



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-430	Techniques of Counseling	6
Prerequisites	Department	Semester
PSY-110, PSY-111	Social Sciences	Spring
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	Co-requisites
Conventional	N/A	None

Course Objectives:

The main objectives of the course are to:

- Help students understand the counseling process in the context of the everyday challenges in a multicultural world.
- Familiarize students with the significance and the functioning of the counseling relationship.
- Sensitize students on special topics of counseling such as professional behavior and codes of conduct.
- Help students acquire specific counseling skills such as questioning and probing, summarizing, paraphrasing, reflection of feelings, challenging and at the same time understand their use in the counseling process.

Learning Outcomes:

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

1. Demonstrate understanding of counseling process.
2. Apply specific competencies such as empathic responding, summarizing, challenging, reflection of feelings, questioning, etc.
3. Begin the process of integrating the counseling skills.

4. Accurately evaluate their own strengths and areas of growth.
5. Familiarize themselves with the basic communication rules and guidelines.
6. Understand the roles of the psychologist as a person and as a professional.
7. Apply ethical standards of the profession to one's own work as a counselor.
8. Be more sensitive to individual differences and multiculturalism and on how these differences influence the counseling process.

Course Content:

Introduction
Ethics and Multicultural Competence
The qualities of effective therapists
The therapeutic/counseling Relationship
The process of therapy and the first interview
Attending and Observation/Listening Skills
Skills that Show Understanding: Encouraging, Paraphrasing, Reflecting Feelings
Clarify problems skills: Questions, Challenge/Confrontation
Self-disclosure and Provision of Information
Interpretations and Summarizing
Assess Communications and Actions
End and assist client self-helping

Learning Activities and Teaching Methods:

Lectures, Class Discussion, Videos and Exercises

Assessment Methods:

Group presentation, Individual Paper, Final Examination, Class Participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
An Introduction to Counselling and Psychotherapy. Theory, Research and Practice	McLeod, J.	McGraw Hill: Open University Press	2019 (6 th Ed.)	9780335243198
Essentials of Intentional Interviewing. Counseling in a Multicultural World International Edition	Ivey, Bradford-Ivey, & Zalaquett, with Quirk	Brooks/Cole Cengage Learning	2015 (3 rd Ed.)	978-1305087330
Practical Counseling and Helping Skills	Nelson-Jones, R	Sage	2014	978-1-4462-6984-8
The Skilled Helper: A Client-Centered Approach Europe, Middle East & Africa Edition	Egan, G.	Cengage Learning	2014	978-1-4080-9378-8

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Essential Interviewing and Counseling Skills: An Integrated Approach to Practice	Prout, Tracy A.	Springer	2014	e-book