

SYLLABUS

1. Course title:

PSYCHOLOGICAL COUNSELING

2. Code:**3. Cycle of study:**

1

4. ECTS credits:

6

5. Type of course: Mandatory Elective**6. Prerequisites:**

none

7. Class restrictions:

none

8. Duration / semester:

1

7

9. Weekly contact hours:

9.1. Lectures:

3

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

2

10. Faculty:

Humanities and Social Sciences

11. Department/study program:

Pedagogy-Psychology/PSYCHOLOGY

12. Lecturer:

Ljubica Tomić Selimović

13. Lecturer's e-mail:

ljubica.tomic@unitz.ba

14. Web site:

<http://www.unitz.ba/>; <http://www.ff.untz.ba/>

15. Course aims:

The main objectives of this course are:

- Introducing students with basic theoretical principles of Psychological counseling and with practical basics Psychological counseling.
- Train students to recognize cases when psychological counseling can (or can not) be applied
- Gaining insight into factors that make/facilitate the working relationship between counselor and client
- developing the basic communication skills needed in the counseling process: understanding and using verbal and nonverbal communication skills
- Train students to apply the basic elements of psychological counseling

16. Learning outcomes:

At the end of the course the students are expected to be able:

- to demonstrate understanding of the basic principles of psychological counseling
- master the basic communication skills needed in the counseling process
- master the stages of the counseling process
- be able to apply psychological counseling independently

17. Course content:

- Definition of psychological counseling; Difference between psychotherapy and counseling; Objectives and outcomes of counseling.
- Prerequisites for successful counseling.
- Personality traits of counselor important for the counseling process.
- Phases and counseling skills; Fundamental and advanced communication skills in the counseling process.
- Building a working alliance/relationship; Difficulties in establishing counselor-client relationship .
- Determining/evaluating client difficulties; Goals setting in counseling
- Determining strategies and selecting interventions; Emotional interventions; Cognitive interventions; Behavioral interventions; System interventions
- Ending counseling and client monitoring

Practical classes: Practicing the basic communication skills required for the counseling process; Playing the role of counselor and client in order to practice various counseling techniques and sensitivity development for optimal counseling and work alliance. Audio and video recording and writing transcripts based on simulated and real sessions with client for their detailed analysis.

APPLICATION OF PRACTICAL KNOWLEDGE THROUGH MANDATORY PSYCHOLOGICAL PRACTICE WITHIN CLINICAL PSYCHOLOGY

18. Learning methods:

Lectures and practical classes with the use of various multimedia teaching aids, including active participation of students.

In lectures and practical classes will be used:

- the method of oral presentation, method of demonstration and illustration, seminar discussions, interactive teaching methods.
- analysis of case studies and video materials from the counseling sessions
- practical exercises: practicing communication skills needed for counseling;

19. Assessment methods:

a) Written Exam

b) Oral Exam

The written exam includes written knowledge assessment (objective and essay tests). Assessment will be realized through questions and answers regarding the course content. It will be done after the realization of planned lectures. Minimum number of points for passing the written exam is 24 (more than 60%).

Oral exam is meant for students with minimum number of points in the written exam (24).

Written exam

Written exam follows after the end of the course. Students will be presented a combination of essay and objective questions. Students who pass the written exam (achieve 24 to 40 points), gain conditions to take the oral exam. Students can earn a maximum of 40 points in the written exam. Minimum number of points required to pass the exam is 24.

Oral exam

Oral exam will include questions and students' answers regarding the course content and it will last for 15 to 30 minutes. Maximum number of points that can be earned in the oral exam is 10. Minimum number of points required to pass the exam is 6.

Pre-exam points amount to a total of 50 points (20 points for attendance and active in-class participation, 20 points for the individual project and 10 points for the group project). By fulfilling all of their requirements, students can thus earn a maximum of 100 points.

The points count towards the final grade cumulatively if students score at least 60% points on the final exam (written and oral exam).

In order for students to earn the minimum passing grade, they need to score at least 54 cumulative points, of which at least 24 on the final exam. The final grade is formed as a sum of all points earned in-class and the final exam.

Exchange of any belongings between students is not allowed during the written exam. Students caught cheating or talking to others will be removed from the exam.

20. Assessment components:

Attendance in lectures and practical classes: 5 points

Active participation in lectures and practical classes: 15 points

Individual project: 20 points

Group project: 10 points

Final written exam: 40 points

Final oral exam: 10 points

Total points: 100

The following is the grading scale, showing the points, numerical grade, descriptive grade and letter grade:

0-53 5 (five) fail F

54-63 6 (six) satisfactory E

64-73 7 (seven) good D

74-83 8 (eight very good C

84-93 9 (nine) excellent B

94-100 10 (ten) outstanding A

21. Required reading list:

- Hackney, H.L. & Cormier, S. (2012). Savjetovatelj-stručnjak. Jastrebarsko: Naklada slap
- Nelson-Jones, R. (2007). Praktične vještine u psihološkom savjetovanju i pomaganju. Jastrebarsko: Naklada slap (selected chapters)
- Corey, G. (2004). Teorija i praksa psihološkog savjetovanja i psihoterapije. Jastrebarsko: Naklada slap (selected chapters)

22. Web sources:

www.myhelpinglab.com

23. Applicable starting from the academic year:

2022/2023

24. Adopted in the Faculty/Academy session:
