



FAMILY HEALTH
A D V I S O R

FAMILY HEALTH

ADVISOR

POSTGRADUATE STUDIES

PROGRAM

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This document was created as part of the "Family Health Advisor" project

Project Number: 2021-1-PL01-KA220-VET-000028101

The project was implemented in partnership by:



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FAMILY HEALTH ADVISOR

POSTGRADUATE STUDIES PROGRAM

Characteristics of the Program

Postgraduate studies in Family Health Counseling within the field of Family Sciences offer a comprehensive program integrating theoretical and practical aspects of supporting families in health-related matters. This program focuses on acquiring the knowledge, skills, and attitudes necessary for professional work as a health advisor specializing in family health.

Program Characteristics:

1. Integration of Family Science and Health Counseling:

The program combines scientific theory with counseling practice, enabling graduates to adopt a holistic approach to family health.

2. Comprehensive Knowledge Scope:

Students will gain in-depth knowledge in areas such as medicine, psychology of behavior change, nutrition, interpersonal communication, health law, and more.

3. Practical Counseling Skills:

Courses emphasize the development of practical counseling skills, including motivational dialogue, identifying family resources, and conducting effective counseling sessions.



4. **Specialized Knowledge about Families:**

The program addresses the specific needs of families, focusing on areas such as supporting individuals with disabilities, child health, elder care, and coping with family stress.

5. **Planning and Organizational Skills:**

Students will develop the ability to plan personalized health programs for families, covering physical activity, nutrition, and other aspects of a healthy lifestyle.

6. **Practice and Supervision:**

A portion of the program is dedicated to supervised professional practice, allowing students to apply their knowledge directly in real-world scenarios.

7. **Diploma Seminar:**

Students prepare for project presentations and discussions on their achievements within the framework of the diploma seminar.

8. **Sustainable Knowledge Growth:**

The program regularly updates its scientific content, providing insights into the latest research and innovations in family health.

9. **Support for Individuals with Disabilities:**

Students will acquire specialized knowledge about working with families with disabled members, integrating principles of equality and accessibility.

Who the Program is Designed For

The postgraduate studies in Family Health Counseling within the field of Family Sciences are designed for a wide range of professionals who wish to develop their careers and acquire specialized knowledge and skills related to comprehensive health support for families.

The Family Health Advisor postgraduate studies in Family Sciences are structured to cater to the diverse needs of professionals from various fields seeking expertise in family health.



The program is intended for:

1. Graduates of Health Sciences and Medicine:

Individuals with education in health sciences, medicine, nursing, or related fields.

2. Specialists in Psychology and Sociology:

Psychologists, sociologists, and family therapists looking to expand their competencies to include health and counseling aspects.

3. Dietitians and Nutrition Specialists:

Professionals in the field of nutrition and dietetics who want to enhance their skills with aspects related to family health.

4. Social Workers:

Social work professionals interested in family health and eager to gain knowledge in health counseling.

5. Public Health Professionals:

Healthcare workers, coordinators of health programs, or individuals involved in health promotion within local communities.

6. Health Education Professionals:

Teachers, healthy lifestyle coaches, or specialists in health education who want to focus on supporting family health.

7. Employees of Family Support Institutions:

People working in non-governmental organizations, family support institutions, or social programs.

8. Graduates of Pedagogy and Related Fields:

Graduates of pedagogy or occupational therapists looking to develop competencies in promoting healthy lifestyles for families.

9. Individuals Interested in Professional Development in Family Health:

People interested in specializing in comprehensive health support for families.



Graduate Profile

Graduates will acquire comprehensive knowledge and skills that enable them to effectively support families in health-related matters, both on an individual and social level.

Graduates of the program are prepared to work as family health specialists, health advisors, and educators promoting healthy lifestyles for families.

The postgraduate studies in Family Health Counseling within the field of Family Sciences offer a unique opportunity to gain specialized knowledge and skills, empowering graduates to play a vital role in improving the quality of family life by promoting healthy lifestyles.

Recruitment Rules

Established in accordance with the Recruitment Regulations applicable at the respective University.

Example – Recruitment at one of the project partner universities: Cardinal Stefan Wyszyński University in Warsaw

Registration in the IRK system at <https://oferta.uksw.edu.pl> – from to along with a professional CV and a motivation letter.

Admission to the program is determined by the order of applications (date of submission) and fulfillment of the requirements listed below, including the preparation and submission of a professional CV (maximum 1,500 characters) and a motivation letter containing two elements (maximum 2,000 characters) simultaneously with registration in the IRK system:

1. Presentation of the competencies required for working in a psychological-pedagogical counseling center.
2. Indication of the competencies to be acquired.

The decision to admit candidates to the program is made by the Head of Postgraduate Studies in consultation with the Recruitment Committee.



Information on qualification will be provided via email to the address indicated in the IRK system by

Required Documents:

1. Completed and printed application form from the IRK system, signed.
2. Identity card or an equivalent document (for verification only).
3. A photocopy of the bachelor's/master's degree diploma along with a photocopy of the supplement.
4. Original or certified copy of the bachelor's/master's degree diploma (for verification only).
5. If the surname on the diploma differs from that on the identity card, a document confirming the name change (for verification only).
6. One current photograph, if the photo has not been uploaded to the IRK system.
7. Professional CV (max. 1,500 characters) uploaded to the IRK system.
8. Motivation letter (max. 2,000 characters) uploaded to the IRK system.

