

TOROS ÜNİVERSİTESİ

Faculty Of Economic, Administrative And Social Sciences
Psychology (English)

Course Information

COUNSELING PSYCHOLOGY I					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
PSY433	Fall	3	0	3	5

Prerequisites and co-requisites	none
Language of instruction	Turkish
Type	Elective
Level of Course	Bachelor's
Lecturer	
Mode of Delivery	Face to Face
Suggested Subject	none
Professional practise (internship)	None
Objectives of the Course	The purpose of this course is to introduce major counseling approaches and their techniques.
Contents of the Course	Introduction to psychological applications. The basic applications in counseling (Psychoanalytic Therapy, behavioral therapy, cognitive therapy etc.). The current applications in counseling (existential therapy, gestalt therapy and reality therapy , client-centered therapy, post-modern approaches, feminist therapy, family systems therapy).

Learning Outcomes of Course

#	Learning Outcomes
1	Discusses the current counseling approaches.
2	Explains the current counseling approaches? concepts and techniques.
3	Critiques strengths and limitations of counseling approaches.
4	Compares the current counseling applications.
5	Evaluates specific applications of each theory

Course Syllabus

#	Subjects	Teaching Methods and Technics
1	What is Psychological Counseling?	SYNCHRONOUS AND ASYNCHRONOUS
2	Features of Effective Counselors	SYNCHRONOUS AND ASYNCHRONOUS
3	Psychological Counseling Steps and Skills	SYNCHRONOUS AND ASYNCHRONOUS
4	"Choosing and Practicing Psychological Counseling Interventions	SYNCHRONOUS AND ASYNCHRONOUS
5	Using the Steps in Planning Psychological Counseling	SYNCHRONOUS AND ASYNCHRONOUS
6	Addiction and Growth	SYNCHRONOUS AND ASYNCHRONOUS

7	Structuring the Consultation Process	SYNCHRONOUS AND ASYNCHRONOUS
8	Midterm	Online
9	Psikolojik Danışmanın Başlatılması	SYNCHRONOUS AND ASYNCHRONOUS
10	Difficulties Encountered While Creating The Therapeutic Relationship	SYNCHRONOUS AND ASYNCHRONOUS
11	" İç İletişim Kavramı ve İç İletişim Süreci "	SYNCHRONOUS AND ASYNCHRONOUS
12	Kendini Tanıma ve Kendini Tanımanın Boyutları	SYNCHRONOUS AND ASYNCHRONOUS
13	"Self-Confidence / Respect (SELF - ESTEEM) Self-Disclosure-Self Expression (SELF-DISCLOSURE) Key Features of Self-Disclosure Positive and Negative Features of Self-Disclosure "	SYNCHRONOUS AND ASYNCHRONOUS
14	Empathic Communication	SYNCHRONOUS AND ASYNCHRONOUS
15	Empathic Communication Process	SYNCHRONOUS AND ASYNCHRONOUS
16	Final Exam	Online

Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	"1-Professional Counselor: A process Guide to Helping : Psikolojik Danışma İlke ve Teknikleri: Psikolojik Yardım Süreci El Kitabı : Harold Hackney ve Sherry Cormier 2-TEMEL PSİKOLOJİK DANIŞMA BECERİLERİ - Yardımcının El Kitabı Basic Counselling Skills A Helper's Manual Richard Nelson-Jones 3-RASYONEL DUYGUCU DAVRANIŞÇI TERAPİ UYGULAMACISININ BİR KLAVUZU A PRACTITIONER'S GUIDE TO RATIONAL EMOTIVE BEHAVIOR THERAPY Raymond A. Diguseppe - Kristene A. Doyle - Windy Dryden -Wouter Backx Editör ve Çeviren: Yrd. Doç. Dr. Murat Artıran 4-PSİKOLOJİK DANIŞMA UYGULAMALARINDA TEMEL KONULAR. Yenilenmiş İkinci Baskı. Key Issues for Counselling in Action. Second Edition. Windy Dryden ve Andrew Reeves. Çeviri Editörü: Füsün Akkoyun NOBEL 5- İLETİŞİM BECERİLERİ Anlamak-Anlatmak-Anlaşmak -Prof. Dr. Demet Gürüz -Doç. Dr. Ayşen Temel Eğinli © Copyright 2018, NOBEL AKADEMİK YAYINCILIK EĞİTİM DANIŞMANLIK TİC. LTD. ŞTİ. SERTİFİKA NO.: 40340"		

Method of Assessment

#	Weight	Work Type	Work Title
1	40%	Mid-Term Exam	Mid-Term Exam
2	60%	Final Exam	Final Exam

Relationship between Learning Outcomes of Course and Program Outcomes

#	Learning Outcomes	Program Outcomes	Method of Assessment
1	Discusses the current counseling approaches.	1,2,3	1,2
2	Explains the current counseling approaches? concepts and techniques.	1,2,3	1,2
3	Critiques strengths and limitations of counseling approaches.	1,2,3	1,2
4	Compares the current counseling applications.	1,2,3	1,2
5	Evaluates specific applications of each theory		

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

Work Load Details

#	Type of Work	Quantity	Time	Work
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			(Hour)	Load
1	Course Duration	14	3	42
2	Course Duration Except Class (Preliminary Study, Enhancement)	14	3	42
3	Presentation and Seminar Preparation	0	0	0
4	Web Research, Library and Archival Work	0	0	0
5	Document/Information Listing	0	0	0
6	Workshop	0	0	0
7	Preparation for Midterm Exam	1	8	8
8	Midterm Exam	1	2	2
9	Quiz	0	0	0
10	Homework	2	14	28
11	Midterm Project	0	0	0
12	Midterm Exercise	2	5	10
13	Final Project	0	0	0
14	Final Exercise	0	0	0
15	Preparation for Final Exam	1	16	16
16	Final Exam	1	2	2
				150