



Course Code	Course Title	ECTS Credits
PSYC-600	Clinical Practicum I	15
Prerequisites	Department	Semester
PSYC-505, PSYC-522, PSYC-592, PSYC-605, PSYC-606, PSYC-640 and PSYC-675	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Required	Counseling Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Andrea Koutouroushi	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	Practicum sites	None

Course Objectives:

This is the first of a two-semester practicum sequence. The course will function primarily as a forum for peer supervision, clinical training and personal development for counselling psychology trainees as an introduction to their clinical practicum and their placement at various sites where counselling psychology is applied. Emphasis will be given on learning how to maintain client records, report writing, intake assessments, mental status assessment, case formulation and developing a professional identity. Trainees will also visit various training sites.

Learning Outcomes:

- Assessment and formulation of clinical cases.
- Students will conduct individual and group psychotherapy (when applicable).
- Students will develop treatment plans.
- Students will engage in self-reflection.
- Students will learn to utilize individual and peer supervision.
- Students will learn how to conduct mental status exams.
- Students will learn how to maintain client records.

Course Content:

Introduction to Practicum I: Expectations

Basic counselling skills
 Communication skills/Body language in therapy
 First session with a client: Challenges
 Clinical assessment
 Risk assessment (suicidality)
 Clinical formulation
 Working with anxiety – role-plays
 Relaxation techniques
 Assertiveness training
 Self-awareness
 Working with parents
 Working with teenagers

Learning Activities and Teaching Methods:

Class discussions, role-plays, case presentations

Assessment Methods:

Evaluations by clinical supervisors and by the seminar facilitator

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Handbook of Counselling Psychology	Douglas, B. Woolfe, R. Strawbridge, S. Kasket, E. Galbraith, V.	SAGE	2016 4th Ed	E-Book available
Counselling Psychology: A Textbook for Study and Practice	Murphy, D.	Wiley-Blackwell	2017 1 st Ed	E-Book available