

24th International Project Week 2022
09th – 13th May 2022

Lecturer: Daniel-Ovidiu Tanc

University/Company: RVE Oradea

Country: Romania

Social reintegration of people who suffer from depression and anxiety

Content:

1. Anxiety and Depression - general facts.
2. Depression: definition, causes, symptoms.
3. Depression: treatment.
4. Anxiety: definition, causes, symptoms.
5. Anxiety: treatment.
6. Social integration in anxiety and depression.
7. Institutions that help in social integration.

Methods:

1. Face-to-face interaction.
2. Reading and individual or group study/activity.
3. Handouts.
4. Debates.

Competences and skills to be acquired:

1. To gain knowledge about anxiety and depression.
2. To be able to identify and give primary help in situations of depression and anxiety.
3. To understand and be able to use specific terminology.
4. To apply the theoretical information about depression and anxiety in everyday life.

Prerequisites: Basic knowledge about anxiety and depression.

Language of instruction:

English