

Global Learning Semesters

Course Syllabus

Course: PSY-420 Theories of Counseling

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-420	Theories of Counseling	3
Semester Offered	Contact Hours	Prerequisites
Fall	42	PSY-110, PSY-111, Senior Standing
Department	Level of Course	Language of Instruction
Social Sciences	Upper Division	English

Course Description

Survey of the major theoretical perspectives and research findings in the study of personality and counseling psychology. Covers the description, explanation, and historical contexts that have guided some of the theories of psychology and counseling. This course also acquaints students with current controversies, research methods, research methods, and applied issues in developmental and counseling psychology.

Instructor

Michaela Buck, PhD

Course Aims and Objectives

To introduce students to the concepts of the major psychotherapy theories, including their underlying theory of personality, their process and strategies for change and their applications to diverse cultures and contexts.

Teaching Methods

Lectures, discussions, assigned readings, demonstrations, projects, video films, and the analysis of case studies will be used so that students will integrate these theories as the professionals..

Course Teaching Hours

42 hours. The course is delivered during the Fall semester in 14-weeks (3 hours/week).

Evaluation and Grading

Midterm:	25%
Final Exam:	25%
Assignment I:	20%
Assignment II:	20%
Participation in activities:	10%

Readings and Resources

Required Textbook

Corsini, R.J., Wedding, D. (1998) *Current Psychotherapies*. (5th edition). Itasca Illinois: F.E. Peacock Publishers.
Wedding, D., Corsini, R.J. (2001): *Case Studies* (3rd edition): Peacock Publishers

Recommended Reading

Pearls, F. (1991): *Gestalt Therapy*. Bantam Books, London
Berne, A. (2001): *Games People play*. Brooks/Cole London
Prochaska, J.O. (2003): *Systems of Psychotherapy*. Thomson, Australia