

COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL	<i>Undergraduate</i>		
COURSE CODE	PSY-3507	SEMESTER	5 th
COURSE TITLE	Seminar: Parenting and Parent Counselling: Current Approaches		
TEACHING ACTIVITIES	WEEKLY HOURS	ECTS	
Lectures	3	6	
COURSE TYPE	Skills Development (seminar)		
PREREQUISITES COURSES:	- Research Methods in Social Sciences - Counselling Psychology		
INSTRUCTION/EXAM LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	YES (with personal study as well as presenting and handing in essay)		
COURSE WEB PAGE (URL)	https://elearn.uoc.gr/course/view.php?id=1034		

2. LEARNING OUTCOMES

Learning Outcomes
<p>In this seminar, students will become familiar with contemporary theories of parenthood as well as the basic principles of parent counseling.</p> <ul style="list-style-type: none"> ➤ The course builds upon basic theoretical approaches in the field of Counseling Psychology that were covered in prerequisite courses (e.g., Research Methodology in the Social Sciences, Counseling Psychology). It focuses on and delves deeper into those areas of Counseling Psychology that pertain to the specific issues of concern to a Parents' Group (e.g., effective parenting strategies, family communication, crisis management/dealing with difficult situations), the organization and operation of a Parents' Group, and current research trends in the field of parent counseling. ➤ During the course, students are expected to: <ul style="list-style-type: none"> ● Become familiar with the basic and contemporary literature on parenthood and parent counseling ● Conduct literature reviews using scientific databases ● Synthesize the relevant literature ● Summarize and critically analyze the content of original research articles ● Present research articles ● Reflect on the ethical and deontological implications and practical applications of the research to be presented during the course ● Acquire knowledge regarding the application of theoretical approaches in the counseling process

General Competences

- Searching for, analyzing, and synthesizing data and information, using the necessary technologies.
- Demonstrating social, professional, and ethical responsibility, as well as gender sensitivity.
- Project planning and management
- Respect for diversity and multiculturalism
- 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 Integration [5].

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

Week 1: Parenting: The Context of Child Development. [1]

Seminar presentation and introductory information; topic selection by students [1, 2, 3, 5]

Week 2: Key Characteristics of the Parental Role. Scientific literature: Types of scientific publications and presentations [1, 2, 5]

Week 3: Contemporary Theories of Parenting. Searching for scientific literature via scientific databases (Scopus, PubMed, PsychInfo) [2, 5]

Week 4: General and Specific Goals of Parent Counseling [1, 2]

Week 5: Application of Parent Counseling, The Role of the Counseling Psychologist, Group Dynamics, Intervention Techniques [1, 2]

-In the next 7 sessions, students will give their presentations, followed by a discussion of the presentations:

Week 6: Presentations [1, 2, 3, 4, 5]

Week 7: Presentations [1, 2, 3, 4, 5]

Week 8: Presentations [1, 2, 3, 4, 5]

Week 9: Presentations [1, 2, 3, 4, 5]

Week 10: Presentations [1, 2, 3, 4, 5]

Week 11: Presentations [1, 2, 3, 4, 5]

Week 12: Presentations [1, 2, 3, 4, 5]

Week 13: Conclusions, Q&A, and instructions/feedback for the final assignment [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	Activity	Semester Work load	ECTS credits
	Lectures	15	0,60
	Presentations of research projects in class	21	0,84
	Preparing for an oral presentation in class	20	0,80
	Literature study and analysis	30	1,20
	Essay writing	65	2,60
	Course Total	151	6,04
STUDENT EVALUATION	<p>I. Oral Presentation (40%)</p> <p>II. Written essay of 5000 words (40%)</p> <p>III. Participation in class (20%)</p> <p>Assessment is conducted in Greek as well as in English (for Erasmus students)</p> <p>Evaluation criteria are accessible to students via the web-site of course (https://elearn.uoc.gr/course/view.php?id=1034) on the UoC e-learn platform.</p>		

5. BIBLIOGRAPHY

1. Akün, E. (2017). Relations among adults' remembrances of parental acceptance–rejection in childhood, self-reported psychological adjustment, and adult psychopathology. *Comprehensive Psychiatry*, 77, 27-37.
2. Dowling, E., & Osborne, E. (Επιμ.) (2001). *Η οικογένεια και το σχολείο*. Αθήνα: Gutenberg.
3. Giovazolias, T. (2014). The moderating role of parental power and prestige on the relationship between remembered parental acceptance and psychological adjustment among young Greek adults. *Cross-Cultural Research*, 48(3), 240-249.
4. Giovazolias, T., Karagiannopoulou, E. & Mitsopoulou, E. (2017). Can the factor structure of Defense Style Questionnaire (DSQ-40) contribute to our understanding of parental acceptance/rejection, bullying, victimization and perceived well-being in early adolescents? *Europe's Journal of Psychology*, 13(2), 269-285.
5. Gordon, T. (1994). *Ο αποτελεσματικός γονέας*. Αθήνα: Ευρωσπουδή.
6. Κουνενού, Κ. (2010). *Συμβουλευτική και Θεραπεία Οικογένειας*. Αθήνα: Εκδ. Παπαζήση
7. Rohner, R. P. (2004). The parental "acceptance-rejection syndrome": Universal correlates of perceived rejection. *American Psychologist*, 59(8), 830-840.
8. Sanders, M. R., Kirby, J. N., Tellegen, C. L., & Day, J. J. (2014). The triple P-positive parenting program: A systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34(4), 337-357.
9. Χουρδάκη, Μ. (2000). *Οικογενειακή ψυχολογία*. Αθήνα: Leader Books

- Related scientific Journals:

- Parenting: Science and Practice
- Journal of Child and Family Studies
- Family Science Journal
- Family Science Review
- Children
- Family Studies