

COURSE OUTLINE

1. GENERAL

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| SCHOOL | SOCIAL SCIENCES | | |
| DEPARTMENT | PSYCHOLOGY | | |
| LEVEL | <i>Undergraduate</i> | | |
| COURSE CODE | PSY-3622 | SEMESTER | 5 th |
| COURSE TITLE | Seminar: Parenting and Parent Counselling: Current Approaches (PSY-3622) | | |
| TEACHING ACTIVITIES | WEEKLY HOURS | ECTS | |
| Lectures | 3 | 6 | |
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| COURSE TYPE | Field | | |
| PREREQUISITES COURSES: | Counselling Psychology | | |
| INSTRUCTION/EXAM LANGUAGE: | Greek | | |
| OFFERED TO ERASMUS STUDENTS | YES (with personal study as well as presenting and handing in essay) | | |
| COURSE WEB PAGE (URL) | https://elearn.uoc.gr/course/view.php?id=1034 | | |

2. LEARNING OUTCOMES

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| Learning Outcomes |
| <p>At the end of the course, the students should be able to:</p> <ul style="list-style-type: none"> ➤ Understand current theories on parenting and its effect on children and adolescents psychological adjustment ➤ Understand the theoretical context of parent counselling (person-centered, systemic) ➤ Know the basic issues involved in parent counselling (behavioural problems, peer relationships, addictions, sexuality, etc) ➤ Familiarize with the function of Parental Group Counselling ➤ Know the specific counselling skills that are necessary in parent counselling |
| 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

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| <ol style="list-style-type: none"> 1. Parenting: A framework of children's development 2. Basic characteristic of Parenting |
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3. Theories of Parenting
4. General and specific aims of Parent counselling
5. Child's context of development: The 'ideal parent', stages of development
6. The family as a group – 1: The conceptualization of a problematic behaviour, role attribution to children, family sub-systems
7. The family as a group – 2: characteristics of parental role, parenting styles, relationship with siblings, family developmental stages.
8. The transition from home to school
9. The connection between the school and family context: parental involvement
10. Communication in the family context: Active listening skills, conflict resolution
11. Modification methods of difficult behaviour
12. Applications of Parent Counselling, the role of Counselling psychologist in parent counselling,
13. Group counselling, Stages in the process, intervention techniques

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

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| 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 | 12 | 0,48 |
| | Literature study and analysis | 50 | 2,00 |
| | Essay presentation | 20 | 0,80 |
| | Essay writing | 65 | 2,60 |
| | Course Total | 147 | 5,88 |
| STUDENT EVALUATION | <p>I. Oral Presentation (30%)</p> <p>II. Written essay (70%)</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=1034) on the UoC e-learn platform.</p> | | |

5. BIBLIOGRAPHY

- Akün, E. (2017). Relations among adults' remembrances of parental acceptance-rejection in childhood, self-reported psychological adjustment, and adult psychopathology. *Comprehensive Psychiatry*, 77, 27-37.
- Dowling, E. & Osborne, E. (2001). *Family and School*. Athens: Gutenberg [in Greek].
- Dunn, J. (1999). *Intimate relationships in young children*. Athens: Dardanos [in Greek].

- Giovazolias, T. (2014). The moderating role of parental power and prestige on the relationship between remembered parental acceptance and psychological adjustment among young greek adults. *Cross-Cultural Research*, 48(3), 240-249.
- Gordon, T. (1994). *The Effective Parent*. Athens: Evrospoudi [in Greek].
- Hourdaki, M. (2000). *Family Psychology*. Athens: Leader Books [in Greek].
- Kounenou, K. (2010). *Family Counselling and Psychotherapy*. Athens: Papazisi [in Greek].
- Rohner, R. P. (2004). The parental "acceptance-rejection syndrome": Universal correlates of perceived rejection. *American Psychologist*, 59(8), 830-840.
- Sanders, M. R., Kirby, J. N., Tellegen, C. L., & Day, J. J. (2014). The triple P-positive parenting program: A systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34(4), 337-357.