**Title of the course:** Psychological Counselling

**Course code:** PSYM21-CS-102

**Head of the course:** Kissné Viszket Mónika

**Academic degree:** PhD

**Position:** Senior lecturer

**MAB Status:** A (T)

|  |
| --- |
| **Az oktatás céljaa angolul** |

The purpose of the course is to provide students with theoretical and practical knowledge of the process of psychological counselling and its place in the helping systems. Its purpose is that the students get to know and understand the models and trends of counselling, learn the process of counselling, get to know and improve their competences in specific counselling situations. An objective as well that in addition to the theoretical overview, they get insight into the practice of counselling, improve their competences so that they are able to record the first counselling interview, design the counselling process and formulate reflections.

**Learning outcome, competences**

knowledge:

* the student is clear about the role of counselling within the realm of helping system, able to highlight the similarities and differences
* the student knows about the historical aspects of counselling
* knows about the types and trends of counselling and their typical characteristics
* has an in-depth knowledge of the models of counselling process, knows and understands the stages of the process of psychological counselling
* clear about counselling skills and competences

attitude:

* the student considers the objectives of psychological counselling, approaches psychological problems from a counseller’s point of view
* seeks to use the professional terms learned during the course in their professional communication
* actively seeks to deepen and consolidate their special professional interest, thus improve their professional competences
* takes the symptoms into consideration from historical, cultural and social aspects

skills:

* able to decide on counselling as a possible way of helping
* able to set up the framework of psychological counselling
* able to record the first interview
* able to formulate questions relevant and required within the counselling process

autonomy, responsibility:

* Students are able to recognize situations requiring counselling.
* They act in accordance with the ethical standards of psychology and their own competence levels.

|  |
| --- |
| **Az oktatás tartalma angolul** |

**Topics of the course**

Theoretical section - 25% of the course

* The place of counselling within the helping system, past and present of counselling
* The system of counselling skills
* The process of counselling. The boundaries of the helping relationship. The contract. Ethical standards.
* The trends of counselling.
* Specific situation within counselling (life cycles, special situations)

Practical section - 75% of the course

* The boundaries of a helping relation in the practice of psychological counselling
* The first interview in counselling
* Improving the counselling skills: empathic presence, asking efficiently, feedback
* Psychological counselling along with age and life cycle (specific features of child - adult counselling)
* Special situations in psychological counselling
* Counsellor's case review, supervision
* Discussing ethical questions through case examples

**Learning activities, learning methods**

|  |
| --- |
| **A számonkérés és értékelés rendszere angolul** |

**Learning requirements, mode of evaluation, criteria of evaluation:**

requirements

* The theoretical section is finished with an in-class test. The subject of the test is the course materials and literature items given below
* The practical section is evaluated by the students’ attitude of active presence, continuous processing of the required literature, delivering the first counselling interview in written form.

mode of evaluation: Practice mark.

The in-class test after the theoretical section is evaluated on a 5-point grading scale (insufficient - excellent). In case of insufficient result the student needs to repeat the exam after the course. If the theoretical part is evaluated to insufficient, the course is not fulfilled regardless of the result of the practical section.

* To accomplish the course, a first counselling interview in written form should be delivered. All of these assignments are evaluated on a 5-point grading scale. In case of insufficient mark, the course is not accomplished.
* The final evaluation of the course is the mean of the marks above. In case of uncertain mark the course instructor may give the student the better one if an extra assignment is handed in.

criteria of evaluation:

* During the theoretical part, an integrating knowledge must be used, based on the literature items given.
* During the practical part, the first counselling interview delivered must follow the professional concepts and aspects, and theoretical models learned in the course, formulating questions that are required and relevant to the case.

|  |
| --- |
| **Idegen nyelven történő indítás esetén az adott idegen nyelvű irodalom:** |

