



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles and Techniques of Psychological Counseling							
Course Code		PDR507		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		Students' ability to use advanced counseling skills							
Course Content		To be able to use psychological counseling techniques, to understand and use advanced techniques gain the skill							
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	Conte, C. (2010) Advanced Techniques for Counselling Psychotherapy. USA: Springer Publishing Company.
2	Perry, W (2008) basic Counselling Techniques. USA: Author House.
3	Hackney, H. And Cormier, S. (2005) Psikolojik Danışma İlke ve Teknikleri: Psikolojik
4	Yardım El kitabı. Çeviren: Tuncay Ergene ve Seher Sevim Aydemir Boston: Pearson Education Inc.
5	Egan, G. (1998). The skilled helper : A problem-management approach to helping. (6th ed.) Pacific Grove : Brooks/Cole.
6	Egan, G. (1994). Yardım becerileri alıştırma. Çeviren: Füsun Akkoyun. Ankara: Form Ofset.
7	Hill, C. E. & O'Brien, K.M. (1999). Helping skills : Facilitating exploration, insight and action. Washington, DC : American Psychological Association.
8	Ivey, A. E. & Ivey, M. B. (1999). Intentional interviewing and counseling; Facilitating client development in a multicultural society. California: Brooks/Cole.
9	Meier, S. T. & , Davis, S.R. (2001). The elements of counseling. Canada : Brooks/Cole.
10	Voltan-Acar, N. (2003). Terapötik iletişim. Kişilerarası ilişkiler (Geliştirilmiş 4. Baskı). Ankara: US-A Yayıncılık

Week	Weekly Detailed Course Contents	
1	Theoretical	Basic Psychological Counseling Skills
2	Theoretical	Basic Psychological Counseling Skills
3	Theoretical	Focusing
4	Theoretical	Active listening, questioning
5	Theoretical	Emotion, Content mirroring
6	Theoretical	Empathy, Reflection
7	Theoretical	Intervention Techniques
8	Intermediate Exam	Midterm Exam
9	Theoretical	Emotional Intervention Techniques
10	Theoretical	Cognitive Intervention Techniques
11	Theoretical	Systemic Response Techniques
12	Theoretical	Solution Focused Intervention Techniques
13	Theoretical	Behavioral Intervention Techniques
14	Theoretical	Presentation of homework
15	Theoretical	General evaluation
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	To be able to use psychological counseling skills
2	To be able to use cognitive intervention skills
3	To be able to use behavioral intervention skills
4	To be able to use systematic intervention skills
5	To be able to use solution oriented intervention skills
6	To be able to use emotional intervention skills

**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	L6
P1	5	5	5	4	5	5
P2	5	5	5	5	5	5
P3	5	5	5	5	4	4
P4	4	5	5	5	5	5
P5	5	4	4	4	4	4
P6	4	4	5	5	5	5
P7	5	4	4	4	4	4
P8	4	5	5	5	5	5
P9	5	4	4	4	4	4
P10	4	5	5	4	4	5
P11	5	4	4	5	5	4
P12	4	4	5	4	4	5
P13	5	5	4	5	5	4

