



Advanced Theories and Models of Psychotherapy

COURSE OUTLINE

Course Code PSY-714	Course Title Advanced Theories and Models of Psychotherapy	ECTS credits 7.5
Department Social Sciences	Semester Fall	Prerequisites None
Type of Course Required	Field Clinical Psychology	Language of Instruction English
Level of Course 3 rd Cycle	Year of Study 1st	Lecturer Dr. Andreas S. Anastasiou
Mode of Delivery Classroom	Work placement N/A	Co-requisites None

Objectives of the Course:

This course is intended to help students will gain an increased knowledge on a number of different psychological therapies and enhance students understanding of the techniques and methods used by the different approaches. Students should be able to critically evaluate the efficacy of these therapies for particular psychological difficulties. After an introduction to psychological therapies and their role in alleviating problems. Attention will be paid to their development as psychotherapeutic approaches, methods of assessment and their efficacy as forms of treatment of psychological problems.

Learning Outcomes:

After completion of the course students are expected to:

1. Master the theory necessary for effective clinical work with individuals
2. Hone communication skills
3. Refine interpersonal sophistication
4. Address ethical issues and concerns in Psychology
5. Embrace a multicultural orientation
6. Develop an in-depth understanding of the main theoretical orientations
7. Master the theory behind a sound clinical assessment
8. Develop an in-depth understanding of the main theoretical orientations
9. Explore their own theoretical orientation

Course Contents:

1. Qualities of the Effective Clinician
2. Ethical Issues in Counselling Practice
3. Psychoanalytic Therapy
4. Adlerian Therapy
5. Existential Therapy
6. Person-Centered Therapy
7. Gestalt Therapy
8. Behavior Therapy
9. Cognitive-Behavioral Therapy
10. Reality Therapy
11. Family Systems Therapy
12. An Integrative Perspective

Learning Activities and Teaching Methods:

Lectures, Class discussions

Required Textbooks/Readings:

Authors	Title	Publisher	Year
Gerald Corey	Theory and Practice of Counseling and Psychotherapy	Brooks/Cole	2013
American Psychological Association	Ethical Principles of Psychologists and Code Of Conduct	APA	2002

Assessment Methods:

1	Midterm	30%
2	Final Examination	30%
3	Paper	30%
4	Attendance and Participation	10%
	Total	100%