



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Individual Psychological Counseling Practice							
Course Code		PDR506		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	5	Workload	120 ( <i>Hours</i> )	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to create a counseling environment, to demonstrate counseling techniques and skills on clients, to learn counseling case management, to learn to report the process and results of counseling cases.							
Course Content		Counseling with the individual using advanced counseling skills and techniques under supervision.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study, Individual Study					
Name of Lecturer(s)		Assoc. Prof. Esin ÖZER, Prof. Tarık TOTAN, Prof. Yalçın ÖZDEMİR							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Practice	25	100

### Recommended or Required Reading

1	Cooper, M. & Law, D. (2018). Working with goals in psychotherapy and counseling. Oxford.
2	Conte, C. (2009). Advanced techniques for counseling and psychotherapy. Springer Publishing Company.
3	Nelson-Jones, R. (2005). Practical counseling and helping skills (5th ed.). Sage Publications.
4	Evans, T. (2015). Counseling skills for becoming a wiser practitioner. Tools, techniques and reflections for building practice wisdom. Jessica Kingsley Publishers
5	McLeod, J. & McLeod, J. (2011). Counselling skills. A practical guide for counsellors and helping professionals (2nd Ed.). Open University Press.

Week	Weekly Detailed Course Contents	
1	Theoretical	Individual counseling process
2	Theoretical	Determination of counseling places and environments
3	Theoretical	Review of application conditions
4	Theoretical	Determining the knowledge and skills required within the scope of the application
5	Theoretical	Supervision for counseling sessions
6	Theoretical	Supervision for counseling sessions
7	Theoretical	Supervision for counseling sessions
8	Theoretical	Supervision for counseling sessions
9	Theoretical	Supervision for counseling sessions
10	Theoretical	Supervision for counseling sessions
11	Theoretical	Supervision for counseling sessions
12	Theoretical	Supervision for counseling sessions
13	Theoretical	Supervision for counseling sessions
14	Theoretical	Supervision for counseling sessions
15	Theoretical	Supervision for counseling sessions
16	Theoretical	General evaluation

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	6	2	3	30
Lecture - Practice	8	1	3	32
Assignment	4	2	4	24
Reading	2	2	3	10



Individual Work	4	2	4	24
Total Workload (Hours)				120
[Total Workload (Hours) / 25*] = ECTS				5
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To be able to demonstrate basic counseling knowledge and skills
2	To be able to identify the client's problem
3	To be able to formulate appropriate consultation plans
4	To be able to develop supervision relationship
5	To be able to learn case management skills
6	To be able to report case results
7	To be able to develop a personal counseling style

### 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	L7
P1	5	5	4	5	5	4	5
P2	4	5	5	4	5	4	5
P3	5	4	5	5	4	5	4
P4	5	4	5	4	5	5	4
P5	5	5	4	5	5	4	5
P6	4	5	5	5	4	5	4
P7	4	5	5	4	5	4	5
P8	5	4	5	5	5	4	5
P9	5	5	4	5	5	4	5
P10	5	5	5	5	4	5	5
P11	5	5	4	4	5	4	5
P12	5	4	5	5	4	5	5
P13	5	5	5	5	4	5	4

