



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
PSYC-608	Advanced Counseling Skills and Interventions	7.5
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
PSYC-523, PSYC-607	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. Maria Kouloubri	2 <sup>nd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face-to-face	N/A	None

### Course Objectives:

The main objectives of the course are to:

- Build on principles and values relevant to Counseling Psychology that have been introduced earlier in the programme.
- Teach students techniques and skills derived from specific schools of thought such as the Humanistic approach, 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.
- Encourage and facilitate students to develop their clinical and critical thinking.

### Learning Outcomes:

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

1. Articulate advanced skills and techniques relevant to Counseling
2. Psychology as derived from psychodynamic and CBT third-wave approaches in the field of Psychotherapy.
3. Apply 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, ground rules, review of basic skills of counselling).
- Basic Counselling Skills- The therapeutic relationship
- The meaning of Transference-Countertransference and its clinical implications
- The use of Attachment theory in clinical practice
- Schema Therapy
- Identifying client microprocesses
- Therapist processes
- Working with difficult emotions (anger)
- Working with endings
- Integration and Pluralism
- Review

**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
The Handbook of Counselling Psychology	Douglas, B. Woolfe, R., Strawbridge, S., Kasket, E., & Galbraith, V.	Sage	2016 (4 <sup>th</sup> Ed.)	9781446276327
Handbook Introduction to the Practice of Psychoanalytic Psychotherapy: A Practical Treatment	Lemma, A.	John Wiley & Sons	2003	978-0470844588

Schema Therapy. A practitioner's guide	Young, J., Klosko, J.S, Weishaar M.E .	Guildford Press	2003	978-1593853723