

## COUNSELING THEORIES

1	Course Title:	COUNSELING THEORIES
2	Course Code:	RPD3007
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	2.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr. Gör. Dr. HACER BELEN
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Öğr. Gör. Dr. Hacer Belen hacerbelen@uludag.edu.tr Bursa Uludağ Üniversitesi Eğitim Fakültesi Eğitim Bilimleri Bölümü Görükle-Bursa
17	Website:	
18	Objective of the Course:	The aim of this course is to aid students to explore the basic concepts, principles, techniques, perspectives of counseling theories and how the counseling process works.
19	Contribution of the Course to Professional Development:	This course contributes to students in terms of the knowledge of psychological counseling theories and approaches, the concepts, principles and techniques that form the basis of these theories and approaches, the reflections of the theories on psychological counseling and new orientations.
20	Learning Outcomes:	
	1	To be able to explain fundamental concepts, therapeutic aims of psychoanalytic approaches, general viewpoint about human and the role of counselor and relationship between counselor and counselee
	2	To be able to explain fundamental concepts of Adler's Individual Psychology Theory's, general viewpoint about human and therapeutic aims
	3	To be able to explain Person-Centered Approach's fundamental concepts, general viewpoint about human, therapeutic aims, the role counselor and the relationship between counselor and counselee
	4	To be able to explain Existentialist Approach's fundamental concepts, general viewpoint about human, the role counselor and the relationship between counselor and counselee
	5	To be able to explain Gestalt Theory's fundamental concepts, general viewpoint about human, therapeutic aims and the relationship between counselor and counselee

		6	To be able to explain Behaviorist Theory’s fundamental concepts, general viewpoint about human, therapeutic aims and the relationship between counselor and counselee		
		7	To be able to explain Reality Theory’s fundamental concepts, general viewpoint about human. therapeutic aims the relationship between counselor and counselee		
		8			
		9			
		10			
21	Course Content:				
	Course Content:				
Week	Theoretical		Practice		
1	Fundamentals of Psychological Counseling				
2	Ethics in Psychotherapy				
3	Psychoanalytic Approach: Concepts				
4	Psychoanalytic Approach: Sessions and Techniques				
5	Adlerian Psychology: Concepts, Sessions and Techniques				
6	Existential Theory: Concepts				
Activites			Number	Duration (hour)	Total Work Load (hour)
8	Theoretical	Person-Centered Approaches: Concepts, Sessions and Techniques	14	2.00	28.00
Practicals/Labs			0	0.00	0.00
9	Self study and preparation	Gestalt Therapy: Concepts	14	1.00	14.00
Homeworks			0	0.00	0.00
Projects			0	0.00	0.00
Field Studies			0	0.00	0.00
11	Midterm exams	Behavioral Therapy: Concepts	1	9.00	9.00
Others			0	0.00	0.00
Final Exams			1	9.00	9.00
Total Work Load					69.00
Total work load Sessions and Techniques					2.00
ECTS Credit of the Course					2.00
22	Textbooks, References and/or Other Materials:		1. Corey, G. (2005). Psikolojik Danışma, Psikoterapi Kuram ve Uygulamaları, ( Çev.T. Ergene). Mentis Yayıncılık  2. Day, S. X (2008). Theory and Design in Counseling and Psychotherapy. Lahaska Press  3. Sharf, R. S. (2005). Psikolojik Danışma, Psikoterapi Kuram ve Uygulamaları, ( Çev.T. Acar). Nobel Yayıncılık		
23	Assesment				
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT		
Midterm Exam		1	40.00		
Quiz		0	0.00		

Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade	40.00	
Contribution of Final Exam to Success Grade	60.00	
Total	100.00	
Measurement and Evaluation Techniques Used in the Course	Mid-term and Final Exams	

## 24 ECTS / WORK LOAD TABLE

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	4	5	3	1	1	1	1	1	3	3	1	1	1	1	1	1
ÖK2	4	5	3	1	1	1	1	1	3	1	1	1	1	1	1	1
ÖK3	4	5	1	1	1	1	1	1	3	1	1	1	1	1	1	1
ÖK4	4	5	2	1	1	1	1	1	3	3	1	1	1	1	1	1
ÖK5	4	5	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK6	4	5	2	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK7	4	5	1	1	1	1	1	1	3	3	1	1	1	1	1	1
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							