

PSYB12-155 INTRODUCTION TO COUNSELLING PSYCHOLOGY

Credits: 3

Number of lessons per week: 2

Type: Lecture

Description of the subject:

The aim of the course is to create an understanding of basic counselling skills and therapeutic attitudes.

The system of micro-skills (Ivey, et al, 1987) and the different levels of empathy (Egan, 1994), reflexive interviewing (Carr, 2006) are discussed during the class.

The theoretical framework is a blend of the person-centered tradition, the system-oriented perspective and psychoanalytic counseling approaches.

During the learning-by-experience sessions we use techniques of psychodramatic role-play and NLP in order to illustrate and practice the basic counselling and psychotherapy skills.

The course provides a first introduction to the science of helping relationships and conducts some elements of the first steps of building skills in the field of counselling and psychotherapy.

The course consists of three main components:

- the basic theoretical assumptions of counselling and psychotherapy, with a special emphasis on the therapeutic orientations and psychotherapy integration through the course of counselling;
- the special target groups and contexts of counselling, and the importance of the cultural perspective and social inclusion in the development of counselling activities;
- practice and experience of the basic microskills of counselling, the building up of the elements like listening, reflecting back, empathy, acceptance, genuineness and congruence in the context of the counselling relationship.

Throughout the course topics such as crisis counselling, stress management, higher education counselling, marriage counselling, counselling in health systems, counselling for clients with mood disorders will be covered.

Required and recommended readings:

Falch, A., Eriksson, B., Lisznyai, S., & Ritoók, M. (2004). *Theories of Intervention and Social Change*. Frankfurt am Main: Peter Lang Publishers.

Ivey, A. E., Ivey, M. B., & Zalaquett, C. (2010). *Intentional interviewing and counselling*. Belmont: Brooks/Cole, Cengage Learning.

Prochaska, J. O., & Norcross, J. C. (2010). *Systems of psychotherapy. A transtheoretical analysis*. Belmont: Brooks/Cole, Cengage Learning.

Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. London: Wiley.

Casement, P. (1999). *Learning from the patient*. New York, NY: Guilford Press.

Patton, D., & Meara, N. (2004). *Psychoanalytic Counselling*. New York: Wiley.

Ryle, A., & Kerr, I. B. (2002). *Introducing Cognitive Analytic Therapy*. New York: Wiley.

- Bond, F. W., & Dryden, W. (2002). *Handbook of Brief Cognitive Therapy*. New York: Wiley.
- Perls, F. (1969). *Gestalt Therapy Verbatim*. Moab, UT: Real People Press.
- Perls, F. (1969). *In and Out the Garbage Pail*. Lafayette, CA: Real People Press.
- Perls, F. (1973). *The Gestalt Approach & Eye Witness to Therapy*. New York, NY: Bantam Books.
- Norcross, J. C., & Goldfried, M. R. (Eds.). (2005). *Handbook of psychotherapy integration* (2nd ed.). New York: Oxford.
- Allen, J. G., & Fonagy, P. (2006). *Handbook of mentalization-based treatment*. Chichester, UK: John Wiley.
- Allen, J. G., Fonagy, P., & Bateman, A. W. (2008). *Mentalizing in clinical practice*. Arlington, USA: American Psychiatric Publishing
- Bateman, A. W., & Fonagy, P. (2004). Mentalization-based treatment of BPD. *Journal of personality disorders, 18*, 36-51.
- Bateman, A. W., & Fonagy, P. (2008). Comorbid antisocial and borderline personality disorders: mentalization-based treatment. *Journal of clinical psychology, 64*, 181-194.
- Fonagy, P., & Bateman, A. W. (2006). Mechanisms of change in mentalization-based treatment of BPD. *Journal of clinical psychology, 62*, 411-430.
- Barlow, H. (ed). (2008). *Clinical handbook of psychological disorders. A step-by-step manual*. New York: The Guilford Press.
- Berman, P., S., & Shopland, S., N. (2005). *Interviewing and Diagnostic Exercises in Clinical and Counselling Skills Building*. London: Lawrence Erlbaum.
- Egan, G. (1994). *The skilled helper. (A problem-management approach to helping)*. Pacific Grove, CA: Brooks-Cole Publishing Co.
- Egan, G. (1994). *Excercises in Helping Skills. (A manual accompany the Skilled Helper)*. Pacific Grove, CA: Brooks-Cole Publishing Co.