**GAU, Faculty of Humanities**

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| **Course Unit Title** | | Counselling and Applied Psychotherapy | | |
| **Course Unit Code** | | PSY 348 | | |
| **Type of Course Unit** | | Compulsory for Applied Track in Psychology | | |
| **Level of Course Unit** | | Third year, Bachelor’s Degree | | |
| **National Credits** | | 3 | | |
| **Number of ECTS Credits Allocated** | | 6 ECTS | | |
| **Theoretical (hour/week)** | | 2 | | |
| **Practice (hour/week)** | | 1 | | |
| **Laboratory (hour/week)** | | - | | |
| **Year of Study** | | 3 | | |
| **Semester when the course unit is delivered** | | 6 | | |
| **Mode of Delivery** | | Face to Face, E-Learning activities | | |
| **Language of Instruction** | | English | | |
| **Prerequisites and co-requisites** | | Completion of PSY101, PSY102, CS201 or CS202 | | |
| **Recommended Optional Programme Components** | | None | | |
| **Objectives of the Course:** | | | | |
| Aim of this course is to provide the students with the knowledge of psyhcotherapeutic applications and how different approaches are adopted. Effectiveness of psychotherapeutic research as well as practical applications will be assessed with attention to ethical considerations. Different approches to be touched on will include; psychoanalytic approach, CBT and clinical applications | | | | |
| **Learning Outcomes** | | |  | |
| When this course has been completed the student should be able to | | | Assessment. | |
| 1 | Understand the concept and aims of psychotheray | | 1,2,3,4 | |
| 2 | Understand and explain the main theories of psychotherapy; behavioural, psychoanalytic, humanistic, cognitive and biological models | | 1,2,4 | |
| 3 | Describe and explain the main assumptions of the above theories and their applicational processes and relevance to certain psychological issues | | 1,2 | |
| 4 | Analytically analyse case studies with relevance to the psychotherapeutic theories | | 1,2,3 | |
| 5 | Understand the weaknesses of therapeutic approaches | | 1 | |
| 6 | Develop an understanding of the ethical guidelines followed in psychotherapy | | 2,3 | |
| 7 | Develop the skill of being able to integrate different psychotherapeutic techniques to suite different clients | | 1,2 | |
| Assessment Methods: 1. Written Exam, 2. Assignment 3. Project/Report, 4.Presentation, 5 Lab. Work | | | | |
| **Course’s Contribution to Program** | | | | |
|  |  | | | CL |
| 1 | Ability to identify the current and historical core content of and what is known in psychology. | | | 4 |
| 2 | Differentiate the various areas of Psychology and identify what is known in each. | | | 5 |
| 3 | Ability to show familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. | | | 3 |
| 4 | Ability to apply psychological content and skills to career goals. | | | 4 |
| 5 | Ability to identify, and evaluate construct and critically analyze complex arguments. | | | 3 |
| 6 | Ability to apply basic research methods in psychology, with sensitivity to ethical principles. | | | 5 |
| 7 | Ability to identify the writing format of the American Psychological Association (APA). | | | 5 |
| 8 | Ability to understand the role of academic, professional, and personal integrity in maintaining a healthy community. | | | 3 |
| 9 | Ability to recognize and describe the ways in which diversity influences psychological processes. | | | 3 |
| 10 | Ability to distinguish important behavioral factors associated with personal and cultural diversity that enable intervention process in therapy. | | | 5 |
| 11 | Ability to demonstrate effective communication skills following professional conventions in psychology appropriate to purpose and context. | | | 4 |
| CL: Contribution Level (1: Very Low, 2: Low, 3: Moderate 4: High, 5:Very High) | | | | |

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| **Course Contents** | | | | | | | | |
| Week |  |  | | | | | | Exam**s** |
| 1 |  | Introduction: what is psychotherapy? | | | | | |  |
| 2 |  | Ethical guidelines and ethical issues in psychotherapy | | | | | |  |
| 3 |  | Person Centred Approach | | | | | |  |
| 4 |  | Psychoanalysis and Psychodynamic therapy I | | | | | |  |
| 5 |  | Psychoanalysis and Psychodynamic therapy II | | | | | |  |
| 6 |  | Cognitive Behavioural Therapy I | | | | | |  |
| 7 |  | Cognitive Behavioural Therapy II | | | | | | Quiz |
| 8 |  |  | | | | | | Mid Term |
| 9 |  | Case Analysis | | | | | |  |
| 10 |  | Adlerian approach in Psychotherapy | | | | | |  |
| 11 |  | Gestalt therapy | | | | | |  |
| 12 |  | Movie viewing and discussion session | | | | | |  |
| 13 |  | Existential therapy | | | | | |  |
| 14 |  | Psychopharmacology and biological approach to therapy | | | | | | Quiz |
| 15 |  |  | | | | | | Final |
| **Recommended Sources** | | | | | | | | |
| **Textbook:** Corey G. (2009) *Theory and Pracice of Counselling and Psychotherapy* (8th Edition) Thomson Publishers  **Supplementary Material (s):**  Bennett P. (2006) *Abnormal and Clinical Psychology: An Introductory Textbook* (2nd edition) Open University Press  Carlson N.R., Martin G,N. & Buskist W. (2004) *Psychology* (2nd European Edition) Pearsons Publishers  Additional lecture notes will be provided | | | | | | | | |
| **Assessment** | | | | | | | | |
| Attendance | | | 10% |  | | | | |
| Laboratory | | | % |  | | | | |
| Midterm Exam (Written) | | | 30% |  | | | | |
| Quiz (Written) | | | 10% |  | | | | |
| Final Exam (Written) | | | 50% |  | | | | |
| Total | | | 100% |  | | | | |
| **ECTS Allocated Based on the Student Workload** | | | | | | | | |
| Activities | | | | | Number | Duration (hour) | Total Workload(hour) | |
| Course duration in class (including the Exam week) | | | | | 15 | 3 | 45 | |
| Labs and Tutorials | | | | |  |  |  | |
| Assignments | | | | | 3 | 3 | 24 | |
| Project/Presentation/Report Writing | | | | | 10 | 1 | 10 | |
| E-learning Activities | | | | |  |  |  | |
| Quizzes | | | | | 1 | 10 | 10 | |
| Midterm Examination | | | | | 1 | 14 | 14 | |
| Final Examination | | | | | 1 | 28 | 28 | |
| Self Study | | | | | 14 | 3 | 42 | |
| Total Workload | | | | | | | 173 | |
| Total Workload/30 (h) | | | | | | | 5.76 | |
| ECTS Credit of the Course | | | | | | | 6 | |