

PSYB17-142 Introduction to Counselling Psychology

Aim of the course

The aim of the course is to provide the students with the basic concepts and historical background to counselling psychology. As an evidence based service, counselling psychology is based on international scientific and professional paradigms that are to be introduced through the course.

We will give insight into the microskill approach of counselling. Systems thinking and group counselling, as well as family therapies are introduced through the classes.

The course also serves as an introduction to applied psychological approaches in the field of non-clinical helping and crisis intervention.

Learning outcome, competences

knowledge:

- The basic concepts and historical background of counselling psychology
- The basic skills and competences of counselling psychology
- The knowledge of psychotherapy theories that serve as a base of counselling thought
- The institutional systems that serve as a framework of counselling professional activities.

attitude:

- Students have knowledge of the function and role of counselling activities
- Students are aware of the cultural background of counselling psychology and can build up cultural intentionality

skills:

- Students can participate in supervision groups on a trainee level
- Students can use the basic counselling microskills in a demonstration setting

Content of the course

Topics of the course

- The concepts and history of counselling psychology
- The microskill approach of counselling psychology
- The person-centered approach of counselling psychology
- Systems thinking and systems theories
- Group counselling
- Family therapies
- Crisis intervention
- Special target groups of counselling psychology
- Higher education counselling
- Ethics and psychotherapy
- Cognitive psychotherapy and counselling psychology

Learning activities, learning methods

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:

requirements

- The attendance of the classes are not Compulsory though four times during the semester tests are taken by the students on the concepts of counselling psychology
- At the end of the semester a video assignment is required on the Basic counselling microskills

Upon the base of the four tests and the video assignment assessment is on five ECTS grades (A Excellent to F failed).

Reading list

Compulsory reading list

- Egan, G. (2002) *The Skilled Helper: a problem management and opportunity development approach to helping* (7th edition, Pacific Grove, CA: Brooks Cole, 2002)
- Egan, G. (2006) *Essentials of Skilled Helping: managing problems, developing opportunities* (Pacific Grove, CA: Brooks Cole, 2006).
- Ivey, A., E., D'Andrea, M., J., Ivey, M., B. (2013) *Theories of counselling and psychotherapy*. New York: Sage Publications.

Recommended reading list

- Amundson, N. (2003) *Active Engagement*. Montreal: Ergon Communications.