

THEORIES OF PSYCHOTHERAPY I

1	Course Title:	THEORIES OF PSYCHOTHERAPY I	
2	Course Code:	PSİ4065	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
5	Year of Study:	4	
6	Semester:	7	
7	ECTS Credits Allocated:	6.00	
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:	Dr. Öğr. Üyesi BURCU KORKMAZ YAYIN	
15	Course Lecturers:	-	
16	Contact information of the Course Coordinator:	<p>Dr. Öğr. Üyesi Burcu Korkmaz Yayın burcukorkmaz@uludag.edu.tr Ofis Numarası: 0224 275 50 89</p> <p>Bursa Uludağ Üniversitesi Fen-Edebiyat Fakültesi Psikoloji Bölümü Nilüfer/Bursa</p>	
17	Website:		
18	Objective of the Course:	To learn fundamental psychotherapy theories, to have knowledge about psychotherapy research, to be able to compare different psychotherapy theories with each other and to develop a critical perspective on psychotherapeutic interventions.	
19	Contribution of the Course to Professional Development:	This elective course aims to introduce the fundamental psychotherapy theories to undergraduate students and to provide information about the theoretical background of these theories as well as their practical applications.	
20	Learning Outcomes:		
		1	Learning the development of psychotherapy research and having information about current knowledge.
		2	Having knowledge about the fundamental psychotherapy theories and their assumptions.
		3	Comparing and discussing fundamental psychotherapy theories.
		4	Learning therapeutic techniques used by different psychotherapy schools.
		5	Gaining a critical perspective on different psychotherapy approaches.
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	

1	Introduction to psychotherapy research	
2	History of psychotherapy research	
3	Common factors model and psychotherapeutic alliance	
4	The stages of change model of Prochaska	
5	Psychoanalysis 1	
6	Psychoanalysis 2	
7	Psychoanalysis 3	
8	Ego psychology	
9	Object relations theory 1	
10	Object relations theory 2	
11	Cognitive Behavioral Therapies -1	
12	Cognitive Behavioral Therapies -2	
13	Cognitive Behavioral Therapies -3	
14	Cognitive Behavioral Therapies -4	

Activities			Number	Duration (hour)	Total Work Load (hour)
Theoretical			14	3.00	42.00
TERM I LEARNING ACTIVITIES			NUMBER	WEIGHT	
Practicals/Labs			0	0.00	0.00
Midterm Exam			1	20.00	20.00
Self study and preparation			14	4.00	56.00
Homeworks			0	0.00	0.00
Homework-project			1	20.00	20.00
Projects			0	0.00	0.00
Field Studies			0	0.00	0.00
Total			3	100.00	30.00
Midterm exams			3	100.00	30.00
Others			0	0.00	0.00
Success Grade					
Final Exams			1	52.00	52.00
Total Work Load					180.00
Total work load/ 30 hr			100.00		6.00
ECTS Credit of the Course					6.00
Course					

[illegible]

ÖK4	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0
ÖK5	0	4	2	0	0	0	0	0	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			