

**SCHOOL OF EDUCATIONAL SCIENCES AND SOCIAL SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK**  
(CIP file- Classification of instructional programmes)

Course unit title:	Psychotherapeutic Processes I		
Course unit code:	FPSY 301		
Type of course unit:	BSc Psychology (Required Course)		
Level of course unit:	Undergraduate		
Year of study:	3		
Semester when the unit is delivered:	5th		
Number of ECTS credits allocated :	6		
Name of lecturer(s):	Dr. Ioanna Katsounari		
Learning outcomes of the course unit:	<p>By the end of the course, the students should be able to:</p> <ol style="list-style-type: none"> <li>1. Define psychotherapy and describe the historical development of its practice;</li> <li>2. Identify the qualities most useful in a psychotherapist;</li> <li>3. Discuss the different ways in which psychotherapy affects both patient/client and counselor/therapist;</li> <li>4. Describe how each theory/therapy conceptualizes a) human nature, b) psychopathology, and c) the therapeutic change process;</li> <li>5. Describe a) the important historical figures associated with each theory and b) the historical context in which the theory emerged.</li> <li>6. Identify the major therapeutic techniques used to promote change in each type of therapy;</li> <li>7. Compare and contrast individual theories/therapies with family theories/therapies.</li> </ol>		
Mode of delivery:	Face-to-face		
Prerequisites:	None	Co-requisites:	None
Course contents:	<p><b>An Introduction to Psychotherapy:</b> Definition of Psychotherapy, Types of Psychotherapy, Historical context.  <b>Psychoanalytic Therapy:</b> main contributions of Freud's theory to psychotherapy; psychoanalytic therapists' conceptualization ofn a) human nature, b) psychopathology, and c) the therapeutic change process; major therapeutic techniques used to promote change in</p>		

	<p>psychoanalytic therapy;  <b>Adler's</b> Personality Theory and Psychotherapy, Psychotherapeutic techniques.<b>Jungian approach to psychotherapy and techniques.</b>  Lacanian approach to psychoanalysis, comparison with other approaches.Object relations theory and therapy: Melanie Klein, Winnicott, Otto Kernberg, Kohut, Karen Horney.  The Systemic Approach to Family Therapy: Basic principles of family therapy, basic concepts, therapeutic principles and techniques.  Bowen's Family Therapy concepts and techniques.  Strategic Family therapy concepts and techniques.</p>
Recommended and/or required reading:	Sinanidou, M.(2013). Theories of Personality and Current Psychotherapies: Treating Mental Disorders. Athens: Ion.
Textbooks:	Sinanidou, M. (2013). Theories of Personality and Current Psychotherapies: Treating Mental Disorders. Athens: Ion.
References:	<ul style="list-style-type: none"> <li>• McWilliams, N. (2012). Psychoanalytic diagnosis. Athens: Institute of Psychology and Health.</li> <li>• Papadioti-Athanassiou, B. &amp; Softa-Nail, L. (2014). Family and Boundaries: Systemic approach. Athens: Topos.</li> <li>• Pervin, L. &amp; Oliver, J. (2001). Theories of Personality. Athens: Tipothito (in Greek).</li> </ul>
Planned learning activities and teaching methods:	<p>The main teaching methods are the following:</p> <ul style="list-style-type: none"> <li>• Lectures-Analysis of theoretical material</li> <li>• Discussion groups</li> <li>• Use of visual-auditory material</li> </ul>
Assessment methods and criteria:	<p>Midterm Exam 25%</p> <p>Midterm Paper 25%</p> <p>Final Exam 50%</p>
Language of instruction:	Greek
Work placement(s):	None