



Detaljni izvedbeni plan

Akademska godina		2024. / 2025.		Semestar		Zimski	
Studij:			Godina studija:				
Sveučilišni diplomski studij psihologije			Sveučilišni diplomski studij psihologije: 2.;				
I. OSNOVNI PODACI O KOLEGIJU							
Naziv kolegija		PSYCHOLOGY OF HUMAN - ANIMAL BOND					
Kratica kolegija		IZBD240		Šifra kolegija		249422	
Status kolegija		Izborni		ECTS bodovi		4	
Preduvjeti za upis kolegija		Nema					
Ukupno opterećenje kolegija							
Vrsta nastave				Ukupno sati			
Predavanja				30			
Seminari				15			
Mjesto i vrijeme održavanja nastave		HKS – prema objavljenom rasporedu					
II. NASTAVNO OSOBLJE							
Nositelj kolegija							
Ime i prezime		Tihana Brkljačić					
Akademski stupanj/naziv		Doktorica znanosti		Izbor		Naslovni redoviti profesor	
Kontakt e-mail		tihana.brkljacic@unicath.hr		Telefon		+385 (1)	
Konzultacije		Prema objavljenom rasporedu					

Jezik na kojem se nastava održava	Engleski
Opis kolegija	This course primarily focuses on psychology of keeping pets, by offering comprehensive overview of historical and cultural background of pet ownership as well as contemporary theories and research on psychology of human – pet relationship. A part of the course is concerned with providing adequate psychological support to various professionals who work with animals and/or owners. Finally, students will also be introduced to the basis of animal psychology per se, namely animal behavioral and cognitive processes and animal well-being, as well as ethical dilemmas and paradigms in the cultural background.
Očekivani ishodi učenja na razini kolegija	1. Describe the origins and history of human – pet bond; 2. Analyse possible psychological and health benefits of keeping pets; 3. Describe various stages in human-pet relationship and related psychological issues; 4. Define psychological aspects of animal training; 5. Understand psychological needs of professionals who work with animals; 6. Suggest adequate communication with pet owners in different situations; 7. Understand basic facts about animal welfare and animal’s emotions and cognitions
Literatura	
Obvezna	1. Christopher Blazina, Güler Boyra, and David Shen-Miller (2011). The Psychology of the Human-Animal Bond, New York: Springer.
Dopunska	1. Adams, C.L., Frankel, R.M. (2007). It may be a dog’s life but the relationship with her owners is also key to her health and wellbeing: communication in veterinary medicine. The Veterinary clinics of North America. Small animal practice, 37 1, 1-17. https://www.vetsmall.theclinics.com/action/showPdf?pii=S0195-5616%2806%2900119-7 2. Bachi, K., Parish-Plass, N. (2016). Animal-assisted psychotherapy: A unique relational therapy for children and adolescents. https://journals.sagepub.com/doi/full/10.1177/1359104516672549 3. Bert, F., et al. (2016). Animal assisted intervention: A systematic review of benefits and risks. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7185850/ 4. Christian, H., Mitrou, F., Cunneen, R., Zubrick, S. R. (2020). Pets are associated with fewer peer problems and emotional symptoms, and

Australian children. *Journal of Pediatrics*,220, 200–206.e2.
<https://doi.org/10.1016/j.jpeds.2020.01.012>

5. Jitka, P., Ann, B., Christina, V. (2014). Does owning a pet protect older people against loneliness? *BMC Geriatrics*,14, 106.
<https://doi.org/10.1186/1471-2318-14-106>

6. Mendl, M., Burman, O.H.P.,Paul, E.S. (2010). An integrative and functional framework for the study of animal emotion and mood. *Proceedings of the Royal Society B: Biological Sciences*. 277:2895–904. doi: 10.1098/Rspb.2010.0303

7. Odendaal, J. S. (2000). Animal-assisted therapy-magic or medicine? *Journal of Psychosomatic Research*,49(4), 275–280.
[https://doi.org/10.1016/s0022-3999\(00\)00183-5](https://doi.org/10.1016/s0022-3999(00)00183-5)

