



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/Greek
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr. Xenia Georgiadou	4 th
Mode of Delivery	Work Placement	Co-requisites
Face-to-Face	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 to the class.
Ethics, Multiculturalism and Counseling.
The counsellor/therapist the person and professional
The Helping Relationship: empathy and genuiness
The Counseling process, The Lifeskills Counseling Model
Pre-counselling Contact. The First Interview
Attending and Observation Skills: The Skills of Tuning in
Encouraging, Paraphrasing, and Summarizing: Skills of Active Listening
Questions: Opening Communication and Elaborating
Observing and Reflecting Feelings
Self-Disclosure and Feedback, Confrontation
Termination of Therapy and assist client self-helping

Learning Activities and Teaching Methods:

Lectures, Class Discussion, Transcript Analyses

Assessment Methods:

Mid-term, Final Examination, Paper, Class Participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Practical Counseling and Helping Skills	Nelson-Jones, R	Sage	2014	978-1-4462-6984-8
Essentials of Intentional Interviewing. Counseling in a Multicultural World International Edition	Ivey, Bradford-Ivey, & Zalaquett, with Quirk	Brooks/Cole Cengage Learning	2012 (2 nd Ed.)	0-8400-3457-1
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