

COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL	<i>Undergraduate</i>		
COURSE CODE	PSY-4603	SEMESTER	6 th onwards
COURSE TITLE	Laboratory in Basic Counselling Skills Training		
TEACHING ACTIVITIES	WEEKLY HOURS	ECTS	
Lectures	3	6	
COURSE TYPE	Skills development		
PREREQUISITES COURSES:	Counselling Psychology, Ethics and Deontology		
INSTRUCTION/EXAM LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	NO		
COURSE WEB PAGE (URL)	https://elearn.uoc.gr/course/view.php?id=400		

2. LEARNING OUTCOMES

Learning Outcomes
<p>At the end of the course, the students should be able to:</p> <ul style="list-style-type: none"> ➤ Be familiarized with the basic counselling skills ➤ Understand the different stages of the counselling process ➤ Develop their empathic responses in a helping relationship ➤ Use the basic counselling skills in an integrative way within a time-limited role play session.
General Competences
<ul style="list-style-type: none"> • Search, analysis and data synthesis using appropriate technological tools. • Respect to difference and multi-culturalism • Social, professional and ethical conduct and sensitivity in gender issues. • Ability for reflection and self-reflection • Advancement of free, creative and inductive thinking

3. COURSE CONTENT

<ol style="list-style-type: none"> 1. The origin, aims and specific functions of Counselling Psychology – Comparison of the counselling role with other roles in one's individual's life. 2. Deontological issues in counselling practice.
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3. The importance of self-improvement / personal development
4. The process of self-awareness
5. Principles of effective communication
6. Introduction to Active listening skills
7. Open-close questions
8. Minimal encouragement - Paraphrasing
9. Reflecting skills
10. Summarizing
11. Focusing
12. Towards Skills integration
13. Training in session analysis using the micro-counselling methodology.

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

INSTRUCTION METHOD	In class		
INFORMATION AND COMMUNICATION TECHNOLOGIES USED	Use of audiovisual equipment in lectures Support of learning process through the e-learn platform.		
TEACHING ORGANIZATION	<i>Activity</i>	<i>Semester Work load</i>	<i>ECTS credits</i>
	Lectures	12	0,48
	Skills training	20	0,80
	In class role plays	15	0,60
	Interview transcription	30	1,20
	Personal study (self-reflective reports, literature etc)	40	1,60
	Process report writing	40	1,60
	Course Total	157	6,28
STUDENT EVALUATION	<ul style="list-style-type: none"> - Weekly self-reflective reports (30%) - Final role play exam (30%) - Analysis of a time-limited role play session with micro-counselling method (40%) <p>Evaluation criteria are accessible to students via the web-site of course (https://elearn.uoc.gr/course/view.php?id=400) on the UoC e-learn platform.</p>		

5. BIBLIOGRAPHY

- Giovazolias, T. (2005). Counselling Psychology and the Integration of Theory, Research and Practice: A Personal Account. *Counselling Psychology Quarterly*, 18(2), 161-168.
- Horvath, A. O., Del Re, A. C., Flückiger, C., & Symonds, D. (2011). Alliance in

individual psychotherapy. *Psychotherapy*, 48(1), 9-16.

- Hough, M. (1998) *Counselling Skills and Theory*. London: Hodder & Stoughton
- Martin, D. J., Garske, J. P., & Katherine Davis, M. (2000). Relation of the therapeutic alliance with outcome and other variables: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 68(3), 438-450.
- Nelson-Jones, R. (2009). *Introduction to Counselling Skills: Text and Activities* (3rd ed). London: Sage Pub.
- Nelson-Jones, R. (2009). *Basic Counselling Skills: A Guide for Educators: Athens: Pedio Books* [in Greek].