

Subject card

Subject name and code	Parentification, PG_00152065						
Field of study	Social Work						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2027/2028		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	3		Language of instruction		Polish		
Semester of study	5		ECTS credits		2.0		
Learning profile	practical		Assessment form		credit		
Conducting unit	Division of Social Pedagogy -> Institute of Education -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Małgorzata Szpunar				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 30.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		20.0	50
Subject objectives	To introduce issues related to parentification, its causes and effects, as well as forms of working with people with experience of parentification. The student is to recognize the consequences of role reversal in a child and an adult, know the complexity of the process and the possibilities of help. Sensitizing students to the experience of parentification by getting acquainted with the biographers of such people.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[PRACSOCL3_U03] is able to correctly analyse causes and course of selected social processes and phenomena (cultural, political, legal, economic) specific for fields of science and scientific disciplines, relevant for social work	analyzes the causes and course of social processes and phenomena leading to parentification, the consequences of this experience and disorders in family and professional functioning	[SU3] text preparation/written work
	[PRACSOCL3_W05] has an advanced knowledge and understanding of the areas of human social functioning, and in particular has knowledge of human activity in the formation of social structures and their practical functioning	has knowledge about man in the dimension of nature and culture - as a biological organism and as developing among others, i.e. he knows in which direction identity should develop, as well as know the consequences of irregularities in the event of failure to meet the child's needs	[SW4] test/exam - oral or written
	[PRACSOCL3_W03] will gain and advanced understanding relations between social structures and institutions and their elements	in the sociological, pedagogical and psychological field, knows the types of family ties and the regularities governing them, with particular emphasis on the roles of parents and children, family responsibilities and boundaries	[SW4] test/exam - oral or written
	[PRACSOCL3_K04] Is ready to identify and resolve dilemmas related to the social work profession	correctly diagnoses the environment, in particular difficult situations; resolves the dilemmas associated with them, takes a stance on this phenomenon with respect for human dignity	[SK3] text preparation/written work
	[PRACSOCL3_U02] Is able to use theoretical knowledge for professional practice within the framework of social work, especially to describe and practically analyze individual social processes and phenomena (cultural, political, legal, economic) specific to social work	uses basic theoretical knowledge to describe in detail and analyse in practice the determinants of difficult situations of a child growing up in a family with role reversal, as well as their consequences in adult life	[SU3] text preparation/written work
Subject contents	1. Parentification as an interdisciplinary problem. 2. The child's place in the family. 3. Atrophy of the child's developmental needs. 4. Causes and effects of parentification. 5. Attachment and attachment style theory and parentification. 6. Biographies of people who have experienced parentification. 7. Working with children and adults experiencing parentification. 8. Parentification and professional and family relationships		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		51.0%	50.0%
		51.0%	50.0%
Recommended reading	Basic literature	Chojnacka B., The Experience of Parentification. Biographical perspective. Kraków: Impuls Publishing House. 2021, Grzegorzewska, I. (2016). Parentification in families with alcohol problems. Alcoholism and Drug Addiction, 29, 2738. Pasternak A., Schier K., Life without childhood parentification in women with DDA syndrome Schier, K. (2012). "When a child becomes a parent" reverse care, i.e. the phenomenon of parentification in the family. In: B. Tryjarska (ed.), Closeness in the Family. Childhood Bonds and disorders in adulthood. Warsaw: Wydawnictwo Naukowe Scholar. Google Scholar 22. Schier, K. (2015). Adult children. Psychological problems of role reversal in the family. Warsaw: Wydawnictwo Naukowe Scholar. Żłobiski W., Parentification as a process of role reversal in the family, "Wychowanie w Rodzinie" vol. XIX (3/2018)	

	Supplementary literature	Gąsior K. No-psychosocial functioning and mental problems of Adult Children of Alcoholics. Warsaw: Difin Publishing House; 2012. Ryś M. Family psychosocial determinants of the functioning of Adult Children of Alcoholics. Warsaw: Wydawnictwo Naukowe PWN; 2007. Margasiński A. The DDA concept the Barnum effect? Ter. Depend. Codependency. 2009; 3: 1318. 5. Niewiadomska I, Sikorska-Głodowicz M. Alcohol. Lublin: KUL Publishing House; 2004. Widera-Wysoczańska A. Drunken house, or what happens to the child of an alcoholic. In: Żak P. ed. Where did my childhood go. About adult children of alcoholics. Kielce: "Charaktery" Publishing House; 2003. p. 9. Gąsior K. Factors threatening the development of children in a family with an alcohol problem on the example of Adult Children of Alcoholics. Alcohol. Junkie. 2008; 3: 248.
	eResources addresses	
Example issues/ example questions/ tasks being completed	Effects of parentification in the area of family and professional life. Causes of parentification Role reversal and life satisfaction	
Work placement	Not applicable	

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