

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

Course unit title:	Psychotherapeutic Processes II		
Course unit code:	FPSY 302		
Type of course unit:	BSc Psychology (Required Course)		
Level of course unit:	Undergraduate		
Year of study:	3		
Semester when the unit is delivered:	6th		
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"> 1. Differentiate amongst the different types of psychotherapy; 2. Explain the different techniques used by psychotherapeutic approaches; 3. Discuss the different ways in which psychotherapy affects both patient/client and counselor/therapist; 4. Describe how each theory/therapy conceptualizes a) human nature, b) psychopathology, and c) the therapeutic change process; 5. Describe a) the important historical figures associated with each theory and b) the historical context in which the theory emerged. 6. Identify the major therapeutic techniques used to promote change in each type of therapy. 		
Mode of delivery:	Face-to-face		
Prerequisites:	None	Co-requisites:	None
Course contents:	<p>Behavioral Therapies, Therapeutic techniques in Behavioral therapies. Cognitive-Affective/ Behavioral Therapies, techniques and applications. Relational Theories and Therapies, Roger's client-centered theories and therapies, techniques and applications. Existential psychotherapies: four fundamental questions, the psychotherapeutic relationship.</p>		

	<p>V. Frankl's logotherapy, basic principles, therapeutic utility, therapeutic relationship.</p> <p>Yalom's Existential Therapy, basic concepts, application in psychotherapy, psychotherapeutic relationship.</p> <p>Integrative Psychotherapy, main principles, techniques and applications.</p> <p>Other therapies: Gestalt, Group Therapies.</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"> • Cooper, M. (2008). Existential therapies. Athens: White word (in Greek). • Van Deurzen, E. & Adams, M. (2012). Developing competencies in humanistic counseling and psychotherapy. Athens: Kontyli (in Greek)
Planned learning activities and teaching methods:	<p>The main teaching methods are the following:</p> <ul style="list-style-type: none"> • Lectures-Analysis of theoretical material • Discussion groups • Use of visual-auditory material
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