

HRCM17-130

Methods and Techniques of Counselling

30. Methods and Techniques of Counselling	Credits: 2 ECTS
Type of the course: seminar – 30 contact hours	
Type of the evaluation: practice mark	
Place in curriculum: 3rd semester	
Prerequisites (<i>if any</i>): Counselling and Social Psychology – lecture, Counselling and Social Psychology – seminar	
Course description: Please, provide a short, informative description of knowledge to obtain and competences to achieve, and a short (6-10 lines) summary of the aims and content of the course, followed by the 10-15 topics covered.	
<p>Psychological counselling is designed to help reveal those circumstances that arise from the personality, lifestyle and personality disorder and could hinder the work of the client. Another aim of the counsellor is to support the client in the treatment of emotional difficulties, to prevent, manage and resolve those personal problems that hinder access to employment, to facilitate the creating of realistic self-evaluation and also the focusing on personal resources to find a better employment. Professional and focused conversation is the main instrument of the counsellor including other psychological tools with diagnostic purpose.</p> <p>The conversation's design, direction and steps are defined by the counsellor, based on the results of the diagnostic assessment and based on what the client undertakes in the contract. Then the consultant selects the method of intervention, the direction of change which will be hold through the process. The consultant decides not only which way to move, but also when, how and in what order. The consultation builds on open communication. The open communication helps to ensure that the client takes equal part in the implementation of change. The student at the end of the course will be able to use different assessment strategies in appraising client concerns, to formulate points for interventions and to manage the consultation process.</p>	
3-5 most important required and suggested readings (eg. textbook) with bibliographic details (author, title, details of edition, pages, ISBN)	
<p><u>Required readings:</u></p> <ul style="list-style-type: none">• Seligman, Linda (2004): Diagnosis and treatment planning in counselling. Springer, 978-0306484728• Egan, G. (2014): The skilled helper: a problem-management and opportunity-development approach to helping. Brooks/Cole, Cengage Learning, ISBN: 978-1-285-06571-7 <p><u>Suggested readings:</u></p> <ul style="list-style-type: none">• Holland, Audrey L. (2007): Counselling in communication disorders: A Wellness perspective. Plural Publishing Inc., ISBN: 978-1597560498	