



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
PSYC-603	Portfolio	2.5
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
PSYC-600, PSYC-601	Social Sciences	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Psychology	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
2 <sup>nd</sup> Cycle	Dr. Christina Theodoulidou	3 <sup>rd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face-to-face	Practicum Sites	None

### Course Objectives:

The main objectives of the course are to:

- Help Counselling Psychology Trainees to develop the ability to reflect critically on their practice.
- Provide guidance to Trainees on how to identify areas of improvement and document plans to modify their professional practice accordingly.

### Learning Outcomes:

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

1. Develop the ability to critically and systematically reflect on their own personal development through their work.
2. Develop the capacity to make use of supervision feedback to improve practice.
3. Foster personal awareness and develop professional resilience.
4. Demonstrate skills in the preparation of a reflective report documenting key experiences from their practicum placements, critically assessing the quality of their work and documenting plans to modify their professional practice as needed.
5. Demonstrate acquisition of the necessary knowledge and skills to engage in good practice after the completion of their practicum placements.

**Course Content:**

Reflective Practice: An Introduction  
 Integrating theory and practice  
 Dimensions of reflection  
 Assessment, evaluation, mentoring and values  
 How to begin writing  
 Writing as a reflective practitioner  
 Barriers to Reflective Practice  
 The process and content of the course will vary depending on students' needs

**Learning Activities and Teaching Methods:**

Face-to face seminars, Class discussions

**Assessment Methods:**

Reflective essay

**Required Textbooks / Readings:**

Title	Author(s)	Publisher	Year	ISBN
Reflective Practice: Writing and Professional Development	Bolton, G.	Sage	2010	184860212X
The Critically Reflective Practitioner	Thompson, S. and Thompson, N.	Palgrave Macmillan	2008	0230573185

**Recommended Textbooks / Readings:**

Title	Author(s)	Publisher	Year	ISBN
The therapist's use of self	Rowan, J., & Jacobs, M.	Open University Press	2002	0335207766

On learning from the patient	Casement, P.	Tavistock Publications	2005	978-0898621570
Therapeutic communication. Knowing what to say when	Wachtel, P.L.	Guilford Press	12011 (2 <sup>nd</sup> Ed.)	978-1462513376