

PRINCIPLES AND TECHNIQUES OF PSYCHOLOGICAL COUNSELING

1	Course Title:	PRINCIPLES AND TECHNIQUES OF PSYCHOLOGICAL COUNSELING	
2	Course Code:	MDR5101	
3	Type of Course:	Optional	
4	Level of Course:	Second Cycle	
5	Year of Study:	1	
6	Semester:	1	
7	ECTS Credits Allocated:	8.00	
8	Theoretical (hour/week):	3.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	None	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. İBRAHİM GÜRSES	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	igurses@uludag.edu.tr 2431066 – 60417	
17	Website:		
18	Objective of the Course:	Psychological counseling course aims to identify the problems of the client, to guide her/him, to provide the client with the ability to solve her/him problems on her/him own, and to contribute to the treatment of the client's problems by using effective consultant capacities.	
19	Contribution of the Course to Professional Development:	Students learn about the principles and techniques of psychological counseling. They make emotional, cognitive and behavioral interventions to individuals who will receive psychological counseling.	
20	Learning Outcomes:		
		1	Students understand the importance of psychological counseling.
		2	Students learn the relationship between the counseling process and other areas.
		3	Students gain the necessary experience to be an effective counselor.
		4	Students follow the steps of the psychological counseling process step- wise
		5	Students successfully apply counselor traits such as empathy, transparency, and communication skills.
		6	Students learn to give consistent, open, unconditional respect, supportive responses as a counselor.
		7	Students perform a pre-interview with the client, get a autobiography and define the client's problem.
		8	Students learn to make emotional interventions. Apply the empty chair technique successfully.
		9	Students perform cognitive restructuring as a type of intervention.
		10	Students perform behavioral interventions.
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	

1	What is Psychological Counseling?	
2	Psychological Counseling and Its Relations with Other Fields	
3	Psychological Counseling and Philosophy and Culture	
4	Psychological Counseling Conditions and Effects	
5	Features of Effective Psychological Counselors	
6	Steps of the Psychological Counseling Process	
7	The life of the Client in the Counseling Process	
8	Establishing the First Relationship and Communication with the Client	
9	Communication Skills	
10	Conditions that Convey the Sincerity of the Psychological Counselor	
11	Evaluating the Problems of the Client	
12	Emotional Interventions	
13	Cognitive Interventions	
14	Behavioral Interventions and Desistence	
22	Textbooks, References and/or Other Materials:	- Sheery Cormier-Harold Hackney, Psikolojik Danışma İlke ve Teknikleri, Psikolojik Yardım Süreci El Kitabı, çev. T. Ergene-S. Aydemir Sevim, Mentis Yay., Ankara 2008. - Richard Nelson-Jones, Temel Psikolojik Danışma Becerileri, çev. Gamze Sart, Nobel Akademik Yay., 2020.
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
Midterm Exam		0
Quiz		0
Home work-project		0
Final Exam		1
Total		1
Contribution of Term (Year) Learning Activities to Success Grade		0.00
Contribution of Final Exam to Success Grade		100.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		A written exam
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	3.00	42.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	14	13.00	182.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	0	0.00	0.00
Others	0	0.00	0.00
Final Exams	1	20.00	20.00
Total Work Load			244.00
Total work load/ 30 hr			8.13
ECTS Credit of the Course			8.00

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	0	0	0	0	4	0	0	0	0	0	5	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0
ÖK4	0	2	0	0	0	0	0	0	0	0	3	0	0	0	0	0
ÖK5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			