

The Practice of Counselling HRCM17-117

Purpose of course

Goals of the subject:

The aim of the course is to provide students theoretical and practical knowledge of the process of counseling and its place in assistive systems. The aim is for students to know and understand the models of counseling and their trends, to get acquainted with the process of counseling, to know and develop competences needed for counseling in specific counseling situations. The aim is to gain insight into the practice of counseling, in addition to the theoretical elaboration, to design an advisory process and to formulate reflections by developing their competences.

Learning outcomes and competences

Knowledge:

- Students will see the location of counseling in the support systems in detail.
- They will know the types, trends and characteristics of counseling.
- They will have deep knowledge of the counseling process models, understand and know the stages of the counseling process.
- They will know the system of counseling skills and competences.

Attitude:

- Students take into account the objectives of counseling and approach the problems with an advisory outlook.
- They strive to use the professional concepts learned during the course in their professional communication.
- They find important striving to deepen and consolidate their special professional interest, thereby enhancing their competences.
- They take into account the historical, cultural and social determinants of phenomena.

Skills:

- Students will be able to decide on the necessity of counseling as a possible helping intervention.
- They will be able to set up a framework for counseling.
- They will be able to formulate questions that are needed and relevant to the consulting process.

Content of the subject

Main content and thematic units

Theoretical training stage – 25% of the course

- The place of counseling in the helping system, the past and present of psychological counseling.
- The system of counseling skills.
- The process of counseling. The framework of the helping connection. Contract. Ethical standards.
- The trends of psychological counseling.
- Specific situations of psychological counseling (life cycles, special situations).

Practical training stage – 75% of the course

- Frameworks of helping contact in the practice of psychological counseling.
- The first psychological counselor's interview
- Development of psychological counseling skills: empathic presence, effective questioning, feedback
- Psychological counseling by ages and life cycles (practice of characteristics in child and adult counseling)
- Special situations in psychological counseling
- Consultative case discussion, supervision
- Discussing ethical issues through case examples

Planned learning activities and teaching methods

Exam and evaluation system

Requirements, methods and aspects of assessment:

Requirements

- At the end of the course, students will do a written test of their knowledge. The material of the examination is based on the content of the lectures and the required compulsory literature.
- The students complete the practical training phase with active presence, continuous processing of the given literatures and presentation of the first psychological counselor's interview in writing.
- After the theoretical training phase students will receive a five-grade assessment for the exam (unsatisfactory – perfect). In case of an unsatisfactory mark, another exam is to be taken at the end of the course. If a student receives an unsatisfactory mark for the theoretical phase, they will not complete the course, regardless of the performance of the practical phase.
- For completing the course a requirement is to perform the first psychological counselor's interview paper that was submitted and accepted at the practical training stage. This evaluation can also be of five grade. In case of an insufficient rating, the course is not completed.

Aspects of evaluation:

- In the theoretical training phase, the mobilization of integrative knowledge is required, based on the given literatures.
- In the practical training phase, the first psychological counselor's interview paper that was submitted must follow the aspects learned in the course and appropriate professional concepts. Consultative interviews should be presented using theoretical models, formulating the necessary and relevant questions.

Literature

Compulsory literature

- Amundson, N, Borgen, W., Westwood, M., Pollard, D. (2013) Csoportos tanácsadás. Kézikönyv csoportvezetőknek. Budapest: ELTE Eötvös Kiadó.
- Egan, G. (2013) A képzett segítő. Budapest: ELTE Eötvös Kiadó.
- Ivey, A., E., D'Andrea, M., J., Ivey, M. B. (2011) Theories of counselling and psychotherapy. A multicultural perspective. New York: Sage Publications.

Recommended literature

- Fonyó I. Pajor A. (szerk.) (1998) Fejezetek a konzultáció pszichológiájának témaköréből. Budapest: Bárczi Gusztáv Gyógypedagógiai Főiskola.
- Rogers, C., R. (2005) Valakivé válni. Budapest: SHL Könyvek.
- Rogers, C. R. (2007) Találkozásokok. Budapest: SHL Könyvek.