



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code PSY-420	Course Title Theories of Counseling	ECTS credits 6
Department Social Sciences	Semester Fall	Prerequisites Junior or Senior Standing
Type of Course Major Elective	Field Psychology	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 3 rd or 4 th	Lecturer(s) Dr Michaella Buck
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

1. develop an understanding of the content of counseling psychology
2. summarize, compare and contrast the major psychotherapy theories
3. conceptualize cases from a variety of theoretical orientations

Learning Outcomes:

After completion of the course students are expected to:

1. have general knowledge of the history of psychology
2. develop knowledge of explanatory theories of psychology such as clinical psychology
3. summarize, 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. critically assess one's own strengths and weaknesses as they impact on the counseling
7. apply ethical standards of the profession to one's own work as a counselor

Course Contents:

1. Introduction to counseling
2. Psychoanalysis
3. Individual psychotherapy
4. Analytical psychotherapy
5. Person – centred counselling
6. Transactional analysis
7. Behaviour therapy
8. Cognitive therapy
9. Rational – emotive therapy
10. Gestalt therapy
11. Family therapy

Learning Activities and Teaching Methods:

Lectures, Assignments, DVD-Presentations

Assessment Methods:

Homework, Mid-Term, Final Exam

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Corsini, R.J., Wedding, B. Wedding, D. , Corsini, R.J.	Current psychotherapies Case studies	Peacock publisher Peacock Publisher	2006 2006	ISBN: