

<b>Course Name:</b> Introduction to Psychotherapy Techniques		<b>Course Level:</b> Undergraduate		<b>Language:</b> English	
<b>Course Code</b>	<b>Prerequisites</b>	<b>Corequisites</b>	<b>(T + P hours)</b>	<b>ECTS Credit</b>	<b>Type</b>
PSYC4613	PSYC2601	None	3+0	5	Elective

**Course objectives:** Learning about the concepts of psychotherapy techniques.

**Course description:** Introduction to various theories and their applications in psychotherapy; A review of the basic patterns of Psychotherapy methods from a historical perspective; introduction to case formulation; identification of the differences between the therapist-client relationships with respect to various schools; case discussions related to various approaches to psychotherapy; role playing; interactive discussions focusing on psychotherapy skills.

**Evaluation system (in percentages):**

Midterm	Final	Total
%50	%50	100

## Reference

Corey, G. (2015). *Theory and practice of counseling and psychotherapy*. Nelson Education.

## Weekly Course Topics

Week	Topic
1.	Introduction - Counseling and Psychology
2.	Psychoanalysis
3.	Adlerci Psychotherapy
4.	Analytical Psychotherapy - Jung
5.	Client Centered Therapy
6.	Behavior Therapy
7.	Cognitive Therapy
8.	Midterm
9.	Solution Focused Therapy
10.	Existential Therapy
11.	Gestalt Therapy

12.	Integrative Psychotherapies
13.	Game Therapy
14.	Family Therapy

## Contribution of the Course to the Program Outcomes

### Course Outcomes

Students will gain the following knowledge and skills at the end of the course:

1. Understand different theories and applications of psychotherapy techniques
2. Compare the psychotherapy methods within a historical frame
3. Discuss cases, role playing and therapy skills
4. Identify therapist client relationships with respect to different therapy approaches

	Program Outcomes	CO1	CO2	CO3	CO4
1.	To examine and compare different concepts in subfields of psychology and to have basic application skills.	X	X		
2.	To apply analytical and critical thinking skills in various fields of psychology, to be able to solve the problems related to the field with contemporary methods.			X	X
3.	The student has the skills to interpret facts, events and data, to define and analyze problems, to develop solutions based on research and evidence by using the knowledge and skills they have acquired in the field.				
4.	Discussing and criticizing professional and ethical issues in program design and professional practice.			X	X
5.	To explain the procedures and rules in psychological measurement and interview techniques, and to develop the ability to apply them at a basic level.	X		X	X
6.	Adopting the rules of the positivist method and designing scientific research, collecting data, analyzing data and scientifically reporting the results.				
7.	To gain the basic principles of scientific thinking, to be able to separate and / or integrate the knowledge gained by other disciplines with a critical point of view.				
8.	To develop the competence for using the necessary information and communication technologies used to reach and spread information.				
9.	To use oral and written communication skills effectively both in Turkish and at least one foreign language.				
10.	Working effectively in individual and multidisciplinary research teams.				
11.	To develop respect for interpersonal and cultural diversity and to have social responsibility.				
12.	To be aware of psychological resilience, personal and professional development.	X		X	

Course Evaluation and ECTS Workload			
Types of Work	Number	ECTS Workload	
		Time	
Attendance	14	3	42
Final exam	1	20	20
Quizzes	0	0	0
Semester project	0	0	0
Assignments	0	0	0
Final project	0	0	0
Seminar	0	0	0
Duties	0	0	0
Presentation	0	0	0
Midterm	1	20	20
Project	1	25	25
Lab	0	0	0
Private lesson time	0	0	0
Other (Personal study)	14	2	28
		Total workload	135
		Total workload/25	5.4
		ECTS Credit	5

**Teaching Methods and Techniques:** Theoretical lecture, Discussion

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