

## COURSE OUTLINE

### 1. GENERAL

<b>SCHOOL</b>	SOCIAL SCIENCES		
<b>DEPARTMENT</b>	PSYCHOLOGY		
<b>LEVEL</b>	<i>Undergraduate</i>		
<b>COURSE CODE</b>	<b>PSY-3506</b>	<b>SEMESTER</b>	5 <sup>th</sup> onwards
<b>COURSE TITLE</b>	<b>Laboratory in Basic Counselling Skills Training</b>		
<b>TEACHING ACTIVITIES</b>	<b>WEEKLY HOURS</b>	<b>ECTS</b>	
Lectures	<b>3</b>	<b>6</b>	
<b>COURSE TYPE</b>	Skills development (laboratory)		
<b>PREREQUISITES COURSES:</b>	- Research Methods in Social Sciences - Counselling Psychology		
<b>INSTRUCTION/EXAM LANGUAGE:</b>	Greek		
<b>OFFERED TO ERASMUS STUDENTS</b>	NO		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://elearn.uoc.gr/course/view.php?id=400">https://elearn.uoc.gr/course/view.php?id=400</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p>The primary objectives of this workshop are to familiarize students with the theoretical foundations of active listening skills in the counseling process.</p> <p>The course builds upon basic theoretical approaches in the field of Counseling Psychology that were covered in prerequisite courses (e.g., Counseling Psychology). It focuses on and delves deeper into those areas of Counseling Psychology that pertain to understanding the role of Empathy in the Counseling Process, and ethical principles in the practice of counseling, as well as the importance of personal reflection for the counseling psychologist.</p> <p>Through the theoretical presentation of each skill, the viewing of vignettes and relevant videos, the practical application of each skill (role-play) in small groups, group discussion, and feedback, students are expected to have achieved the following objectives by the end of the course:</p> <ul style="list-style-type: none"> <li>• Familiarization of students with the specific characteristics of the Counseling Process</li> <li>• Understanding of ethical and deontological principles in the counseling process</li> <li>• Understanding of the importance of self-awareness and self-improvement</li> <li>• Familiarization with effective methods of providing feedback</li> <li>• Understanding how to use basic active listening skills</li> <li>• Integration of skills and practice in using all skills during an interview (role play)</li> </ul>

### General Competences

- Searching for, analyzing, and synthesizing data and information, using the necessary technologies.
- Teamwork.
- Respect for diversity and multiculturalism.
- Exercising critical and self-critical thinking.
- Promotion 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 Reintegration [5].

During the first 5 weeks, the instructor will give presentations:

1. Week 1: Course overview and introductory information. The nature, goals, and functions of Counseling Psychology; comparison of the role of the Counseling Psychologist with other roles [1, 2, 3, 5]
2. Week 2: Ethics in the Practice of Counseling [2, 3, 4]
3. Week 3: The Importance of Self-Improvement [3, 4]
4. Week 4: Self-Awareness [3, 4]
5. Week 5: Rules of Effective Communication [3, 4]
6. Week 6: Introduction to Mindful Listening – Active Listening Skills [3, 4, 5]
7. Week 7: The Skill of Open- and Closed-Ended Questions [3, 4, 5]
8. Week 8: The Skill of Clarification (Basic Encouragement and Paraphrasing) [3, 4, 5]
9. Week 9: Reflecting Emotions [3, 4, 5]
10. Week 10: Focusing [3, 4, 5]
11. Week 11: Summarizing [3, 4, 5]
12. Week 12: Integration of Skills [3, 4, 5]
13. Week 13: Learning to analyze a session using the micro-counseling method Conclusions, Q&A, and instructions/feedback for the final assignment [1, 2, 3, 4, 5]

#### 4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

<b>INSTRUCTION METHOD</b>	In class		
<b>INFORMATION AND COMMUNICATION TECHNOLOGIES USED</b>	Use of audiovisual equipment in lectures Support of learning process through the e-learn platform.		
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Work load</b>	<b>ECTS credits</b>
	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
	<b>Course Total</b>	<b>157</b>	<b>6,28</b>
<b>STUDENT EVALUATION</b>	<ul style="list-style-type: none"> <li>- Weekly self-reflective reports (30%)</li> <li>- Analysis of a time-limited role play session with micro-counselling method (70%)</li> </ul> <p>Evaluation criteria are accessible to students via the web-site of course (<a href="https://elearn.uoc.gr/course/view.php?id=400">https://elearn.uoc.gr/course/view.php?id=400</a>) on the UoC e-learn platform.</p>		

#### 5. BIBLIOGRAPHY

1. Giovazolias, T. (2005). Counselling Psychology and the Integration of Theory, Research and Practice: A Personal Account. *Counselling Psychology Quarterly*, 18(2), 161-168.
2. Horvath, A. O., Del Re, A. C., Flückiger, C., & Symonds, D. (2011). Alliance in individual psychotherapy. *Psychotherapy*, 48(1), 9-16.
3. Hough, M. (1998) *Counselling Skills and Theory*. London: Hodder & Stoughton
4. 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.
5. Nelson-Jones, R. (2009). *Introduction to Counselling Skills: Text and Activities* (3<sup>rd</sup> ed). London: Sage Pub.
6. Nelson-Jones, R. (2009). *Βασικές Δεξιότητες Συμβουλευτικής: Ένα Εγχειρίδιο για Εκπαιδευτικούς*. Αθήνα: Εκδ. Πεδίο

-Συναφή επιστημονικά περιοδικά:

- *British Journal of Guidance and Counselling*
- *British Journal of Psychotherapy*
- *Counselling and Psychotherapy Research*
- *Counselling Psychology Quarterly*
- *Journal of Counseling Psychology*
- *Journal of Mental Health Counseling*
- *European Journal of Counselling Psychology*