

COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL	<i>Undergraduate</i>		
COURSE CODE	PSY-3609	SEMESTER	6 th
COURSE TITLE	Counselling Psychology		
TEACHING ACTIVITIES	WEEKLY HOURS	ECTS	
Lectures and video presentations	3	5	
COURSE TYPE	Field (Compulsory)		
PREREQUISITES COURSES:	Theories of personality		
INSTRUCTION/EXAM LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	YES (with personal study and handing in of essay written in English)		
COURSE WEB PAGE (URL)	https://elearn.uoc.gr/course/view.php?id=461		

2. LEARNING OUTCOMES

Learning Outcomes
<p>At the end of the course, the students should be able to:</p> <ul style="list-style-type: none"> ➤ Understand the basic theoretical counselling approaches ➤ comprehend the importance of the therapeutic relationship ➤ know the stages of the counselling process ➤ know the role of the counselling psychologist ➤ understand the importance of concepts such as self-awareness, personal development, personal model of therapy.
General Competences
<ul style="list-style-type: none"> • Search, analysis and data synthesis using appropriate technological tools. • Respect to difference and multi-culturalism • Social, professional and ethical conduct and sensitivity in gender issues. • Ability for reflection and self-reflection • Advancement of free, creative and inductive thinking

3. COURSE CONTENT

<p>1. Definition, origin and importance of the field of Counselling Psychology, Theories of Counselling Psychology (general criteria, grouping)</p>

2. Psychoanalytic Theory
3. Behavioural Theories
4. Person-centered
5. Rational-emotive Therapy (RET)
6. Transactional Analysis (TA)
7. Gestalt Therapy
8. Multicultural Counselling
9. Feminist approach in Counselling
10. Comparison of the different approaches/integration
11. The importance of Communication, Self-awareness, Different sub-fields of Counselling Psychology
12. The role and specific characteristics of Counselling Psychologist
13. The counselling process, concluding remarks on the effectiveness of Counselling Psychology

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

INSTRUCTION METHOD	In class		
INFORMATION AND COMMUNICATION TECHNOLOGIES USED	Use of audiovisual equipment in lectures Support of learning process through the e-learn platform.		
TEACHING ORGANIZATION	<i>Activity</i>	<i>Semester Work load</i>	<i>ECTS credits</i>
	Lectures	39	1,56
	Literature study and analysis	30	1,20
	Independent Study	50	2,00
	Course Total	119	4,76
STUDENT EVALUATION	<p>I. Written exams (80% - 100%) including:</p> <ul style="list-style-type: none"> - open ended questions <p>II. Voluntary additional essay (up to 20%)</p> <p>Assessment is conducted in Greek as well as in English (for Erasmus students)</p> <p>Evaluation criteria are accessible to students via the web-site of course (https://elearn.uoc.gr/course/view.php?id=399) on the UoC e-learn platform.</p>		

5. BIBLIOGRAPHY

- Giovazolias, T., & Malikiosi-Loizos, M. (2014). *Counselling Psychology: Current Research and Practical Issues*. Athens: Pedio Books [in Greek]
- Malikiosi-Loizos, M. (2012). *Counselling Psychology*. Athens: Pedio Books [in Greek]
- Corey, G. (2004). *Theory and Practice of Counseling and Psychotherapy*. London:

Wadsworth Publishing.

- Gelso, C., & Fretz, B. (2001). *Counseling Psychology* (2nd ed.). Fort Worth: Harcourt College Publishers.
- Prochaska, J. O., & Norcross, J. C. (2006). *Systems of Psychotherapy: A Transtheoretical Analysis*. London: Brooks/Cole Publishing
- Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.). *Handbook of Counselling Psychology* (2nd ed.). (2003). Thousand Oaks, CA: Sage Publications