

Global Learning Semesters

Course Syllabus

Course: PSY-430 Techniques of Counseling

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-430	Techniques of Counseling	3
Semester Offered	Contact Hours	Prerequisites
Spring	42	PSY-110, PSY-111, PSY-420
Department	Level of Course	Language of Instruction
Social Sciences	Upper Division	English

Course Description

This course involves a combination of classroom and experiential instruction in the application of theories and techniques of counseling. Both classroom instruction and actual practice of counseling skills are used in teaching how to initiate, manage and terminate the therapeutic relationship. An emphasis is placed on micro skills training and how to integrate various counselor responses and techniques within the ongoing counseling process. psychology.

Instructor

Michaela Buck, PhD

Course Aims and Objectives

The course is intended to promote an understanding to the counseling process, mastery of specific competencies such as attending, empathic responding, summarizing, interpretation etc.

Teaching Methods

The course is delivered through a mixture of lectures, discussions, assigned readings, demonstrations, role plays, videos, training of therapeutic skills.

Course Teaching Hours

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

Evaluation and Grading

Audiotape and transcription:	20%
Portfolio of competencies:	20%
Final papers: 15%, Final Exam:	30%
Participation in role plays:	15%

Readings and Resources

Required Textbook

Hackey, H & Cosmieri, L.I (2000): *The Professional Counselor: A Process Guide to Helping* (5th Edition). Boston: Allyn & Bacon