

PRINCIPLES AND TECHNIQUES OF COUNSELING

1	Course Title:	PRINCIPLES AND TECHNIQUES OF COUNSELING	
2	Course Code:	RPD3005	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	3	
6	Semester:	5	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	2.00	
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:	Doç. Dr. ASUMAN YÜKSEL	
15	Course Lecturers:	-	
16	Contact information of the Course Coordinator:	asumany@uludag.edu.tr 02242942211 Bursa Uludağ Üniversitesi Eğitim Fakültesi Eğitim Bilimleri Bölümü Görükle-Bursa	
17	Website:		
18	Objective of the Course:	The purpose of this course is to examine the theoretical basis of selective counselling strategies and to provide training in the use of these strategies	
19	Contribution of the Course to Professional Development:	To make it easier for students to do psychological counseling in schools by improving their counseling skills	
20	Learning Outcomes:		
		1	Knowledge basic techniques used in counseling process
		2	Ability to explain the relationship among the basic skills used in counseling
		3	Ability to use basic therapeutic skills
		4	Knowledge of necessary therapeutic conditions in counseling
		5	Ability to integrate the therapeutic skills and conditions,
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21	Course Content:		
		Course Content:	

Week	Theoretical	Practice
1	Introduction to course objectives, content and references, explanations about home work, exam and course activities	
2	Professional helping Knowing yourself as a counselor	
3	Counseling stages and skills	
4	The establishment of the first relationship and communication with the Client	
5	Therapeutic conditions and therapeutic skills	
6	Therapeutic conditions and therapeutic skills	
7	Invitation skills	
8	Reflection skills	
9	Reflection skills	
10	Conceptualizing and understanding client problems	
11	Psychological counseling goal setting	
12	Treatment planning and selection	
13	Termination	
14	Evaluation	

22	Textbooks, References and/or Other Materials:	Ders Kitabı, Referanslar ve/veya Diğer Kaynaklar: Akkoyun, F. (1994). Yardım Becerileri (Temel Eğitim Programı) Ankara: Nobel. Carkhuff, F. (1986). The Art of Helping (5 th edition) Ambers: Human Resource Dewelopmant Pres, Publishers of Human Technology. Cormier, S. ve Hackney, H. (2009). Psikolojik Danışma Stratejiler ve Müdahaleler. (Çevr. Ed: Süleyman Doğan ve Barış Yaka) . Ankara: Pegem A Delaney, D.J ve Eisenberg, S. (1993). Psikolojik Danışma Süreci. (Çeviri: N. Ören ve M. Takkaç). İstanbul: MEB yayınları. Egan, G (1975). Psikolojik Danışmaya Giriş: Kişiler arası İlişkiler Kurmada ve Kişisel Yardım Hizmeti Vermede Sistematik Bir Model. (Çevirenler: F. Akkoyun ve arkadaşları). Ankara: Nobel Egan, G. (1975). Yardım Becerileri Alıştırmaları / Psikolojik Danışmaya Giriş Kitabına Eşlik Eden Eğitim El Kitabı. (Çevirenler: F. Akkoyun ve arkadaşları) Ankara: Nobel. Eisenberg, S. ve Delenay, D.J. (1993). Psikolojik Danışma Süreci. (N. Ören ve M. Takkaç). İstanbul: Milli Eğitim Bakanlığı yayınları. Hackney, H., Cormier, S. (2008). Psikolojik Danışma İlke ve Teknikleri: Psikolojik Yardım Süreci El Kitabı (Çev: T. Ergene, S. Aydemir Sevim). Ankara: Mentis Yayıncılık. Rosenthal, H.G. (1998). Favorite Counseling and Therapy Techniques: 51 Therapists Share Their Most Creative Strategies. (Ed: Rosenthal, H.G) Philadelphia. Axxelerated Development Meier. S.T. ve Davis, S.R. (2006). Psikolojik Danışma Temel Öğeler (Çev Ed: Süleyman Doğan) Ankara. Pegem A Voltan, A.N. (2009). Yeniden Terapötik İletişim Kişiler Arası İlişkiler Ankara: Nobel. Young, Mark E. (2019). Yardım Sanatını Öğrenme (Çev. Ed: Feride Bacanlı ve Galip Yüksel). Ankara: Pegem
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23	Assesment	
TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	20.00
Quiz	0	0.00
Home work-project	1	20.00
Final Exam	1	60.00
Total	3	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		-
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	14	2.00	28.00
Homeworks	4	4.00	16.00
Projects	2	2.00	4.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	1	4.00	4.00
Final Exams	1	2.00	2.00
Total Work Load			84.00
Total work load/ 30 hr			2.77
ECTS Credit of the Course			3.00

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	5	5	1	3	5	2	1	1	5	5	1	1	1	1	1	4
ÖK2	5	4	1	3	4	1	1	1	4	5	1	1	1	1	1	2
ÖK3	4	5	1	3	4	1	1	1	4	5	1	1	1	1	1	4
ÖK4	5	5	1	4	4	1	1	1	5	5	1	2	1	1	1	4
ÖK5	4	5	1	5	3	1	1	1	4	5	1	1	1	1	1	3
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			