

Course Name: Introduction to Applied Psychotherapy		Course Level: Undergraduate		Language: English	
Course Code	Prerequisites	Corequisites	(T + P hours)	ECTS Credit	Type
PSYC 4801	PSYC2601	-	3+0	5	Elective

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:

Midterm	Final	Total
%40	%60	100

Reference:

Corey, G. (2005). Theory and Practice of Counseling and Psychotherapy 8th ed. California: Brooks/Cole.

Weekly Course Topics

Week	Topic
1.	Introduction
2.	Psychodynamic therapy
3.	Psychodynamic therapy
4.	Cognitive Behavioral Therapy
5.	Cognitive Behavioral Therapy
6.	Schema therapy
7.	Positive therapy
8.	Midterm
9.	The therapist effect
10.	Therapist-client relationships – Transference/counter-transference
11.	Case discussion

12.	Case discussion
13.	Case discussion
14.	Case discussion

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. Introduction to a historical review of therapy theories
2. A review of psychotherapy methods and techniques
3. Identification of differences between therapist-client relationships
4. Case discussion related to psychotherapy

	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.				
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	
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		
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	0	0	0
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	1	15	15
Midterm	1	24	24
Project	0	0	0
Lab	0	0	0
Private lesson time	0	0	0
Other (Personal study)	14	2	28
		Total workload	133
		Total workload/25	5,32
		ECTS Credit	5

Teaching Methods and Techniques:

Prepared By:

Date: