

## **23<sup>rd</sup> International Project Week** **12<sup>th</sup> – 16<sup>th</sup> July 2021**

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**University/Company:** RVE Oradea

**Country:** Romania

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### **Anxiety and depression - social reintegration**

**Content:**

1. Anxiety and Depression: a medical and social perspective
2. Anxiety and Depression: definition, causes, symptoms
3. Anxiety and Depression: treatment| a comprehensive perspective
4. Study cases
5. Public (social) institutions that help in the reintegration
6. Overcoming anxiety and depression

**Methods:**

1. Face-to-face interaction
2. Delivering information
3. Group work
4. Debates
5. Individual research

**Competences and skills to be acquired:**

1. Gaining information about anxiety, depression, social integration and institutions that help.
2. To be able to identify general causes and the symptoms of anxiety and depression.
3. To be able to help persons who suffer from anxiety and depression.
4. To know how social institutions can help in anxiety and depression.
5. To develop empathy for persons that suffer from anxiety and depression.

**Prerequisites:**

Basic knowledge in social care.

**Language of instruction:**

English

**Recommended for:**

Social Sciences