

COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL	<i>Undergraduate</i>		
COURSE CODE	PSY-3502	SEMESTER	5 th
COURSE TITLE	Counselling Psychology		
TEACHING ACTIVITIES	WEEKLY HOURS	ECTS	
Lectures and video presentations	3	4	
COURSE TYPE	Field (Elective)		
PREREQUISITES COURSES:	Theories of personality		
INSTRUCTION/EXAM LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	YES (with personal study and handing in of essay written in English)		
COURSE WEB PAGE (URL)	https://elearn.uoc.gr/course/view.php?id=461		

2. LEARNING OUTCOMES

Learning Outcomes
<p>In this course, students will explore the basic principles of Counseling Psychology (concept, key definitions, functions, etc.). The course builds upon basic theoretical approaches in the field of Personality that were covered in prerequisite courses (e.g., Personality Theories). It focuses on and delves into those areas of Personality studies that pertain to the main theoretical approaches that have influenced the development and evolution of applied branches of psychology, particularly counseling psychology, with an emphasis on how these are applied in counseling and therapeutic practice. The particular emphasis placed on the practical application of Counseling Psychology is also evident in the focus on issues such as the importance of the counseling relationship, personal characteristics, the role and functions of the Counseling Psychologist, conceptualization during the counseling process, and the importance of self-care and resilience.</p> <p>An additional objective of the course is to familiarize students with postmodern approaches to Counseling Psychology, such as Feminist Counseling, Multicultural Counseling, as well as the relationship between Counseling Psychology and Community Psychology and Ecopsychology.</p> <p>By the end of the course, students are expected to gain a sufficient understanding of:</p> <ul style="list-style-type: none"> - the basic theoretical approaches of Counseling Psychology, - the importance of the counseling relationship in therapeutic practice, - the stages of the counseling process, - the role of the Counseling Psychologist, - the importance of effective and supportive communication - the concepts of self-awareness, self-development, and self-care - the concept of the reflective professional and the personal model of therapy

General Competences

- 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

The course content is linked to the five core pillars of the curriculum:

Scientific Foundations [1], Scientific Research and Critical Thinking [2], Ethics and Social Responsibility [3], Communication Skills [4], Basic Preparation for Career Decisions and Professional Development [5].

1. Definition, Origins of the Field, Significance/Importance, Theories of Counseling Psychology (Evaluation Criteria, Categorization System),[1]
2. Placing Counseling Psychology within the broader scientific field [1]
3. Conceptualization in work with clients [1,2,3]
4. Client-Centered Theory (Rogers) [1,2]
5. Gestalt Theory (Gestalt, Perls) [1,2]
6. Transactional Analysis (TA, Berne) [1,2]
7. Cognitive-Behavioral Approaches (CBT, Mindfulness) [1,2]
8. Feminist Counseling/Multicultural Counseling [1,2,3]
9. Counseling Psychology and Community Psychology [1,2,3]
10. Counseling Psychology and Ecopsychology [1,2,3]
11. Counseling Psychology in Primary and Secondary Health Care [4, 5]
12. Role, Functions, and Personal Characteristics of the Counseling Psychologist / Development of Self-Care and Resilience [5]
13. The Counseling Process, Conclusions on the Effectiveness of Counseling Psychology [2,5]

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	39	1,56
	Literature study and analysis	30	1,20
	Independent Study	35	1,40
	Course Total	119	4,16
STUDENT EVALUATION	<p>Assessment is conducted in Greek as well as in English (for Erasmus students)</p> <p>I. Written exams (100%) including:</p> <ul style="list-style-type: none"> - open ended questions - multiple choice questions <p>Evaluation criteria are accessible to students via the web-site of course (https://elearn.uoc.gr/course/view.php?id=399) on the UoC e-learn platform.</p>		

5. BIBLIOGRAPHY

<ul style="list-style-type: none"> - Giovazolias, T., & Malikiosi-Loizos, M. (2014). <i>Counselling Psychology: Current Research and Practical Issues</i>. Athens: Pedio Books [in Greek] - Malikiosi-Loizos, M. (2017). <i>Counselling Psychology</i>. Athens: Pedio Books [in Greek] - Corey, G. (2004). <i>Theory and Practice of Counseling and Psychotherapy</i>. London: Wadsworth Publishing. - Corey, G. (2004). <i>Theory and Practice of Counseling and Psychotherapy</i>. Wadsworth Publishing. - Douglas, B., Woolfe,R., Strawbridge, S., Kasket., E. & Galbraith, V. (2025). <i>Εισαγωγή στη Συμβουλευτική Ψυχολογία</i>, (Επιμέλεια Ελληνικής έκδοσης: Καρακασίδου, Ε., Α. Γιοβαζολιάς, Γ. Γκαντώνα, Ει. Ναυρίδη & Γ. Τσίτσας). Εκδόσεις Πεδίο. - Gelso, C., & Fretz, B. (2001). <i>Counseling Psychology</i> (2nd ed.). Fort Worth: Harcourt College Publishers. - Prochaska, J. O. & Norcross, J. C. (2006). <i>Systems of Psychotherapy: A Transtheoretical Analysis</i>. Brooks/Cole Publishing - Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.). <i>Handbook of Counselling Psychology</i> (2nd ed.). (2003). Sage Publications <p>Related Scientific Journals:</p> <ul style="list-style-type: none"> • <i>Journal of Counseling Psychology</i> • <i>The Counseling Psychologist</i> • <i>Counselling and Psychotherapy Research</i> • <i>Counselling Psychology Quarterly</i> • <i>European Journal of Counselling Psychology</i> • <i>Journal of Mental Health Counseling</i> • <i>International Journal for the Advancement of Counselling</i> • <i>Journal of Multicultural Counseling and Development</i>
