Appendix No. 1.5 to the Resolution No. 7/2023

of the Rector of the University of Rzeszów

**SYLLABUS**

**regarding the qualification cycle FROM 2024 TO 2026**

1.Basic Course/Module Information

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| --- | --- |
| Course/Module title | *Counselling and psychotherapy* |
| Course/Module code \* |  |
| Faculty (name of the unit offering the field of study) | *College of Social Sciences* |
| Name of the unit running the course | *Institute of Psychology* |
| Field of study | *Education, Sociology, Economics, Political Sciences, Law* |
| Qualification level | *BA, MA, PhD* |
| Profile |  |
| Study mode | *Full-time* |
| Year and semester of studies | *2024/2025 –summer semester* |
| Course type |  |
| Language of instruction | *English* |
| Coordinator |  |
| Course instructor | *Anna Englert-Bator, PhD* |

\* - as agreed at the faculty

1.1.Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits** |
|  |  | 30 |  |  |  |  |  |  | 5 |

1.2. Course delivery methods

- *conducted in a traditional way*

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

* *pass with a grade*

2.Prerequisites

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| Intermediate- advanced English proficiency and the ability to use information technology (IT) proficiently are required**.** |

3.Objectives, Learning Outcomes, Course Content, and Instructional Methods

Lectures, readings, films, class discussions, and experiential class exercises will be used to facilitate the exploration of the theories and techniques of major approaches to psychotherapy. The last portion of the course will then provide a critical examination of these theories from multicultural and feminist perspectives. After successful completion of this course, students should have a basic knowledge of the theories and techniques of major psychotherapy approaches, an awareness of ethical issues associated with the field, an understanding of the different critiques that have been directed at mainstream therapeutic approaches, and a growing awareness of one’s self and one’s own therapeutic philosophy.

3.1.Course/Module objectives

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| --- | --- |
| O1, O2,  O3 | Upon successful completion of the course, students should be able to: 1. Demonstrate a working appreciation of the distinction between process and outcome in psychotherapy. 2. Demonstrate basic process skills of active listening and empathic responding in actual interactions with patients. 3. Utilize patient response to treatment in order to adjust the treatment approach to better address symptoms. |

3.2.Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome  defined for the course/module | Relation to the degree programme outcomes |
| LO\_01-LO05 | The student will:  1. Understand theories of learning and personality development, including  current understandings about neurobiological behavior.  2. Understand a general framework for understanding exceptional abilities  and strategies for differentiated interventions.  3. Understand theories and etiology of addictions and addictive behaviors  including strategies for prevention, intervention and treatment.  4. Understand counseling theories that provide the student with models to  conceptualize client presentation and to assist the student in selecting  appropriate counseling interventions. Students will be exposed to models  of counseling that are consistent with current professional research and  practice in the field so that they begin to develop a personal model of  counseling.  5. Understand a systems perspective that provides an understanding of  family and other systems theories and major models of family and related  interventions.  6. Understand the importance of research in advancing the counseling  profession.  7. Understand use of research to inform evidence-based practice.  8. Understand how to critically evaluate research relevant to the practice of  clinical mental health counseling.  9. Understand evidence-based treatments and basic strategies for evaluating  counseling outcomes in clinical mental health counseling | K\_W11  K\_W12  K\_U01  K\_U10  K\_K01 |

