



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
PSYC-522	Theories and Models of Psychotherapy	7.5
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
None	Social Sciences	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Counseling Psychology	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
2nd cycle	Dr. Xenia Georgiadou	1st
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face-to-face	None	None

### Course Objectives:

The main objectives of the course are to:

- Develop an understanding of the philosophy and the content of Counseling Psychology and Psychotherapy.
- Summarize, compare and contrast the major psychotherapy theories.
- Conceptualize cases from a variety of theoretical orientations.

### Learning Outcomes:

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

1. Have general knowledge of the history of counseling and psychotherapy.
2. Develop knowledge of the different theories of psychotherapy and the main differences between them.
3. Summarize, compare and contrast the major psychotherapy theories.
4. Conceptualize cases from a variety of theoretical orientations.
5. Integrate elements of different theories as they apply to different populations.
6. Critically assess one's own strengths and weaknesses as they impact on the counseling and psychotherapy.
7. Apply ethical standards of the profession to one's own work as a clinician.

**Course Content:**

Introduction to the course The Counselor/Therapist: Person and Professional Psychoanalysis Ego Psychology Attachment Theory Client-centered therapy Cognitive Therapy Existential psychotherapy Gestalt Therapy Feminist Therapy Constructive Psychotherapies Integrative Psychotherapies
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**Learning Activities and Teaching Methods:**

Lectures, class discussions, class presentations
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**Assessment Methods:**

Individual Paper, Midterm, Final Examination, Attendance and Participation
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**Required Textbooks / Readings:**

Title	Author(s)	Publisher	Year	ISBN
Current Psychotherapies International Student Edition	Corsini, R.J. & Wedding, D.	Wadsworth	2011 (9th Ed.)	9780840032614
An Introduction to Counselling <b>e-book</b>	McLeod, J.	McGraw-Hill Education	2013	9780335247226

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