8. Unnati, G. H.,Jayasankara, R. (2020). Why companion animals are beneficial during COVID-19 pandemic. *Journal of Patient Experience*,7(4),430–432.
<https://doi.org/10.1177/2374373520938904>

9. Wanser S.H., Vitale K.R., Thielke L.E., Brubaker L., Udell M.A.R. (2019). Spotlight on the psychological basis of childhood pet attachment and its implications. *Psychology Research and Behavior Management*, 12:469-479
<https://doi.org/10.2147/PRBM.S158998>

Način ispitivanja i ocjenjivanja			
Polaže se	Da	Isključivo kontinuirano praćenje nastave	Da
Ulazi u prosjek			
Da			
Preduvjeti za dobivanje potpisa i polaganje završnog ispita			
Način polaganja ispita		Teaching activities: lectures, workshops, partial e-learning, demonstration, discussions, case studies, multimedia, problem solving. Final exam: no	
Način ocjenjivanja		sufficient (2) – 51% good (3) – 66% very good (4) 81%	

Detaljan prikaz ocjenjivanja unutar Europskoga sustava za prijenos bodova	VRSTA AKTIVNOSTI	ECTS bodovi - koeficijent opterećenja studenata	UDIO OCJENE (%)
	Pohađanje nastave	0.6	10
	Seminarsko izlaganje	1.2	30
	Samostalni rad	1.2	30
	Timski rad	1.2	30
	Ukupno bodova tijekom nastave	4.2	100

Datumi kolokvija	
Datumi ispitnih rokova	Prema objavljenom rasporedu

IV. TJEDNI PLAN NASTAVE

Predavanja

Tjedan	Tema
1.	History of keeping pets in human societies.
2.	Psychology behind keeping pets.
3.	Human attachment to a pet, human-animal bond, Anthropomorphism of a pet.
4.	Cross-cultural differences in attitudes towards pets.
5.	Psychological and Physical Well-being of pet owners (unconditional love, Basic psychological need fulfilment in human–pet relationships, pet-friendly work practices).
6.	Value of pets through human lifespan (childhood, adolescence, adulthood and parenthood, old age).
7.	Pets and animals in individual’s and global crises.
8.	Acquiring a pet (making decision, choosing a pet, adapting to a life with a pet).
9.	Aging, illness and death of a pet (dealing with pet’s illness and pet’s death).



11.	Training a pet, disorders in pet's behaviour, prevention, recognition and dealing with abnormal pet behaviour.
12.	Communication with pet's owners (aimed to psychologists, veterinarians).
13.	Providing psychological training and support for professionals (e.g. pet trainers, veterinarians, police officers).
14.	Animal welfare: pet abuse, neglect, the ethics of human relationships with (companion) animals.
15.	Animals' cognition and emotions.

Seminari

Tjedan	Tema
1.	Seminars on the topic of history of keeping pets in human societies.
2.	Seminars on the topic of psychology of keeping pets.
3.	Seminars on the topic of human - pet attachment.
4.	Seminars on the topic of cross-cultural differences in keeping pets.
5.	Seminars on the topic of physical and psychological well-being of pet owners.
6.	Seminars on the topic of differences in human - pet relationship throughout human lifespan.
7.	Seminars on the topic of role of pets and animals in individual's and global crises.
8.	Seminars on the topic of psychological aspects of acquiring a pet.
9.	Seminars on the topic of dealing with aging, illness and death of a pet.
10.	Seminars on the topic of work and therapeutic animals.
11.	Seminars on the topic of training a pet, disorders in pet's behaviour, prevention, recognition and dealing with abnormal pet behaviour.
12.	Seminars on the topic of communication with pet's owners.
13.	Seminars on the topic of psychological training and support for professionals who work with animals.
14.	Seminars on animal welfare.

