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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Psychology** |
| Study Module (if applicable) |  |
| Course title | **Psychological counseling** |
| Level of study | **xBachelor**☐ Master’s ☐ Doctoral |
| Type of course | **x Obligatory**☐ Elective |
| Semester  | ☐ Autumn **xSpring** |
| Year of study  | **third** |
| Number of ECTS allocated | **5** |
| Name of lecturer/lecturers | **Marina Hadži Pešić, Damjana Panić** |
| Teaching mode | **xLectures**☐Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning **x Other** |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| Introduction to the psychotherapeutic practice in institutions, indications and contraindications for psychological counseling, differences between counseling and psychotherapy. Introduction to the features of counseling relationship, as well as to the counselor’s characteristics and communication skills that are important for counseling process. Learning and practice how to conduct counseling interview. Introduction to the different counseling approaches. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| It is expected that students after course are introduced to the basic principles of psychological counseling and counseling process, to know how to conduct the first interview and make counseling contract with the client, as well as to apply brief counseling interventions, relaxation techniques and supportive interventions in counseling work. It is also expected that students suggest (with the argumentation) counseling approaches that are related to the concrete clients’ problems, as well as to predict possible difficulties in counseling process and possible solutions to overcome them. Students learn to assess do the elected counseling approach match the client’s needs and demands that are mentioned in the counseling contract. Main topics of the course are: Introduction lecture (what is psychological counseling, how it differ from the psychotherapy, what are the aims and outcomes of counseling process), History of counseling and different counseling approaches and theories, counseling process and its phase, Basic principles of Psychodynamic counseling, Basic principles of Cognitive-Behavior counseling, Theory and practice of client-centered counseling (Rogerian counseling), Psychoeducational groups, Supportive counseling approaches, Couching, Psychosexual counseling, Counseling work with the families, Counseling work with the parents of children who have some chronic disease or developmental difficulties.  |
| **LANGUAGE OF INSTRUCTION** |
| **xSerbian** (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **5** | **Written examination** | **20** |
| **Practical teaching** | **15** | **Oral examination** | **40** |
| **Teaching colloquia** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |