



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Psychological Counseling Theories							
Course Code		PDR505		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	5	Workload	125 (<i>Hours</i>)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to provide more comprehensive information about counseling approaches, to make students realize the historical, philosophical and technical issues underlying each approach and to understand current practices of theories.							
Course Content		Basic counseling theories from psychoanalysis to cognitive behavioral approach, basic features, each personality issues and techniques of a theory, limitations of counseling theories and strong parties, theory and practice relations, research and practice							
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
Assignment	1	20

Recommended or Required Reading

1	Corey, G. (2001). Theory and practice of Counseling and Psychotherapy.
2	Ivey, A. at al. (2001). Theories of counseling and psychotherapy. NY: Allyn & Bacon.
3	Ivey, A.E. (2002). Counseling and Psychotherapy. NY: Prentice Hall.

Week	Weekly Detailed Course Contents	
1	Theoretical	Consultation and consultation relationship
2	Theoretical	Philosophical basis of the consultant
3	Theoretical	Freud and psychoanalysis
4	Theoretical	Adler: The beginning of cognitive therapy
5	Theoretical	Adler and her latest contributions
6	Theoretical	Gestalt therapy
7	Theoretical	Existential therapy: More on Frankl
8	Intermediate Exam	Midterm
9	Theoretical	Being an individual: Rogers
10	Theoretical	Being a consultant: Rogers
11	Theoretical	TA: Berne
12	Theoretical	Rational emotional therapy: Ellis
13	Theoretical	Beck et al: cognitive behavioral therapies
14	Theoretical	Reality therapy: Glasser
15	Theoretical	Integration and summarization
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	3	3	84
Assignment	1	10	2	12
Midterm Examination	1	10	1	11



Final Examination	1	15	3	18
Total Workload (Hours)				125
[Total Workload (Hours) / 25*] = ECTS				5
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Understanding theoretical and technical eclecticism
2	Understanding the main historical events in the consultation
3	Understanding the limitations and strengths of counseling theories
4	Developing one's own counseling style
5	Understanding theoretical and technical eclecticism

Programme Outcomes (Guidance and Counseling Master)

1	To deepen the general knowledge in the field of guidance and psychological counseling within the framework of basic theories and practices, to have a comprehensive understanding of guidance and psychological counseling theories and models
2	Ability to apply appropriate psychological counseling skills, interventions and strategies at school level by conceptualizing child and adolescent clients' problems within the framework of psychological counseling theories.
3	Establishing, maintaining and terminating the professional help relationship by making use of psychotherapeutic theories, skills and conditions so that children and adolescents can recognize, understand, accept and develop themselves.
4	Knows contemporary educational theories and approaches, using these theories and approaches while supporting the development of the individual, society and education system
5	To have an understanding of the expertise area of psychological counseling on the basis of school
6	Developing a unique understanding of psychological counseling on a school basis
7	To follow national and international publications in the field of guidance and psychological counseling and to follow scientific activities (congress, summer school programs) publications.
8	Carrying out the necessary studies for the implementation of psychological counseling and guidance programs to the life of the clients and the continuous development of the clients.
9	To be able to conduct scientific research in the field of guidance and psychological counseling.
10	Being able to pay attention to prioritizing the scientific method and perspective in their work.
11	To be able to establish and maintain the determination of guidance and psychological counseling services in school-based services in accordance with ethical principles, rules and laws.
12	Being determined to act in accordance with school psychological counseling professional identity
13	Developing culture sensitive psychological counseling skills and using them in school practices.

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	4	5	5	5
P2	4	4	5	5	5
P3	5	5	5	5	5
P4	4	4	4	5	4
P5	5	4	4	4	4
P6	4	4	4	4	5
P7	5	5	4	4	4
P8	4	4	5	5	5
P9	5	5	4	4	4
P10	4	4	4	5	5
P11	5	5	4	4	4
P12	4	4	5	5	5
P13	4	5	4	4	4

