



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-523	Theories of Counseling and Psychotherapy	7.5
Prerequisites	Department	Semester
None	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Required	Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Xenia Georgiadou	1 st
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	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. Gain an in-depth understanding of the history of counseling and psychotherapy.
2. Demonstrate understanding of the various counselling models presented in terms of underlying philosophy, key concepts and the goals of the therapy.
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
- Psychodynamic Approaches: Ego Psychology
- Psychodynamic Approaches: Attachment Theory
- Humanistic Approaches
- Existential and Experiential Approaches
- Behavioral Approaches
- Cognitive-behavioral Therapy
- Postmodern approaches: Feminist Therapy and Interpersonal Approaches
- Integrative Psychotherapies

Learning Activities and Teaching Methods:

Lectures, class discussions, case studies

Assessment Methods:

Midterm, case study, final examination, group class presentation, attendance and participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Current Psychotherapies	Corsini, R.J. & Wedding, D.	Wadsworth	2019 (11 th Ed.).	1305865758
Case Documentation in Counseling and Psychotherapy: A Theory-Informed, Competency-Based Approach	Gehart, D. R.	Cengage Learning	2015	978-1305405219

An Introduction to Counselling	McLeod, J.	McGraw-Hill Education	2013	978-0335247226
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Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Counseling theory and practice	Neukrug, E.	Brooks/Cole, Cengage Learning	2018 (2nd Ed.)	978-1516506309
Reflective Practice In Psychotherapy And Counselling	Stedmon, J, & Dallos, R.	McGraw Hill, Open University	2009	978-0335233601