



UNIVERSITY *of* NICOSIA

Course Code PSYM-532	Course Title Psychological Interventions	ECTS credits 7.5
Department Social Sciences	Semester Fall	Prerequisites COUN-512
Type of Course Required	Field Psychology	Language of Instruction English
Year of Study 2 nd	Mode of Delivery Face-to-face	Lecturer(s) Stelios Georgiades, Psych.D.

Course Description:

The purpose of this course is to build on principles relevant to Counselling Psychology that have been introduced earlier in the programme and train students in evidence based techniques that have been shown to be both short and effective in the counselling process. Within this framework, students will be trained initially in techniques and skills derived from specific schools of thought such as the Cognitive Behavioural, the Behavioural and the Systemic approaches. Subsequently, they will be guided on how to apply these techniques and skills in the process of counselling people experiencing a variety of difficulties/problems such as specific problem solving difficulties, marital difficulties, addictions, anxiety/affective disorders and AIDS/HIV.

Course Objectives and Learning Outcomes:

The main objectives of the course is

- Familiarize and train students to advanced skills and techniques relevant to Counselling as derived from several approaches in the field of Psychotherapy.
- Train students to the application of advance skills and techniques in a variety of problems/difficulties as encountered in Counselling practice.

Course Contents::

- General review of basic skills of counselling and how they can be applied to complex cases.
- Skills and techniques I (Behavioural Approach)
- Skills and techniques II (Cognitive Approach)

- Skills and techniques III (Systemic Approach)
- Application of Counselling Skills and Techniques I (to problems such as specific problem solving, couple difficulties, AIDS/HIV, death and bereavement).
- Application of Counselling Skills and Techniques II (to clinical cases of anxiety disorders and depression)

Learning Activities and Teaching Methods:

Lectures; Role Plays and Assignments

Required Textbooks/Reading:

Authors	Title	Publisher	Year
Corey, G.	Theory and Practice of Counselling and Psychotherapy	London: Wadsworth Publishing.	2012
Woolfe, R., Strawbridge, S., Douglas, B. & Dryden, W. (Eds)	Handbook of Counselling Psychology. 3rd Edition.	London: Sage Publications	2010
Dobson D. and Dobson K. S.	Evidence Based Practice.	The Guildford Press.	2009

Assessment Methods:

1	Mid-Term Exam	
2	Final Exam	
3	Assignment	
	Total	