

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:	Dr. Öğr. Üyesi ASUMAN YÜKSEL	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	asumany@uludag.edu.tr 02242942211 Uludağ Üniversitesi	
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:		
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,
		6	Ability to settling therapeutic conditions
		7	Knowledge of the rules of structuring and terminating a counseling
		8	
		9	
		10	
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	Conceptualizing and understanding client problems			
6	Psychological counseling goal setting			
7	Study Week			
8	Treatment planning and selection			
9	Affective Interventions			
Activites		Number	Duration (hour)	Total Work Load (hour)
10	Behavioral Interventions	14	3.00	42.00
Practicals/Labs		0	0.00	0.00
11	Self study and preperation	12	3.00	36.00
Homeworks		1	16.00	16.00
Projects		0	0.00	0.00
12	Field Studies	1	6.00	6.00
Midterm exams		0	0.00	0.00
Others		1	8.00	8.00
Final Exams		1	12.00	12.00
Total Work Load				120.00
Total work load/ 30 hr				4.00
ECTS Credit of the Course				3.00

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 ilişkiler 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. Değerlendirme
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R WEIGHT
Midterm Exam		0 0.00
Quiz		1 30.00
Home work-project		1 20.00
Final Exam		1 50.00
Total		3 100.00
Contribution of Term (Year) Learning Activities to Success Grade		50.00
Contribution of Final Exam to Success Grade		50.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		
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	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	5	0	0	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			