



LITHUANIAN UNIVERSITY  
OF HEALTH SCIENCES



FACULTY OF  
**PUBLIC HEALTH**

BACHELOR DEGREE:  
**HEALTH PSYCHOLOGY**

MASTER DEGREE:  
**CLINICAL HEALTH PSYCHOLOGY**  
**LIFESTYLE MEDICINE**

**APPLIED PUBLIC HEALTH**  
**MANAGEMENT OF PUBLIC HEALTH**  
**DOUBLE DEGREE TRACK**

**Want to help others?**  
**Looking for work in health system?**

Plan Your Career!  
Choose your studies at  
Faculty of Public Health!

# HEALTH PSYCHOLOGY

## BACHELOR DEGREE

Duration – 4 years

Degree – Bachelor in Social Sciences

## WHY HEALTH PSYCHOLOGY?

This study programme provides an opportunity to gain a solid foundation in psychology and related social and natural sciences, and get ready for practical work with people. Health psychology analyses how biology, psychology, behavior, social and a wide variety of environmental factors influence health and related outcomes. You will learn to understand how people react to illness, cope with them and recover from them. Health psychology is uniquely positioned to help people change the behaviors contributing to health and well-being, also avoid risky or unhealthy behavior and maintain a positive outlook that can combat stress, depression and anxiety.

## STUDY PROGRAMME SUMMARY

Within four years you will get acquainted with the main disciplines of psychology: health, cognitive, clinical, organizational, developmental, family psychology, positive psychology and many others. What kind of psychologist would one be without a firm knowledge of philosophy, logic, anthropology, sociology and other adjacent social and human sciences? Particular attention is paid to understanding the fundamentals of neurophysiology and anatomy. The studies will take place in a modern, friendly study environment equipped with latest technologies. You will have a chance to practice at the largest clinical base in Lithuania.







## WHAT KIND OF WORK DO HEALTH PSYCHOLOGISTS DO?

Health psychologists often conduct behavioral assessments, clinical interviews and personality tests. Other tasks involve educating and teaching people how to avoid unhealthy behaviors as well as providing psychological counseling to patients with somatic diseases. Rehabilitation, assistance to patients and medical personnel, preparation of public health promotion programmes, participation in health policy and improvement of the health care system are also important tasks that a health psychologist can carry out. A health psychologist can work in primary health care sector, in specialized clinics, in mental health, crisis or rehabilitation centers, in social care and welfare institutions, and many other private or public institutions.

## CAREER OPPORTUNITIES

- ▶ A Bachelor of Health Psychology can work as a professional assistant psychologist or a research assistant.
- ▶ Bachelor's degree in psychology can also be used in a professional career in the field of human resources.
- ▶ A graduate with a Bachelor's degree in psychology can continue his/her studies in Master programmes of psychology or other social sciences.

# CLINICAL HEALTH PSYCHOLOGY

## MASTER DEGREE

Duration – 2 years

Degree – MCs in Social Sciences

Clinical Health Psychology is a specialized programme which combines clinical and health psychology teaching with research methods training and practice. Students learn psychological counselling and evaluation in various health disorders and learn to work in the team with other health care specialists. They have opportunities to specialize in psycho-oncology, neuropsychology, rehabilitation psychology or family and child psychology.

## ADMISSION REQUIREMENTS

University Bachelor's Degree in Social Sciences (Psychology).

### STUDY PROGRAMME SUMMARY

#### I semester

Behavior, stress and health, Psychological counselling in healthcare, Clinical psychological evaluation, Research in clinical health psychology, Specialization in health psychology, Final thesis.

#### II semester

Psychotherapy and psychopharmacotherapy, Clinical psychological evaluation, Research in clinical health psychology, Specialization in health psychology, Planning and management of mental health projects, Final thesis.

#### III semester

Internship (400 hours).

#### IV semester

Final thesis.





Clinical Health Psychology focuses on health promotion, rehabilitation and helping people with disorders through psychological methods and procedures. Students learn clinical psychology skills necessary for work in healthcare sector. Students also have an exclusive opportunity to specialize in one of the five health psychology fields. The programme prepares for PhD studies in health or clinical psychology. Advanced research training in quantitative and qualitative clinical health psychology research methods is given. In the third semester students have possibility to practice abroad or in their native country, as well as possibilities to spend a semester abroad with the Erasmus+ exchange program. Diploma is recognized in the EU. The programme is prepared according to the EuroPsy requirements.

