## Aim of the course

The aim of the course is to create an understanding of basic counselling skills and therapeutic attitudes.

The system of micro-skills (Ivey, et al, 1987) and the different levels of empathy (Egan, 1994), reflexive interviewing (Carr, 2006) are discussed during the class.

The theoretical framework is a blend of the person-centered tradition, the system-oriented perspective and psychoanalytic counselling approaches.

### Learning outcome, competences

During the learning-by-experience sessions we use techniques of psychodramatic role-play and NLP in order to illustrate and practice the basic counselling and psychotherapy skills.
The course provides a first introduction to the science of helping relationships and conducts some elements of the first steps of building skills in the field of counselling and psychotherapy.
*knowledge:*
- The basic concepts and historical background of counselling psychology
- The basic skills and competences of counselling psychology
- The knowledge of psychotherapy theories that serve as a base of counselling thought
- The institutional systems that serve as a framework of counselling professional activities.

*attitude:*
- Students a knowledge the function and role of counselling activities
- Students are aware of the cultural background of counselling psychology and can build up cultural intentionality

*skills:*
- Students can participate in supervision groups on a trainee level
- Students can use the basic counselling microskills in a demonstration setting

## Content of the course

### Topics of the course
The course consists of three main components:

- the basic theoretical assumptions of counselling and psychotherapy, with a special emphasis on the therapeutic orientations and psychotherapy integration through the course of counselling;
- the special target groups and contexts of counselling, and the importance of the cultural perspective and social inclusion in the development of counselling activities;
- practice and experience of the basic microskills of counselling, the building up of the elements like listening, reflecting back, empathy, acceptance, genuineness and congruence in the context of the counselling relationship.

Throughout the course topics such as crisis counselling, stress management, higher education counselling, marriage counselling, counselling in health systems, counselling for clients with mood disorders will be covered.

### Learning activities, learning methods
Lecture

## Evaluation of outcomes

### Learning requirements, mode of evaluation, criteria of evaluation:
*requirements*
- The attendance of the classes are not compulsory though four times during the semester tests are taken by the students on the concepts of counselling psychology

- At the end of the semester a video assignment is required on the Basic counselling microskills

Upon the base of the four tests and the video assignment assessment is on five ECTS grades (A Excellent to F failed).

## Reading list

### Compulsory reading list

Falch, A., Eriksson, B., Lisznyai, S., & Ritoók, M. (2004). *Theories of Intervention and Social Change*. Frankfurt am Main: Peter Lang Publishers.

Ivey, A. E., Ivey, M. B., & Zalaquett, C. (2010). *Intentional interviewing and counselling*. Belmont: Brooks/Cole, Cengage Learning.

Prochaska, J. O., & Norcross, J. C. (2010). *Systems of psychotherapy. A transtheoretical analysis*. Belmont: Brooks/Cole, Cengage Learning.

Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. London: Wiley. Casement, P. (1999).

*Learning from the patient*. New Yoork, NY: Guilford Press. Patton, D., & Meara, N. (2004).

*Psychoanalytic Counselling*. New York: Wiley.

Ryle, A., & Kerr, I. B. (2002). *Introducing Cognitive Analytic Therapy*. New York: Wiley.

Bond, F. W., & Dryden, W. (2002). *Handbook of Brief Cognitive Therapy*. New York: Wiley. Perls, F.

(1969). *Gestalt Therapy Verbatim*. Moab, UT: Real People Press.

Perls, F. (1969). *In and Out the Garbage Pail*. Lafayette, CA: Real People Press.
Perls, F. (1973). *The Gestalt Approach & Eye Witness to Therapy*. New York, NY: Bantam Books.

Norcross, J. C., & Goldfried, M. R. (Eds.). (2005). *Handbook of psychotherapy integration* (2nd ed.). New York: Oxford.

Allen, J. G., & Fonagy, P. (2006). *Handbook of mentalization-based treatment.* Chichester, UK: John Wiley.

Allen, J. G., Fonagy, P., & Bateman, A. W. (2008). *Mentalizing in clinical practice*. Arlington, USA: American Psychiatric Publishing
Bateman, A. W., & Fonagy, P. (2004). Mentalization-based treatment of BPD. *Journal of personality disorders, 18*, 36-51.
Bateman, A. W., & Fonagy, P. (2008). Comorbid antisocial and borderline personality disorders: mentalization-based treatment. *Journal of clinical psychology, 64*, 181-194.

Fonagy, P., & Bateman, A. W. (2006). Mechanisms of change in metalization-based treatment of BPD. *Journal of clinical psychology, 62*, 411-430.

Barlow, H. (ed). (2008). *Clinical handbook of psychological disorders. A step-by-step manual*. New York: The Guilford Press.

Berman, P., S., & Shopland, S., N. (2005). *Interviewing and Diagnostic Excercises in Clinical and Counsellng Skills Building*. London: Lawrence Erlbaum.
Egan, G. (1994). *The skilled helper. (A problem-management approach to helping)*. Pacific Grove, CA: Brooks-Cole Publishing Co.

Egan, G. (1994). *Excercises in Helping Skills. (A manual accompany the Skilled Helper).* Pacific Grove, CA: Brooks-Cole Publishing Co.
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