

Global Learning Semesters

Course Syllabus

Course: PSY-541 Foundation Skills for Psychotherapy

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-541	Foundations Skills for Psychotherapy	3.7
Semester Offered	Contact Hours	Prerequisites
Fall	42	None
Department	Level of Course	Language of Instruction
Social Sciences	Upper Division	English

Course Description

Regardless of theoretical orientation, certain therapeutic skills are necessary in order to provide competent and effective psychotherapy services. This course addresses those fundamental and universal skills. Students will build knowledge and skills through frequent and thorough laboratory experiences and discussions. The text takes an interpersonal/dynamic theoretical orientation to therapy, which assumes that a client's problems occur within the context of a relationship and it takes another healthy, productive relationship to model successful solutions to these difficulties. The useful and effective interactions in the therapeutic relationship are believed to help the client form a template that may be generalized to other relationships. The empirical orientation of the course is derived from cognitive-behavioral approaches. The laboratory sessions are built on learning and applying critical thinking skills within the context of the therapy session. New therapists will be able to improve their current skills

Instructor

Michaela Buck, PhD

Course Aims and Objectives

The ultimate of this course is to improve a variety of effective cognitive and behavioral therapeutic skills and to reduce the amount of ineffective behaviors that may exhibit when working with clients. An additional goal is for students to develop accurate case conceptualization skills. In this course they will learn (or revisit) the basics of being a therapeutic person by emphasizing the humanity and experiences of clients and interacting with them as people and not diagnoses.

Teaching Methods

Lectures, discussions, group work, videos, demonstrations, projects and the analysis of group dynamic.

Course Teaching Hours

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

Evaluation and Grading

Tapes:	60%
Final exam:	20%
Participation in activities:	20%

Readings and Resources

Required Textbook

1. Moursund, J. (1993). *The Process of Counseling and Therapy* (3rd Edition). Englewood Cliffs, NY.: Prentice Hall.
2. Pipes, R.B & Davenport, D.S (1999): *Introduction to Psychotherapy: Common Clinical Wisdom*. Englewood Cliffs, NJ: Prentice Hall
3. Teyber, E (1997): *Interpersonal Process in Psychotherapy*. Monterey: Brooks Cole.