



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-420	Theories of Counseling	6
Prerequisites	Department	Semester
PSY-110, PSY-111	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Elective	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr. Xenia Georgiadou	4 th
Mode of Delivery	Work Placement	Corequisites
Face-to-Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Develop an understanding of the philosophy and the content of Counseling Psychology and psychotherapy.
- Analyse, summarize, compare and contrast the major psychotherapy theories.
- Conceptualize cases from a variety of theoretical orientations.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Understand the history of psychology and psychotherapy.
2. Clearly comprehend the main concepts of the different theories of psychology and psychotherapy and the main differences between them.
3. Critically analyze, compare and contrast the major psychotherapy theories.
4. Conceptualize cases from a variety of theoretical orientations.
5. Integrate elements of different theories as they apply to different populations.
6. Be more sensitive to the ethical standards of the profession.

Course Content:

Introduction to counselling and psychotherapy The therapist as a person and as a professional Psychoanalysis Ego Psychology Person-centered therapy Behavioral Therapies Rational – Emotive Behavior Therapy/ Cognitive Therapy Existential Psychotherapy Reality Therapy Integrative Psychotherapies Multicultural Theories of Psychotherapy Comparison of theories - Contemporary Challenges and Controversies

Learning Activities and Teaching Methods:

Lectures, class discussions, analysis of case study

Assessment Methods:

Mid-term, Final Examination, Paper, Attendance and Participation
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Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Theory and Practice of Counseling and Psychotherapy	Corey, G.	Cengage	2017 (10th Ed.)	978-1-305-26372-7

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Current Psychotherapies International Student Edition	Corsini, R.J. & Wedding, D.	Wadsworth	2011 (9th Ed.)	9780840032614