline.
Independent work of the student: working with study materials, practicing acquired skills.
Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.
Recommended reading: 1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p. 2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p. 3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p. 4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.
Topic No.3 The ability to listen and hear

Duration of the practical class (in academic hours):	2

Purpose of the practical class: 1. review communication skills; 2. explore non-reflective and reflective listening techniques; 3. practice non-reflective and reflective listening techniques.
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.
Independent work of the student: working with study materials, practicing acquired skills.
Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.
Recommended reading: 1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p. 2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p. 3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p. 4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.
Topic No.4 Cooperation and collaboration. Team-building exercise "Development of civilization"

Duration of the practical class (in academic hours):	4

Purpose of the practical class:
1. explore the psychological mechanisms of cooperation and collaboration;
2. develop skills for effective collaboration and cooperation;
3. develop the ability to express one's point of view and listen to the opinions of others, and seek a compromise when necessary;.
4. develop the ability to use communication techniques to achieve productive collaboration

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.

Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.

Recommended reading:
1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p.
2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p.
3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p.
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Topic No.5 Cooperation and collaboration. Team-building exercise "Present. State and interstate relations"

Duration of the practical class (in academic hours):	4

Purpose of the practical class:
1. explore the psychological mechanisms of cooperation and collaboration;
2. develop skills for effective collaboration and cooperation;
3. develop the ability to express one's point of view and listen to the opinions of others, and seek a compromise when necessary;.
4. develop the ability to use communication techniques to achieve productive collaboration

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.

Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.

Recommended reading:
1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p.
2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p.
3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p.

4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.

Topic No.6 Cooperation and collaboration. Team-building session "Future: building the desired future"

Duration of the practical class (in academic hours):	4

Purpose of the practical class:
1. explore the psychological mechanisms of cooperation and collaboration;
2. develop skills for effective collaboration and cooperation;
3. develop the ability to express one's point of view and listen to the opinions of others, and seek a compromise when necessary;.
4. develop the ability to use communication techniques to achieve productive collaboration

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.

Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.

Recommended reading:
1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p.
2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p.
3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p.
4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.

Topic No.7 Teamwork

Duration of the practical class (in academic hours):	2

Purpose of the practical class:
1. explore various aspects of teamwork and the processes of developing communication skills within a team;
2. master techniques for productive teamwork, including in stressful situations;
3. practice teamwork skills, neutralizing or constructively resolving conflict situations;
4. learn to apply communication skills that enable productive social interaction.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.

Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.

Recommended reading:
1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p.
2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p.
3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p.
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Topic No.8 Team interaction in a stressful situation. Team-building exercise "Catastrophe in the Ural Mountains"

Duration of the practical class (in academic hours):	6

Purpose of the practical class:
1. develop an understanding of the mechanisms of stressful situations and their impact on group functioning;
2. master self-regulation techniques in stressful situations and the theoretical aspects of team interaction in stressful situations;
3. practice using self-regulation techniques in stressful situations and communication techniques

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.

Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.

Recommended reading:
1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p.
2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p.
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Topic No.9 Communication skills. Team-building session "Following one's own choices"

Duration of the practical class (in academic hours):	4

Purpose of the practical class:
1. master techniques for productive teamwork in stressful situations;
2. practice teamwork skills, neutralizing or constructively resolving conflict situations;
3. learn to apply communication skills that enable productive social interaction

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: working with study materials, practicing acquired skills.
Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.
Recommended reading: 1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p. 2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p. 3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p. 4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.
Topic No.10 Team interaction in a stressful situation. Final class session

Duration of the practical class (in academic hours):	6

Purpose of the practical class: 1. develop an understanding of the mechanisms of stressful situations and their impact on group functioning; 2. master self-regulation techniques in stressful situations and the theoretical aspects of team interaction in stressful situations; 3. practice using self-regulation techniques in stressful situations and communication techniques
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.
Independent work of the student: working with study materials, practicing acquired skills.
Methods of evaluation of acquired knowledge and skills: classroom questioning, group discussion, debate, training exercises.
Recommended reading: 1. Glozman Zh.M. Psychology. Communication and Personal Health: A Textbook for Universities. 2nd edition, corrected and expanded. Moscow: Yurait, 2024. 193 p. 2. Kadyrov R.V., Beregovskaya L.V., Bolenkova E.F. Social and Psychological Training as a Means of Developing Constructive Interaction and Interpersonal Conflict Resolution in Medical Students: A Textbook. Ulyanovsk: Zebra, 2015. 187 p. 3. Koryagina N.A., Antonova N.V., Ovsyannikova S.V. Psychology of Communication: A Textbook and Workshop for Universities. Moscow: Yurait, 2024. 440 p. 4. Petrushin S.V. Psychological training in a large group. Moscow: Academic Project, 2020. 220 p.

4. GUIDELINES FOR CONTINOUS AND INTERIM ASSESSMENT

Table 2. Guidelines for Conducting Continuous and Interim Assessment during the **Б1.В.01 Psychology of communication in professional activity** Course

Type of assessment	Assessment format

Continuous assessment	- conducting and evaluating oral or written quizzes during lectures and practical classes; - assessment and evaluation of completion and results of working with mini case studies; - assess and evaluate completion and results tests.
Interim certification	is conducted in test format; it allows to assess the development of students' competencies correlating with types of professional activity.

5 ASPECTS OF THE IMPLEMENTATION OF THE COURSE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

5.1. Availability of accessible environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Compliance with the following general requirements is ensured: teaching aids for collective and individual use are provided, required technical assistance is provided by an assistant, buildings and premises where lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

5.2. Compliance with general requirements

When lectures and practical classes are carried out at the written application of the student, the following general requirements are met: lectures and practical classes for students with disabilities and special needs take place at the same location as for students who do not have disabilities, if this does not cause difficulties for students; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided; necessary teaching aids are provided, taking into account individual characteristics of the student.

5.3. Availability of the internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia to students with disabilities in a form accessible to them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a form accessible to them.

5.4. Increase in the duration of interim assessment of students with disabilities and special needs in relation to the established duration

Format of the interim assessment of academic performance within the scope of the discipline for students with disabilities and special needs is selected taking into account individual characteristics (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours

6. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the 31.05.01 General Medicine specialty; list of the aforementioned personnel is available on the website of the educational organization.