**Compulsory reading list**

Argelander, Hermann (2007): Az első pszichoterápiás interjú, Springmed Kiadó

[Egan, Gerard (2011): A képzett segítő](http://www.animula.hu/index.php?page=adatlap&csoportid=16&konyv=1347&kosarid=6242), ELTE Eötvös Kiadó

Egan, Gerard (2011): A segítő készségek fejlesztése, ELTE Eötvös Kiadó

Fonyó Ilona - Pajor András szerk. (2000): Fejezetek a konzultáció pszichológiájának témaköréből. ELTE Bárczi Gusztáv Gyógypedagógiai Főiskolai Kar. Budapest

Gelso, C, J – Nutt, E. – Fretz, B. R (eds) (2014): Counseling Psychology, Footprint Books, Australia

Kiss E. – Sz. Makó H. (2013): Mentálhigiéné és segítő hivatás, Pro Pannónia, Pécs

Kissné Viszket, M. – Puskás- Vajda, Zs. – Rácz J – Tóth V (2016): A pszichológiai tanácsadás perspektívái, l’Harmattan, Budapest

[Kulcsár Éva (2009): Tanácsadás és terápia](http://www.animula.hu/index.php?page=adatlap&csoportid=16&konyv=686&kosarid=6242), ELTE Eötvös Kiadó

Mearns- Thorne (2011): A személyközpontú pszichoterápia és tanácsadás a gyakorlatban, Lélekben Otthon, Budapest

[Tringer László (2007): A gyógyító beszélgetés](http://www.animula.hu/index.php?page=adatlap&csoportid=19&konyv=571&kosarid=6242), Medicina kiadó

Thompson, C – Rudolf, L (2000): Counseling Children, Brooks/Cole, An International Thomson Publishing Compony

**Recommended reading list**

Bagdy, E., Wiesner, E. (szerk) (2005) Szupervízió: Egyén-csoport-szervezet. Budapest: Print-X.

Herskovits, M – Ritoók M. (2013): Tehetségek vonzásában, FETA, letölthető: http://www.feta.hu/sites/default/files/tehetsegek\_vonzasaban\_szines\_ket\_oldalas.pdf

Rogers, C., R. (1992) Az “érzések visszatükrözése”. In. Ritoók Ádám Magda, Illyés Sándor (szerk.) A nevelési és pályaválasztási tanácsadás pszichológiája. Szemelvénygyűjtemény. Budapest: Tankönyvkiadó.

Rogers, C., R. (1992) Az empatikus létezési mód: egy el nem fogadott létmód. In. Ritoók Ádám Magda, Illyés Sándor (szerk.) A nevelési és pályaválasztási tanácsadás pszichológiája. Szemelvénygyűjtemény. Budapest: Tankönyvkiadó.

Casement, Patrick (2006): Hibáinkból tanulunk, Lélekben Otthon Kiadó

[Csabai Márta; Csörsz Ilona; Szili Katalin (2009): A gyógyító kapcsolat élménye](http://www.animula.hu/index.php?page=adatlap&csoportid=16&konyv=721&kosarid=6242), Oriold & Társai Kiadó

Mann, James; Goldman, Robert (2006): Esetleírások az időkorlátos dinamikus terápia köréből, Animula Kiadó

Németh A. Moretti M. (2006): …ki szépen mondja a rettenetet, azzal föl is oldja, Medicina, Budapest

Orton, G. L (1996): Strategies for Counseling with Children and Their Parents, Brooks/Cole, An International Thomson Publishing Compony

**Course-specific information (specific to a given lecture or seminar)**

|  |
| --- |
| **General data** |

**Specific (sub)title of the course (if relevant):**

**Specific (sub)code of the course (if relevant):**

**Date and place of the course:**

**Name of the lecturer:**

**Department of the lecturer:**

**Email of the lecturer:**

|  |
| --- |
| **Specific syllabus/schedule of the lecture/seminar (if relevant)** |

*
*

|  |
| --- |
| **Further specific information (eg. requirements) (if relevant)** |

*