SYLLABUS

1. Course title:

Psychotherapy schools and approaches

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 8

9. Weekly contact hours:

9.1. Lectures: 3

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 2

10. Faculty:

Faculty of Humanities and Social Sciences

11. Department/study program:

Psychology

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

www.ff.untz.ba

15. Course aims:

Students will be introduced to general principles psychotherapeutic schools and theoretical and practical basics of most influenced directions in psychotherapy. They will be able to distinct one from another thought their founders, theories and personality models which are background of thees theories , their explanation of disorder development and thought mechanisms of their therapeutic work. Beside of that, they will meet advantages and disadvantages of these psychotherapy schools in treatment of some psychical disorders and be able to understand how are these psychotherapy directions made a influence one to another.

16. Learning outcomes:

On the end of the course, students will be able to:
- show understanding for some basics psychotherapy concepts and principals
- to understand the phases of psychotherapy process
- to show understanding for basics psychotherapeutics methods and techniques of work

17. Course content:

- Subjects, aims and function of psychotherapy - Psychotherapy and border disciplines
- Psychotherapeutics variables : client, therapist, psychological problem, therapeutic relation, technique
- Psychotherapy process
- Characteristics of therapist-client relation in different psychotherapeutic schools. Tecniques and methods common to majority of psychotherapy approaches
- Psychotherapy approach: Psychoanalysis, Existential therapy and client -directed therapy, Gestalt therapy, Transaction analysis. behavior therapy and Cognitive-behavioral therapy , Family therapy, Integrative psychotherapy
- A value of modern psychotherapy
- Future of psychotherapy
- Evaluation
- Education for psychotherapist

18. Learning methods:

ourse content is realized through following:
-Lectures
- Practice classes
In the realization of lectures and practice classes the following teaching methods are used: oral presentation, dialogue method, demonstration and illustration, writing and reading.
The following instruction forms will be used: frontal, group, pair and individual assignments.
The following learning forms will be used: experience, organizational and self-regulated learning.

19. Assessment methods:

Knowledge assessment will be carried through:

-Written parts of the exam (two times during the semester)
-Written/oral exam

Written exams will be conducted during the semester (in the middle of and at the end of the semester). Questions in the written exam part can be in the form of essay and objective tests. Achievement on the written exams is a part of the student's performance assessment. during the semester
Knowledge assessment is carried out in the final, retake and final retake exam in the written and oral form. The final exam can be taken by students who have finished and verified their semester and finished all pre-exam tasks during the semester (written exam parts and other pre-exam activities).

20. Assessment components:

- lectures attendance 5 points
- practice class attendance 5 points
- individual class activities 20 points
- written exam parts 20 (10+10) points

Maximum amount of points before the final exam 50 points

- final exam 50 points.

Maximum amount of points: 100. The final grade is formed in respect to the following scale:

54-62 points grade six (6)
63-72 points grade seven (7)
73-82 points grade eight (8)
83-92 points grade nine (9)
93-100 points grade ten (10)

21. Required reading list:

Nietzel, M.T., Bernstein, D.A. i Milich, R. (2002.). Uvod u kliničku psihologiju, Naklada "Slap", Jastrebarsko.
Corey, G. (2004.). Teorija i praksa psihološkog savjetovanja i psihoterapije, Naklada Slap,: Jastrebarsko (str.66. – 519).
Berger, J. (1980.). Treći roditelj: Novi pravci grupne psihoterapije, Nolit, Beograd.
Dumont, F. i Corsini, R.J. (2003.). Šest terapeuta i jedan klijent. Naklada Slap: Jastrebarsko.
Anić. N. (ur.) (1990.). Praktikum iz kognitivne i bihevioralne terapije III., Društvo psihologa Hrvatske, Zagreb.
Ellis, A. i Dryden, W. (2001.). Racionalno-emocionalna bihevioralna terapija, Naklada "Slap", Jastrebarsko

22. Web sources:

23. Applicable starting from the academic year:

2022/23

24. Adopted in the Faculty/Academy session: