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 acquire 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