



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-607	Assessment and Counseling skills	7.5
Prerequisites	Department	Semester
PSYC-523	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Required	Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Maria Kouloubri	1 st
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Teach students the skills necessary for effective clinical work with adults.
- Familiarize students to the different aspects of counselling process.
- Refine students' interpersonal sophistication skills.
- Promote exploration of students' identity as helpers.
- Address ethical issues and concerns.
- Create an atmosphere of comfort to facilitate class participation.
- Embrace a multicultural orientation.

Learning Outcomes:

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

1. Conduct interviews with adults' clients.
2. Carry out effective assessments.
3. Respond empathically to clients.
4. Establish a therapeutic alliance.
5. Develop multicultural competencies.
6. Develop clinical thinking and case conceptualization skills.
7. Develop an awareness of themselves as trainee therapists and as individuals.

Course Content:

- The Therapeutic Relationship
- The Helping Model
- Communication Skills of the therapeutic Dialogue
- Empathic Responding
- Probing and Summarizing
- Challenging the client to develop plans and take action
- Use of therapist's self
- Use of therapist's self
- Use of therapist's self
- Ethical considerations and concerns

Learning Activities and Teaching Methods:

Lectures, class discussions, role-plays

Assessment Methods:

Assignments, Attendance and participation, Final assignment, Paper

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping	Egan, G.	Cengage	2014	978-1285065717