## CAREER OPPORTUNITIES

- ▶ After completing this degree programme, graduates are eligible to work as psychologists or continue their studies in supervised practice and apply for license according to the national requirements.
- ▶ Graduates can take next step in their clinical psychology career by entering postgraduate training in supervised practice or doctorate. They can also choose a research career and continue studies in PhD.



# LIFESTYLE MEDICINE

## MASTER DEGREE

Blended learning

Duration – 1.5 years

Degree – Master in Health Sciences

## ADMISSION REQUIREMENTS

University Bachelor's Degree in Biomedical Sciences. Holders of Bachelor of Applied Science shall complete supplementary 30 credit studies of selected subjects from university BSc programme.

## STUDY PROGRAMME SUMMARY

Lifestyle Medicine study programme covers a modern approach to lifestyle changes in diet, exercise, risky behaviours and psycho-emotional resilience for reversing and treating lifestyle related diseases. It has been developed in tight collaboration with Harvard, Cornell and other USA universities. Study programme provides evidence-based competencies for non-communicable diseases prevention, reversion and treatment. Students are trained by the most prominent international lifestyle medicine practitioners in professional counselling of healthy nutrition, moderate physical activity and health, control of harmful behaviours, stress prevention and management. They pass extensive practice organised in University Hospital units, as well as possible abroad internships at Lifestyle Medicine clinics. In the scope of studies, students are trained to evaluate the risk of harmful habits and addictions; identify and assess environmental, lifestyle, psychological and biological health risk factors for best possible intervention plan or algorithm.





## BLENDED LEARNING

Blended learning curricula combines three short onsite periods of traditional place-based classroom methods and the rest of learning utilise online educational materials and opportunities for interaction online with course instructors.



Online studies are organized via “Moodle” platform. During on-line study sessions, students will be provided with all study materials – on-line lectures, broadcasts, and other forms. Thus, during on-site visits, students will fulfil the gaps between theory and practice.

## CAREER OPPORTUNITIES

- Competencies in Lifestyle Medicine open employment opportunities in healthcare sector as the team member of a family doctor unit or other personal health care specialist, or of a local public health team. Also, variety of possibilities in private health care sector.
- Graduates can practice individual Lifestyle Medicine counselling.

## SCIENTIFIC CAREER

Graduates are eligible to apply for doctoral student positions and continue as research students in the area of Health Sciences.



# MANAGEMENT OF PUBLIC HEALTH

## MASTER DEGREE

Duration – 2 years

Degree – Master in Health Sciences

## ADMISSION REQUIREMENTS

University Bachelor Degree or higher. The programme is intended for those seeking to broaden their understanding and competences in the field of health care management.

## STUDY PROGRAMME SUMMARY

This programme educates professionals in health care management including general competencies in performing research, providing training. It gives the skills to understand the concept of health management, to look across regions and to learn from practices elsewhere. Moreover, this programme helps to acquire public health and health care leadership competencies required in policymaking and management at organizational, regional, national or international levels. Diploma is well recognised and accepted in Europe and North America region. This master's degree is one of the key prerequisites to continue doctoral studies in health research area.

## DOUBLE DEGREE TRACK

This programme has an international track for a double degree following joint master programme between Lithuanian University of Health Sciences and Maastricht University in the Netherlands. Read more on page 12.







## CAREER OPPORTUNITIES

Masters of Management of Public Health continue their careers in:

- ▶ managing positions in health care sector and public health institutions at local, national or international levels.
- ▶ health-related NGOs, public health projects, as well as WHO and various European health policy making institutions;
- ▶ pharmaceutical industry and insurance business;
- ▶ leading positions in the health care system.

## SCIENTIFIC CAREER

Graduates are eligible to apply for doctoral student positions and continue as research students in the field of health care management.

# APPLIED PUBLIC HEALTH

## MASTER DEGREE

Duration – 2 years

Degree – Master in Health Sciences

## ADMISSION REQUIREMENTS

University Bachelor Degree or higher.

## STUDY PROGRAMME SUMMARY

This programme educates professionals working towards improvement of health of the population and primarily is intended for those planning careers in various areas of public health and health care sector. It provides good skills in planning and organizing community health promotion activities, assessing population health status and its determinants. The key areas of activity of professionals in applied public health is development and implementation of health promotion measures, disease prevention programmes, and implementation of health policies in the society.

