



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYD-460	Theories and Techniques of Counseling	10
Prerequisites	Department	Semester
PSYD-200	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Compulsory	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Xenia Georgiadou	4 th
Mode of Delivery	Work Placement	Corequisites
Distance Learning	None	None

Course Objectives:

The main objectives of the course are to:

- Introduce students to the philosophy and the content of counseling psychology.
- Promote understanding of the counseling process in the context of the everyday challenges in a multicultural world.
- Summarize, compare and contrast the major psychotherapy theories and conceptualize cases from a variety of theoretical orientations.
- Familiarize students on the significance and the functioning of the counseling relationship.
- Focus on the development of specific counseling skills such as attending, empathic responding, summarizing, paraphrasing, reflection of feelings and at the same time understand their use in the counseling process.
- Sensitize students on special topics of counseling such as professional behavior and codes of conduct.

Learning Outcomes:

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

- Demonstrate general knowledge of the history of counseling psychology as well as the different theories of psychology and the main differences between them.
- Summarize, compare and contrast the major psychotherapy theories and conceptualize cases from a variety of theoretical orientations.
- Demonstrate understanding of counseling process and critically evaluate their own strengths and areas of growth.

- Begin the process of integrating the counseling skills and learn to use specific skills such as empathic responding, summarizing, challenging etc.
- Examine individual differences and multiculturalism and how these differences influence the counseling process.
- Apply ethical standards of the profession to their own work as counselors.

Course Content:

1. The history of psychotherapy. Understanding Counseling as a Process
2. Ethical-Professional issues and Multicultural Competence. Pre-counseling Contact.
3. Psychoanalysis. Models of therapy: The Lifeskills Counseling Model
4. Client-centered therapy. Building the Counseling Relationship and Facilitating Initial Disclosure. Empathic Responding. Attending and Observation Skills: The Skills of Tuning in.
5. Adlerian psychotherapy. The First Interview. Skills of Active Listening: Encouraging, Paraphrasing, and Summarizing.
6. Cognitive Therapy and Behavior Therapy. Questions: Opening Communication.
7. Gestalt therapy. Observing and Reflecting Feelings. Self-Disclosure and Feedback.
8. Positive psychotherapy: theory and skills. Assess thinking
9. Feminist therapy. In-depth Exploration: Confrontation
10. Constructivists approaches: Narrative Therapy and Solution-Focused Therapy. Interpretation.
11. Multicultural theories of psychotherapy. Issues of Human Diversity in Counseling: Considerations in Counseling Culturally Diverse Clients.
12. Family therapy. Crisis Intervention
13. Integrative psychotherapies. Commitment to Action and Termination.

Learning Activities and Teaching Methods:

Presentations, Assignments, Discussion Forums

Assessment Methods:

Quizzes, Homework Assignments, Paper, Final Examination

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Current Psychotherapies International Student Edition	Corsini, R.J. & Wedding, D.	Wadsworth	2014	ISBN: 9781285175591

The Skilled Helper: A Client-Centered Approach Europe, Middle East & Africa Edition	Egan, G.	Cengage Learning	2014	ISBN: 978-1-4080-9378-8
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Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Practical Counseling and Helping Skills	Nelson-Jones, R.	Sage	2014	ISBN: 978-1-4462-6984-8
Essentials of Intentional Interviewing. Counseling in a Multicultural World, International edition	Ivey, Bradford-Ivey, Zalaquett, & Quirk	Cengage Learning	2012	ISBN: 0-8400-3457-1
The Counseling Process	Patterson, L.E., & Reynolds-Welfel, E.	CA: Brooks/Cole Thomson Learning	2000	ISBN: 0-534-35866-7
Theories of Psychotherapy and Counseling, Concepts and Cases	Sharf, R.S.	Brooks/Cole Cengage Learning	2012	ISBN: 978-0-8400-3366-6