

General Information	Course name, code and number of credits	PSYC 422 Psychotherapy, 3 KU (6 AKTS)		
	Department	Psychology		
	Program (bachelor, master)	Bachelor		
	Academic semester	Fall 2023		
	Subject lecturer	Shabnam Soltanli		
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	Telephone:			
	Lecture room / Table			
	Counseling hours	With an appointment		
Prerequisites	-			
Language of	English			
Type of subject (compulsory,	Compulsory			
Textbooks and additional literature	<ul style="list-style-type: none"> <li>➤ Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.</li> <li>➤ Related research and articles</li> <li>➤ Various videos that demonstrate different methods of psychotherapy</li> </ul>			
Course website				
Teaching methods	Lecture	+		
	Group discussion	+		
	Practical assignments	+		
	Analysis of a practical issues	+		
	other			
Evaluation	Components	Date / deadline	Percentage (%)	
	Midterm Exam	8 week	30	
	Activity	During semester	5	
	Assignments and tests	During semester	20	
	Attendance	During semester	5	
	Final Exam	January	40	
	Total		100	
Course description	The course covers theoretical and practical knowledge about different types of psychotherapy. Students will learn the structure of each theory of psychotherapy, the characteristics of therapeutic communication between the patient psychologist, what are the specific skills and habits of the psychologist for each theory, and how to apply it in practice.			
Course objectives	To provide students with an understanding of psychotherapy and the ability to analyze theories and identify approaches to the patient's problem.			

Learning outcomes	<p>At the end of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Will be gain a general understanding of theories</li> <li>2. Be able to explain the similarities and differences of the theories,</li> <li>3. They will know different psychotherapy approaches,</li> <li>4. They will be able to apply the learned therapy approaches to the patient's disorders.</li> </ol>
Rules (educational policy and behavior)	<p>Criteria for attendance and tardiness</p> <ul style="list-style-type: none"> <li>• Students who are late for class are not allowed in the classroom. He/She can only attend the next lesson</li> </ul> <p>• It is important that students attend all classes. If a student is unable to attend classes due to certain reasons (illness, marital status, etc.), then he/she must inform the dean of the faculty. Students who do not attend more than 20 percent of the total class hours in the subject will not be admitted to the exam.</p> <p>Criteria for evaluating activity</p> <ul style="list-style-type: none"> <li>• Violation of the lesson process and unethical actions during the lesson, inappropriate and unauthorized discussions, use of mobile phones, listening devices and radio, engaging in other activities not related to the lesson (reading, writing, taking pictures, etc.) are directly related to activity. assessed as a contributing factor,</li> <li>• Takes an active part in discussions,</li> <li>• Listens carefully to the teacher and peers,</li> <li>• Participates in each lesson, 1 point is deducted for 2 absent lessons.</li> <li>• Participates in questions and answers by reading a previous lesson before the lesson,</li> <li>• Answers question cards distributed for questioning during the lesson.</li> </ul>

<b>Week</b>	<b>Date (scheduled)</b>	<b>The course topics</b>	<b>Textbook / Assignments</b>
1.	15.09.2022	Introduction and Overview  The Counselor: Person and Professional	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
2.	22. 09.2022	Psychoanalytic Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
3.	29. 09.2022	Adlerian Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
4.	06.10.2022	Existential Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
5.	13.10.2022	Person-Centered Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
6.	20. 10.2022	Gestalt Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
7.	27.10.2022	Behavior Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
8.	03.11.2022	Cognitive Behavior Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.

9.	10. 11.2022	Schema Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
10.	17. 11.2022	Reality Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
11.	24. 11.2022	Feminist Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
12.	01.12.2022	Postmodern Approaches	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
13.	08. 12.2022	Family Systems Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
14.	15. 12.2022	EMDR Therapy	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.
15.	22. 12.2022	Ethical Issues in Counseling Practice	Corey, G. (2005). Theory and practice of counseling and psychotherapy. Pacific Grove, CA: Brooks.