COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES
DEPARTMENT	PSYCHOLOGY
LEVEL	*Undergraduate*
COURSE CODE	**PSY-4610**	**SEMESTER**	6th and above

COURSE TITLE	BASIC INTERVIEWING TECHNIQUES USING THE PRINCIPLES OF THE COGNITIVE BEHAVIORAL APPROACH

TEACHING ACTIVITIES	**WEEKLY HOURS**	**ECTS**
Lectures, Instructional Demonstrations via role plays and Video Case Presentations, Role Playing, Video Streaming and Feedback	**3**	**6**

COURSE TYPE	Skills Development (Laboratory)
PREREQUISITES COURSES:	Psychopathology of Adulthood Psychopathology of Childhood and Adolescence Cognitive Behavioral Therapeutic Approach
INSTRUCTION/EXAM LANGUAGE:	Greek
OFFERED TO ERASMUS STUDENTS	No
COURSE WEB PAGE (URL)	

2. LEARNING OUTCOMES

Learning Outcomes
This is an experiential laboratory course designed and aiming to bolster the knowledge and skills of the students in structuring interviews by applying the theoretical principles and techniques of cognitive behavioral theory. By way of observation, role play, enactment, and constructive feedback students will develop the basic skills crucial to interviewing. Students will practice: (a) Communication techniques that focus on a respectful, non-critical dialogue, (b) evaluating and formulating people's behaviors and motivations by analyzing them on the basis of cognitive behavioral theory, (c) the principles of the motivational interviewing, and (d) providing constructive feedback to their fellow students. To prepare students for diverse human experiences, needs, and understandings, they will consider and explore multicultural knowledge and sensitivity and develop skills in intake interviewing with people from diverse backgrounds.

At the end of the workshop, students are expected to be sensitized and have attained practical experience and skills in the following:

- Conducting a dialogue/interview based on respect, congruence, and empathy
- Providing constructive feedback
- Models of Problem / Behavioral Analysis and Motivational Analysis and how they can be applied in understanding behavior

General Competencies

- Collaborating with others
- Communication skills
- Providing feedback
- Listening skills
- Processing information by applying theory
- Multicultural sensitivity
- Respect and reciprocity in relating and communicating
- Ethical stance in interacting with others

3. COURSE CONTENT

- Self- awareness
- Attending behavior
- Directive listening behaviors
- Posing questions
- Expressing understanding, congruence and empathy
- Principles for constructive feedback
- Model of Behavioral Analysis ("microscopic"/"horizontal" analysis)
- Model of Motivational Analysis ("macroscopic"/"vertical" analysis)
- Motivational Interviewing techniques

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

INSTRUCTION METHOD	Experiential- including Self-awareness exercises, role plays, communication skills and questioning techniques		
INFORMATION AND COMMUNICATION TECHNOLOGIES USED	Videos, video recording and streaming		
TEACHING ORGANIZATION	**Activity**	**Semester Workload**	**ECTS credits**
	Lectures and lab exercises	13 x 3 hours = 39	1,56
	Demonstrations	20 hours	0,80
	Diary of daily reflections	35 hours	1,40
	Feedback	10 hours	0,4

	sessions		
	Record and present and interview; written report and process analysis of the interview	45 hours	1,80
	Course Total	*149*	*5,96*

STUDENT EVALUATION	Evaluation is in Greek.

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I. Active participation and role-playing during the course (20%)

II. Daily reflections diary (20%)

III. Presentation of a video-recorded interview (30%)

IV. Written report of the processes evident in the videotaped interview (30%)

The evaluation criteria are accessible to students through the website of the course.

5. BIBLIOGRAPHY

Bartling, G. L., Echelmeyer, L. & Engberding, M. (2008). *Problemanalyse im therapeutischen Prozeß - Leitfaden für die Praxis.* (5. überarb. u. erw. Aufl.). Stuttgart: Kohlhammer.

Grawe, Klaus (2000). *Psychologische Therapie* (2. korr. Auflg.). Göttingen: Hogrefe.

Kanfer, F. H., H. Reinecker, et al. (2000). *Selbstmanagement-Therapie - Ein Lehrbuch für die klinische Praxis.* Berlin Springer.

Miller, W. R. & S. Rollnick (2004). *Motivierende Gesprächsführung.* Freiburg, Lambertus.