



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
Required	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:

- Provide 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: Ethical Issues
Psychoanalytic Therapy
Adlerian Therapy
Person-centered therapy
Existential therapy and Gestalt therapy
Behavioral Therapies
Rational – Emotive Behavior Therapy/ Cognitive Therapy
Reality Therapy
Feminist therapy
Family systems therapy
Integrative Psychotherapies

Learning Activities and Teaching Methods:

Lectures, class discussions, analysis of case study

Assessment Methods:

Mid-term, Final Examination, Paper, Attendance and Participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Theory and Practice of Counseling and Psychotherapy	Corey, G.	Cengage	2023 (11th Ed.)	978-0357764428

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Current Psychotherapies International Student Edition	Corsini, R.J. & Wedding, D.	Cengage	2019 (11 th Ed.)	978-1-305- 86575-4