Graduates get a broad view of environmental factors and can carry out health impact assessments. Programme provides competencies in occupational health and ergonomics including occupational risk assessment at workplaces. Diploma is well recognised and accepted in Europe and North America region. This master's degree is one of the key prerequisites to continue doctoral studies in health research area.





## DOUBLE DEGREE TRACK

This programme has an international track for a double degree following joint master programme between Lithuanian University of Health Sciences and Maastricht University in the Netherlands. Read more on next page.

## CAREER OPPORTUNITIES

Masters of Applied Public Health can continue their careers in:

- Different levels of health care system (municipality health services, public institutions, ministries) including personal health care centres and hospitals, public health care and social welfare institutions, governmental bodies responsible for occupational safety and food safety, in the international organizations.

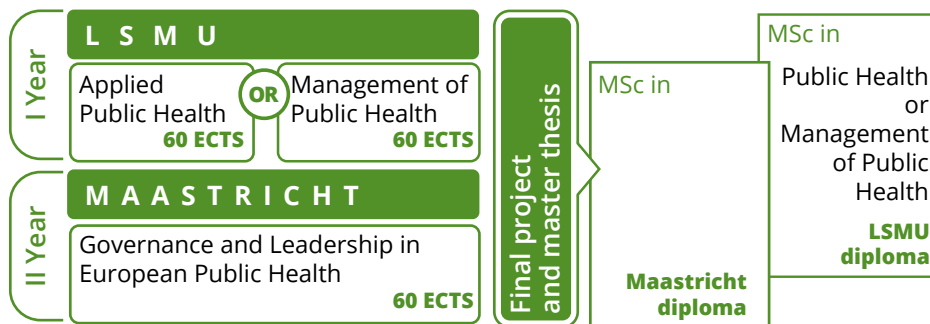
## FURTHER STUDIES

Graduates are eligible to apply for doctoral student positions and continue as research students in the field of public health.



# DOUBLE MSC DEGREE TRACK

Students at programmes 'Applied Public Health' and 'Management of Public Health' may choose an international double degree track provided by joint master programme between Lithuanian University of Health Sciences (LSMU) and Maastricht University in the Netherlands. It offers a unique opportunity to acquire TWO MASTER DIPLOMAS during 2 years of studies in TWO COUNTRIES.



## ADMISSION REQUIREMENTS

The programme is offered for students already enrolled in the Applied Public Health or in Management of Public Health programmes in Kaunas in LSMU. Students for this joint venture are selected by joint Selection Board during the first semester (September-October) studies in LSMU.

## EXTENDED COMPETENCIES FOR FURTHER CAREER

Double degree programme provides extended competencies in leadership and governance of health care and public health provider institutions at local, national or international levels and different European health policy institutions, WHO Europe, health-related NGO's, pharmaceutical and insurance industries.





## INSTITUTIONAL MEMBERSHIPS



The Association of Schools of Public Health

The Association of Schools of Public Health in the European Region (ASPHER).



- WHO Collaborating Centre for the Prevention & Control Noncommunicable Diseases;
- WHO Operations Research Regional Training Centre in Reproductive Health.





LITHUANIAN UNIVERSITY  
OF HEALTH SCIENCES

RESPECT LIFE

## SELF DEVELOPMENT AND LEISURE ACTIVITIES

Public Health Faculty students can participate in various activities, Students' Scientific Society, students' scientific clubs. There are opportunities to participate in the ERASMUS+ Academic Student Exchange Program, to acquire study, linguistic and cultural experiences during part-studies at universities in different European countries.

LSMU has almost all facilities for sports: from basketball, tennis, volleyball, athletics, swimming to badminton and chess. There is also a University Student Council, student corporations, choir, folk dance groups.

Apply online  
<http://apply.lsmuni.lt>



MORE INFORMATION AND ADMISSION INQUIRIES  
INTERNATIONAL RELATIONS AND STUDY CENTRE

A. Mickevičiaus str. 9, LT 44307, Kaunas, Lithuania

Phone: +370 37 327 259



+370 659 07 224

[fstudent@lsmuni.lt](mailto:fstudent@lsmuni.lt)

[www.lsmuni.lt/en/](http://www.lsmuni.lt/en/)