**3.3. Course content (to be completed by the coordinator)**

Classes, tutorials/seminars, colloquia, laboratories, practical classes

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| --- |
| Content outline   1. Introduction: Definition – Development and goals- preparation - Counselor-counselee relationship - counseling process: Steps – purposes of counseling - Approaches to Counseling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach 4h 2. Theories of counseling: Psychoanalytic, Individual, Person centered, Behavioural Theories – Reality therapy- REBT theory – Gestalt Counseling – Transactional analysis - Expectations and Goals: Individual variations, goals achievement of positive mental health, personal effectiveness, help change, decision making - Counseling & related fields: Psychotherapy, Advising, Guidance, Clinical Psychology, Hagiology. 4h 3. Special areas: Family counseling, students counseling, parental counseling, educational, vocational and career counseling, pastoral counseling - Counseling Interview: Communication, verbal, nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, counter transference 4h 4. Group Counseling – Definitions – Group Guidance – Theoretical considerations – values of group Counseling - Group therapy – T & Sensitivity groups – Group process and group dynamics – Establishment – selection – identification – productivity and realization - termination – multicultural issues 2h 5. Introduction to Psychotherapy – Main features – Objectives of Psychotherapy – Therapeutic process – Effectiveness of Psychotherapy – negative beliefs vs self attitudes 2h 6. Therapies: Psychodynamic therapy, Behaviour therapy, Cognitive Behaviour therapy, Humanistic – Experiential therapies, drug therapies. 6h 7. Psychotherapy and Related techniques – Psychotherapy and counseling – Psychotherapy and social case work – Psychotherapy and culture – Psychotherapy and values and the therapist’s responsibility - Psychotherapeutic devices – Catharsis, suggestions, persuasion, reeducation, distributive analysis and synthesis 4h 8. Therapeutic Skills – Preliminary considerations – the setting – Phases of the session – Some problems – Mental Status Examination - Current issues in Psychotherapy – Case studies in Psychotherapy - Other approaches to Psychotherapy – Supportive therapy Psychobiology – Zen Psychology - NLP. 2h 9. Schema therapy. Time perspective therapy. Matacognitive therapy. MBSR. 2h |

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3.4.Methods of Instruction

e.g.

*Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation/ distance learning*

*Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games/ distance learning*

*Laboratory classes: designing and conducting experiments*

Lecture, discussion, didactic film, reading assignments, quizzes, demonstrations, case studies etc

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

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| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| **LO\_01** | *preparing a project work, discussing a case study during the class* | classes |
| **LO\_o2** | *preparing a project work, discussing a case study during the class* | classes |
| **LO\_o3** | *preparing a project work, discussing a case study during the class* | classes |
| **LO\_o4** | *preparing a project work, discussing a case study during the class* | classes |
| **LO\_o5** | *preparing a project work, discussing a case study during the class* | classes |

4.2 Course assessment criteria

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| --- |
| Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.  **Tests:** There will be two extra mini tests during each term. Students will be informed about them at least 2 weeks in advance. They will be based on a recommended reading.  **Final test:** There will be an exam at the end (test: multiple choice, true/false and open cloze)  The exam will cover the text and lecture material  0-50% - 2.0 50-59%-3.0 60-69% -3.5  70-79%-4.0 80-89% - 4.5 90-100%-5.0  Extra points might be administred for outstanding active participation in classes and presentations |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

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| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 30 |
| Other contact hours involving the teacher (consultation hours, examinations) | 5 |
| Non-contact hours - student's own work (collected material and preparation for classes) | 65 |
| Non-contact hours - student's own work: on the basis of the collected material to prepare a specific project based on the given criteria. | 50 |
| Total number of hours | 150 |
| Total number of ECTS credits | 5 |

\* One ECTS point corresponds to 25-30 hours of total student workload

6. Internships related to the course/module

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| --- | --- |
| Number of hours | *Not required* |
| Internship regulations and procedures | *Not required* |

7. Instructional materials

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| **Dimatteo, M.R. & Martin, L.R. (2007). Health Psychology (India Edition). New**  **Delhi: Pearson Education.**  **2. Patel, V.(2003). Meeting the mental health needs of developing countries. New**  **Delhi: Sage India**  **3. Pestonjee, D.M. (1999). Stress and coping. N. Delhi: Sage India.**  **4. Sanderson, C.A. (2003). Health psychology. Snyapase : John Willey & Sons.**  **5. Sdigman Authentic happiness**  **6. Srivastava, A.K. (1998). Management of occupational stress: Theories and**  **Practice. New Delhi: Gyan Publications.** |

Approved by the Head of the Department or an authorised person