



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC- 631	Issues and Challenges in Adult Lifespan development	7.5
Prerequisites	Department	Semester
None	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Required	Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Angela Louca	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Sensitize students to the different developmental challenges people are facing in the normal process of growth.
- Provide basic theoretical and practical knowledge on how to approach people with these kinds of developmental challenges in counselling.
- Promote student self-awareness and respect of diversity among people with different challenges across the life span.
- Recognition of positions of power and privilege, as well as ethical considerations of marginalization and discrimination in counseling interactions will be explored.

Learning Outcomes:

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

1. Develop a good understanding of various types of psychological distress emerging from different issues as a result of normal developmental challenges.
2. Demonstrate the ability to operate safely and professionally in a range of developmentally-related issues.
3. Understand how particular developmental challenges can affect normal everyday functioning.

Course Content:

- Theories and Theoretical Models of Human Development: Cultural Diversity and Human Development
- Early adulthood
- Cognitive development
- Emotional development
- Finding a career, Promoting Career Change in later years and facilitating retirement
- Sexuality and sexual digressions (deviations): discrimination and marginalization
- Addictions
- Domestic abuse: Prevention of Intimate Partner and Family Violence
- Crisis intervention
- Chronic illness
- Working with late adulthood: dealing with loss, death and dying

Learning Activities and Teaching Methods:

Lectures, class discussions

Assessment Methods:

Examinations, paper, group presentations

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Counseling Individuals Through the Lifespan	Wong, D.W., Hall, K.R.& Wong Hernandez, L.	Sage	2020 (2 nd Ed.)	978-1452217949
The Handbook of Counselling Psychology	Douglas, B. Woolfe, R., Strawbridge, S.,	Sage	2016 (4 th Ed.)	9781446276327

	Kasket, E., & Galbraith, V.			
Dying, Death and Grief: Working With Adult Bereavement	Mallon, B.	Sage	2008	978-1412934152
Working with Drug and alcohol users: Working with Drug and Alcohol Users: A Guide to Providing Understanding, Assessment and Support	White, T.	Jessica Kingsley Publishers	2013	1849052948

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Counseling Across the lifespan. Prevention and Treatment	Cindy L Juntunen, C.L. & Schwartz, J.P.	Sage	2016 (2 nd Ed.)	978-1483343778