

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
THEORIES of PSYCHOLOGICAL COUNSELING	PCG2215739	Spring Semester	2+0	2	4
<b>Prerequisites Courses</b>					
<b>Recommended Elective Courses</b>					
<b>Language of Instruction</b>	English				
<b>Course Level</b>	First Cycle (Bachelor's Degree)				
<b>Course Type</b>	Required				
<b>Course Coordinator</b>	Assoc.Prof. Aslı Burçak TAŞÖREN				
<b>Name of Lecturer(s)</b>	Assoc.Prof. Aslı Burçak TAŞÖREN				
<b>Assistant(s)</b>					
<b>Aim</b>	This course provides a comprehensive exploration of the philosophical and theoretical foundations of the counseling process. Students will engage in the study of major counseling theories and their practical applications to diverse populations. The course aims to introduce students to fundamental helping skills, professional issues, and ethical considerations integral to the counseling profession. Through a combination of reading, experiential learning, and skill practice, students will gain an understanding of the techniques and strategies used by professional counselors. Emphasis is placed on tailoring therapeutic approaches to meet the unique needs, styles, and expectations of clients, ensuring that the counselor's methods align with client-centered care rather than a singular theoretical ideology. By integrating historical perspectives with practical applications, the course equips students with the knowledge and skills to provide effective, personalized counseling interventions.				
<b>Course Content</b>	This course contains; Current Issues in Psychotherapy Theory, Practice, and Research: A Framework for Comparative Study, Contemporary Freudian Psychoanalytic Psychotherapy, Contemporary Freudian Psychoanalytic Psychotherapy, Relational Psychoanalytic/Psychodynamic Psychotherapy, Person-Centered and Emotion-Focused Psychotherapies, Person-Centered and Emotion-Focused Psychotherapies, Existential-Humanistic Psychotherapies, Mid-term Exam, Basic Theory, Development and Current Status of CBT, Cognitive Techniques, The Course of Therapy in CBT, Rational Emotional Behavioral Therapy, Acceptance and Commitment Therapy, Integrative Approaches to Psychotherapy.				
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>	
Öz Farkındalık Geliştirme: Kişisel özelliklerin, değerlerin ve yetkinliklerin danışma sürecindeki rolünü analiz ederek, danışmanlık için kişisel bir teorik yaklaşım geliştirmeye yönelik daha derin bir anlayış kazanma.			10, 12, 13, 14, 16, 9	C	
Danışma Teorilerini Anlama: Başlıca danışma teorilerinin temel kavramlarını, katkılarını ve sınırlamalarını, çok kültürlü ve kanıta dayalı yaklaşımlar dahil olmak üzere, tanımak ve eleştirel bir şekilde değerlendirebilmek.			10, 12, 13, 16, 19, 4, 9	C	
Danışma Teorilerini Değerlendirme: Öğrenciler, başlıca danışma teorilerinin temel kavramlarını, katkılarını ve sınırlamalarını tanımlayarak, bunların güncel danışmanlık uygulamalarıyla ilişkisini analiz edebileceklerdir.			10, 12, 13, 16, 19, 37, 4, 9	C	
Kişiselleştirilmiş Bir Danışma Çerçevesi Oluşturma: Öğrenciler, birden fazla teorik perspektifi sentezleyerek, çeşitli danışan gruplarının ihtiyaçlarına uygun tekniklerle uyumlu kişisel bir danışma yaklaşımı geliştirilmesi gerektiğini öğrenecekler.			10, 12, 13, 16, 19, 37, 9	C, E, F	
Understand the Counseling Process Holistically: Students will explore the foundational principles of the counseling process, including theoretical models, the dynamics of counselor-client relationships, and strategies for fostering effective therapeutic outcomes.			10, 12, 13, 16, 5, 9	C	
<b>Teaching Methods</b>	10: Discussion Method, 12: Problem Solving Method, 13: Case Study Method, 14: Self Study Method, 16: Question - Answer Technique, 19: Brainstorming Technique, 37: Computer-Internet Supported Instruction, 4: Inquiry-Based Learning, 5: Cooperative Learning, 9: Lecture Method				
<b>Assessment Methods</b>	C: Multiple-Choice Exam, E: Homework, F: Project Task				
<b>Lecture Schedule</b>					
<b>Sequence</b>	<b>Topics</b>	<b>Preliminary Preparation</b>			
1	Current Issues in Psychotherapy Theory, Practice, and Research: A Framework for Comparative Study	Essential Psychotherapies			
2	Contemporary Freudian Psychoanalytic Psychotherapy	Essential Psychotherapies			
3	Contemporary Freudian Psychoanalytic Psychotherapy	Essential Psychotherapies			
4	Relational Psychoanalytic/Psychodynamic Psychotherapy	Essential Psychotherapies			
5	Person-Centered and Emotion-Focused Psychotherapies	Essential Psychotherapies			
6	Person-Centered and Emotion-Focused Psychotherapies	Essential Psychotherapies			
7	Existential-Humanistic Psychotherapies	Essential Psychotherapies			
8	Mid-term Exam				
9	Basic Theory, Development and Current Status of CBT	An Introduction to Cognitive Behaviour Therapy: Skills and Applications			
10	Cognitive Techniques	An Introduction to Cognitive Behaviour Therapy: Skills and Applications			
11	The Course of Therapy in CBT	An Introduction to Cognitive Behaviour Therapy: Skills and Applications			
12	Rational Emotional Behavioral Therapy	Skills in RATIONAL EMOTIVE BEHAVIOUR Counselling & Psychotherapy			
13	Acceptance and Commitment Therapy	ACT made simple : an easy-to-read primer on acceptance and commitment therapy.			
14	Integrative Approaches to Psychotherapy	Essential Psychotherapies			
<b>Evaluation Methods</b>		<b>Weight(%)</b>			
Midterm Exam		40			
General Exam		60			

Resources	
Messer, S. B. & Kaslow, N. J. (2020). Essential Psychotherapies : Theories and Practice. The Guilford Press: New York. Westbrook, D., Kennerley, H., & Kirk, J. (2011). An Introduction to Cognitive Behaviour Therapy: Skills and Applications. SAGE Publications: London.	
Harris, R. (2009). ACT made simple : an easy-to-read primer on acceptance and commitment therapy. Newharbinger Publications.	
Dryden, W. (2009). Skills in Rational Emotive Behaviour Counselling & Psychotherapy. Sage Publications: London.	