



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-606	Psychological Interventions	7.5
Prerequisites	Department	Semester
PSYC-522, PSYC-605	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Required	Counseling Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Maria Kouloubri	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Build on principles and values relevant to Counselling Psychology that have been introduced earlier in the program.
- Teach students in techniques and skills derived from specific schools of thought such as the Psychodynamic approach and contemporary (third wave) Cognitive-Behavioural Approaches.
- Guide students on how to apply these techniques and skills in the process of therapy with people experiencing a variety of difficulties.
- Conceptualize cases from various theoretical orientations.

Learning Outcomes:

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

1. Be familiarized with advanced skills and techniques relevant to Counselling
2. Psychology as derived from psychodynamic and CBT third-wave approaches in the field of Psychotherapy.
3. Be knowledgeable of the application of advanced skills, techniques and theories in a variety of difficulties as encountered in Counseling Psychology practice.

Course Content:

Introduction to the module (aims and objectives, review and practice of basic skills of counselling).
 Basic and Advanced Counselling Skills- The therapeutic relationship.
 Psychological Assessment.
 Case Formulation.
 Using Transference-Countertransference in clinical practice.
 Using Attachment theory in clinical practice
 Cognitive –Behavioural Therapy
 Schema Therapy
 Working with special populations
 Working with special populations
 Crisis management-working with anger
 Working with endings

Learning Activities and Teaching Methods:

Lectures, Class discussions, Role-plays

Assessment Methods:

Case study, Participation, Final Examination

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Handbook of Counselling Psychology	Woolfe, Dryden, Strawbridge (Editors)	Sage	2009	978-1-84787-078-0
Handbook Introduction to the Practice of Psychoanalytic Psychotherapy: A Practical Treatment	Lemma A.	Wiley	2003	0-470-84458-2
Schema Therapy, A practitioner's guide	Young, J., Klosko, J.S, Weishaar M.E	Guilford	2003	978-59385-372-3