The complete set of documents should be submitted to the Study Office:

Cardinal Stefan Wyszyński University in Warsaw

ul. Wóycickiego 1/3, 01-938 Warsaw

Building 12, Room 1223

Tel.: +48 22 561 88 61



Framework Program of Studies

SEMESTER I

- Family System
- Counseling Support for Families Based on Resources
- Psychoprevention of Addictions
- Individuals with Disabilities in the Family
- Natural Treatment Methods
- Planning and Organizing Physical Activity with Elements of Physiotherapy
- Counseling Skills Training with Elements of Motivational Dialogue
- Basics of Medical Care I
- Legal Conditions of Peri-Medical Care

SEMESTER II

- Communication, Relationships, and Coping with Stress in the Family
- Basics of Medical Care II
- Dietary Supplementation
- Dietetics and Nutrition
- International Classification of Functioning, Disability, and Health (ICF)
- Care Standards for Elderly Persons
- The Young Child at Home
- Sustainable Development and Healthy Lifestyle in the Family
- SUPERVISION/PRACTICE (WITHIN THE STUDY PROGRAM)
- DIPLOMA SEMINAR



Hours Schedule

Course	Lecture	Exercises
Family System	6,0	20,0
Counseling Support for Families Based on Resources	4,0	6,0
Psychoprevention of Addictions	4,0	4,0
Individuals with Disabilities in the Family	6,0	6,0
Natural Treatment Methods	6,0	6,0
Planning and Organizing Physical Activity with Elements of Physiotherapy	4,0	8,0
Counseling Skills Training with Elements of Motivational Dialogue	2,0	10,0
Basics of Medical Care I	8,0	16,0
Legal Conditions of Peri-Medical Care	6,0	0,0
Communication, Relationships, and Coping with Stress in the Family	4,0	10,0
Basics of Medical Care II	6,0	10,0
Dietary Supplementation	4,0	12,0
Dietetics and Nutrition	4,0	8,0
International Classification of Functioning, Disability, and Health (ICF)	4,0	8,0
Care Standards for Elderly Persons	4,0	4,0
The Young Child at Home	4,0	0,0
Sustainable Development and Healthy Lifestyle in the Family	0,0	4,0
SUPERVISION/PRACTICE (WITHIN THE STUDY PROGRAM)	0,0	4,0
DIPLOMA SEMINAR	0,0	6,0
Total	76,0	142,0



Learning Outcomes

KNOWLEDGE

- **RDZ_W01:** Possesses structured knowledge of the functioning of the family system, particularly regarding family resources and their identification in the context of health issues.
- **RDZ_W02:** Has organized and established knowledge about selected forms of peri-medical family support and their determinants.
- **RDZ_W03:** Possesses structured knowledge about diet and its supplementation depending on family circumstances.
- **RDZ_W04:** Knows basic counseling techniques, including elements of motivational dialogue.
- **RDZ_W05:** Understands basic issues related to organizing physical activity for family members.
- **RDZ_W06:** Possesses basic knowledge about the standards and scope of care for family members in various situations (children, sick individuals, young couples, elderly, and dependent persons).
- **RDZ_W07:** Has basic knowledge of medical and peri-medical care for the family in the context of developmental changes in the family system.
- **RDZ_W08:** Possesses knowledge of interpersonal relationships, including intergenerational relations.
- **RDZ_W09:** Understands ethical issues related to the work of a family health advisor and supporting families.

SKILLS

- **RDZ_U01:** Demonstrates advanced skills in observing, searching for, and processing health-related information, including promoting health within the family system and recognizing factors influencing recovery processes.

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- **RDZ_U02:** Can responsibly and accurately choose and advise on healthy lifestyles, dietetics, herbal medicine, and nutrition.
- **RDZ_U03:** Can independently conduct and monitor the counseling process in individual and group work with family system members, tailoring it to specific cases or health situations of the family or its members.
- **RDZ_U04:** Can select and recommend appropriate forms of peri-medical services for a specific family situation and predict their effectiveness.
- **RDZ_U05:** Demonstrates communication skills, including active listening, conscious interpretation, and transmission of verbal and non-verbal messages across various levels, providing feedback, understanding the contextual meaning of client situations, and motivating healthy lifestyle choices.
- **RDZ_U06:** Can respond appropriately in conflict situations and react adequately to client behavior.
- **RDZ_U07:** Possesses skills in managing change and motivating within the family in the context of health-promoting behaviors.
- **RDZ_U08:** Can professionally advise families on daily health-promoting behaviors suitable for specific situations—at home, work, school, or shopping.

SOCIAL COMPETENCIES/ATTITUDES/VALUES

- **RDZ_K01:** Understands the value of family and health and their significance for individual and social functioning.
- **RDZ_K02:** Is aware of the principles of ethical and professional work with people, including their own limitations and the responsibility for others and their health.
- **RDZ_K03:** Accepts and appreciates clients' beliefs and values, respecting their autonomy in recovery processes.
- **RDZ_K04:** Is sensitive to clients' needs, accepting their emotions and feelings.



- **RDZ_K05:** Recognizes the necessity of ethical application of counseling techniques, maintaining discretion, distance, and impartiality in actions, including respecting clients' will in health-related matters.
- **RDZ_K06:** Demonstrates readiness for development and self-improvement, as well as receiving and utilizing feedback.





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SYLLABUS

