

SCHOOL OF EDUCATIONAL SCIENCES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK

(CIP file- Classification of instructional programmes)

Course unit title:	COUNSELING PSYCHOLOGY		
Course unit code:	SPSY300		
Type of course unit:	CORE		
Level of course unit:	B.SC		
Year of study:	3RD		
Semester when the unit is delivered:	SPRING		
Number of ECTS credits allocated :	6		
Name of lecturer(s):	Dr. LOUKIA DEMETRIOU		
Learning outcomes of the course unit:	<p>Upon completion of the course students are expected to :</p> <ol style="list-style-type: none"> 1. Describe, compare, contrast and discuss basic theories of Counseling Psychology. 2. Comprehend the role of the counseling psychologist as well as that of the counseling relationship in personal and career counseling for personal and professional growth. 3. Become familiar with counseling skills and techniques used in counseling and the framework(s) of their application / applicability. 4. Develop an interdisciplinary understanding of the theories of counseling, develop critical thinking and use scientific thought in order to analyze and to understand various approaches in the interpretation of human behavior 5. Collect and present data in creative ways 6. Evaluate current research methods and applications of counseling psychology taking into account multiculturalism as an important approach in counseling. 		
Mode of delivery:	<ul style="list-style-type: none"> • Lectures using slides [PowerPoint] • Short documentary screenings on issues relevant to development • Group assignments • Discussion in class – development of critical thinking • Presentations by students 		
Prerequisites:	NONE	Co-requisites:	NONE
Course contents:	<ul style="list-style-type: none"> • Introduction: Comparison of concepts and definitions, special issues in counseling psychology, social importance of counseling psychology. • Types of Counseling Psychology: Personal and Group Counseling, Peer Counseling, Preventive counseling, Work and Career Counseling, Counseling for the Elderly, Family Counseling. • Comparison of counseling theories: Similarities and differences, Philosophy on human nature, personality, counseling process and counseling techniques. 		

	<ul style="list-style-type: none"> ● Contemporary approaches in counseling: Multicultural counseling, Feminist counseling. The counseling psychotherapist. ● Factors in the counseling relationship: The parties involved in the process of counseling: The counseling psychologist and his/her work, areas of employment, education, personal development, supervision and mentors. The “client” and his characteristics and needs. ● The stages of the counseling process (5) ● Counseling with children and families.
Recommended and/or required reading:	<p>Μαληκιώση-Λοϊζου, Μ. (2012) Συμβουλευτική Ψυχολογία. Αθήνα: Πεδίο</p> <p>McLeod, J. (2005). Εισαγωγή στη Συμβουλευτική. Αθήνα: Μεταίχμιο</p>
Textbooks:	See recommended and / or required reading
References:	<p>Γιοβαζολιάς, Α. & Μαληκιώση-Λοϊζου, Μ. (2014). Συμβουλευτική Ψυχολογία: Σύγχρονα ζητήματα έρευνας και πρακτικής. Αθήνα: Πεδίο</p> <p>Δεληγιάννη - Κουιμτζή, Β., Αθανασιάδου, Χ., Στογιαννίδου, Α. (2010). Συμβουλευτική με την οπτική του φύλου. Αθήνα: Ελληνικά Γράμματα</p> <p>Geldard, K. & Geldard, K. (2011). Συμβουλευτική Ψυχολογία στα Παιδιά. Αθήνα: Πεδίο</p> <p>Κλεφτάρας, Γ. (2009). <i>Πολιτισμική και πολυπολιτισμική συμβουλευτική. Άτομα με ειδικές ανάγκες - μειονότητες - μαθητές</i>. Αθήνα: Ελληνικά Γράμματα</p> <p>Κοσμόπουλος, Α.Β., Μουλαλούδης, Γ. Α. (2003). <i>Ο Carl Rogers και η προσωποκεντρική θεωρία για την ψυχοθεραπεία και την εκπαίδευση</i>. Αθήνα: Ελληνικά Γράμματα.</p> <p>Μαληκιώση-Λοϊζου, Μ. (2011). Συμβουλευτική Ψυχολογία στην Εκπαίδευση. Αθήνα: Πεδίο</p> <p>Μαληκιώση-Λοϊζου, Μ., Σιδηροπούλου-Δημακάκου, Δ., Κλεφτάρας Γ. (Επ.Εκδ). <i>Η Συμβουλευτική ψυχολογία στις γυναίκες</i>. Αθήνα: Ελληνικά Γράμματα</p> <p>Μαληκιώση-Λοϊζου, Μ. (2012) Συμβουλευτική Ψυχολογία. Αθήνα: Πεδίο</p> <p>Sanders, P. (2002). <i>First steps in counselling: A student's companion for basic introductory courses</i>. Ross-On-Wye, UK: PCCSBooks</p> <p>Σταλίκας, Α. & Χαμοδράκα, Μ. (2004). <i>Η Ενσυναίσθηση</i>. Αθήνα: Ελληνικά Γράμματα</p> <p>Σταλίκας, Α. (2005). <i>Θεραπευτικές Παρεμβάσεις</i>. Αθήνα: Ελληνικά Γράμματα.</p> <p>McLeod, J. (2005). Εισαγωγή στη Συμβουλευτική. Αθήνα: Μεταίχμιο</p> <p>Toporek, R., Gerstein, L., Fouad, N., Roysircar, G., Israel, T. (2013). (Eds). Συμβουλευτική Ψυχολογία και Κοινωνική Δικαιοσύνη. Ηγεσία, Όραμα, Δράση. Αθήνα: Πεδίο</p>
Planned learning activities and teaching methods:	<ul style="list-style-type: none"> ✓ Presentation / Lecture – with the use of PowerPoint slides). ✓ Discussion (s) in class: Small group discussions using case studies ✓ Presentation of short assignments by students.
Assessment methods and criteria:	<ol style="list-style-type: none"> I. Mandatory class attendance II. Completion of assignments and participation in classroom activities (discussions). III. Completion of personal or group assignments [20%] IV. Participation in the Midterm(s) [30%]

	V. Participation in the final exams [50%]
Language of instruction:	GREEK
Work placement(s):	NONE