



**COURSE OUTLINE**

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

| <b>Authors</b>                     | <b>Title</b>  | <b>Publisher</b> | <b>Year</b> |
|------------------------------------|---|------------------|-------------|
| 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%         |
|   | <b>Total</b>                 | <b>100%</b> |