



**AYDIN ADNAN MENDERES UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
MENTAL HEALTH AND DISEASES  
CLINICAL PSYCHOLOGY  
CLINICAL PSYCHOLOGY MASTER  
COURSE INFORMATION FORM**

|  |  |          |              |        |                                |          |   |            |   |
|--|--|----------|--------------|--------|--------------------------------|----------|---|------------|---|
| Course Title                                     | Psychotherapy Approaches   |          |              |        |                                |          |   |            |   |
| Course Code                                      | KPS503   |          | Course Level |        | Second Cycle (Master's Degree) |          |   |            |   |
| ECTS Credit                                      | 5  | Workload | 126 (Hours)  | Theory | 2                              | Practice | 0 | Laboratory | 0 |
| Objectives of the Course                         | To be recognized the major ecoles of individualistic therapy and the assumptions of psychopathology, relevant individualistic therapies to psychopathology, be realized the basic principles of psychotherapy interview. |          |              |        |                                |          |   |            |   |
| Course Content                                   | The major ecoles of individualistic therapy and the assumptions of psychopathology, relevant individualistic therapies to psychopathology, the basic principles of psychotherapy interview.                              |          |              |        |                                |          |   |            |   |
| Work Placement                                   | N/A  |          |              |        |                                |          |   |            |   |
| Planned Learning Activities and Teaching Methods | Explanation (Presentation), Discussion, Individual Study   |          |              |        |                                |          |   |            |   |
| Name of Lecturer(s)                              |  |          |              |        |                                |          |   |            |   |

#### Assessment Methods and Criteria

| Method              | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1        | 20             |
| Final Examination   | 1        | 60             |
| Term Assignment     | 1        | 20             |

#### Recommended or Required Reading

|   |   |
|---|---|
| 1 | Prochaska, J. O., & Norcross, J. C. (2003). Systems of psychotherapy: A transtheoretical analysis. Thomson Learning: USA. |
|---|---|

| Week | Weekly Detailed Course Contents |  |
|------|---------------------------------|--|
| 1    | Theoretical                     | Introduction of course content and schedule                      |
| 2    | Theoretical                     | A general outlook of the history of psychotherapy and researches |
| 3    | Theoretical                     | The important issues and examples in psychotherapy researches    |
| 4    | Theoretical                     | The transtheoretical view to psychotherapy                       |
| 5    | Theoretical                     | Basic principles and features in psychotherapy practices         |
| 6    | Theoretical                     | Ethics in psychotherapy practices                                |
| 7    | Theoretical                     | The psychotherapy interview skills                               |
| 8    | Theoretical                     | Psychoanalytic psychotherapy approaches                          |
| 9    | Theoretical                     | Behavioral Psychotherapies                                       |
| 10   | Theoretical                     | Cognitive psychotherapies  |
| 11   | Theoretical                     | Existential Psychotherapy  |
| 12   | Theoretical                     | Gestalt Psychotherapy  |
| 13   | Theoretical                     | Client Centered Psychotherapy                                    |
| 14   | Theoretical                     | Family and Group Pasychotherapy                                  |
| 15   | Theoretical                     | Supervision of Psychotherapist                                   |

#### Workload Calculation

| Activity            | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory    | 10       | 5           | 2        | 70             |
| Term Project        | 1        | 10          | 2        | 12             |
| Midterm Examination | 1        | 15          | 2        | 17             |



|   |   |    |   |     |
|---|---|----|---|-----|
| Final Examination                       | 1 | 25 | 2 | 27  |
| Total Workload (Hours)                  |   |    |   | 126 |
| [Total Workload (Hours) / 25*] = ECTS   |   |    |   | 5   |
| *25 hour workload is accepted as 1 ECTS |   |    |   |     |

### Learning Outcomes

|   |   |
|---|---|
| 1 | Learning different psychotherapy models.                            |
| 2 | Having knowledge about basic principles of therapy interview        |
| 3 | Having knowledge about therapy interview skills                     |
| 4 | To have information about ethical responsibilities of psychotherapy |
| 5 | Knows the difference between different psychotherapy approaches.    |

### Programme Outcomes (Clinical Psychology Master)

|    |  |
|----|--|
| 1  | Use the basic concepts and theories in the field of clinical psychology when dealing with the individual.  |
| 2  | Students will be able to practice prevention and evaluation of psychological problems and psychotherapy.   |
| 3  | Students can look at clinical psychology from an interdisciplinary perspective.  |
| 4  | Conduct scientific research about the emergence and handling of psychological problems.  |
| 5  | Use objective and reflective psychology measurement tools, observation and interview techniques.   |
| 6  | To be able to make psychological evaluation by using objective psychological measurement tools, observation and interview techniques and to report the findings of the evaluation. |
| 7  | Students will be able to apply psychotherapy according to the results of psychological evaluation.   |
| 8  | Carry out studies on the protection of community mental health and prevention of problems.   |
| 9  | Conduct interdisciplinary studies with other disciplines.  |
| 10 | Has ethical sensitivity and responsibility in scientific research and application studies.   |
| 11 | Meet mental health counseling needs of social institutions.  |
| 12 | Develops professional identity sensitivity.  |

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

|     | L1 | L2 | L3 | L4 | L5 |
|-----|----|----|----|----|----|
| P1  | 5  | 5  | 5  | 4  | 5  |
| P2  | 5  | 5  | 5  | 5  | 5  |
| P3  | 5  | 5  | 5  | 5  | 5  |
| P4  | 4  | 4  | 4  | 4  | 4  |
| P5  | 4  | 4  | 4  | 4  | 4  |
| P6  | 5  | 5  | 5  | 5  | 5  |
| P7  | 5  | 5  | 4  | 4  | 4  |
| P8  | 5  | 5  | 5  | 5  | 5  |
| P9  | 4  | 4  | 4  | 4  | 4  |
| P10 | 4  | 4  | 4  | 4  | 4  |
| P11 | 5  | 5  | 5  | 5  | 5  |
| P12 | 5  | 5  | 5  | 5  | 5  |

