



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

### University of Nicosia, Cyprus

<b>Course Code</b> PSY-430	<b>Course Title</b> Techniques of counseling	<b>ECTS Credits</b> 6
<b>Department</b> Social Sciences	<b>Semester</b> Spring	<b>Prerequisites</b> PSY 110, PSY 111
<b>Type of Course</b> Core/Required	<b>Field</b> Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 4th	<b>Lecturer(s)</b> Dr Michaela Buck
<b>Mode of Deliver</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

#### *Objectives of the Course:*

This course focuses on the development and understanding of the counseling process, and the development of specific competencies such as attending, empathic responding, summarizing etc.

#### *Learning Outcomes:*

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

1. develop skills associated with explanatory theories and technical theories of psychology
2. develop understanding of counseling process
3. apply specific competencies such as empathic responding, summarizing, challenging etc.
4. develop self – awareness and sensitivity to others
5. accurately evaluate their own strengths and areas of growth
6. provide genuine feedback to peers
7. apply ethical standards of the profession to one's own work as a counselor

#### *Course Contents:*

1. Stages and skills of counselling
2. Rapport
3. Assessing client problem
4. Developing counselling goals
5. Affective interventions
6. Cognitive interventions
7. Behaviour interventions
8. Systemic interventions
9. Termination and follow up

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***Learning Activities and Teaching Methods:***

Lectures, DVD presentations
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***Assessment Methods:***

Audiotape and transcript	20.00%
Portfolio of competencies	30.00%
Final Examination	30.00%
Attendance and Participation	20.00%

***Required Textbooks/Reading:***

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Hackney, H., Cosmier, I.I.	<u>The professional counsellor</u>	Allyn and Bacon	2005	

***Recommended Textbooks/Reading:***

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
	Selection of articles			