

Course title	Therapeutic approaches to psychology				
Course code	PSY3502				
Course type	Compulsory				
Level	Bachelors				
Year / Semester	Year 3 / 6 th Semester				
Teacher's name	Dr Jelena Zeleskov Doric				
ECTS	6	Lectures / week	3hrs	Laboratories / week	-
Course purpose and objectives	<p>This module provides students with a broad and integrative introduction to therapeutic approaches in psychology, including cognitive-behavioural therapy (CBT), psychodynamic psychotherapy, humanistic approaches to therapy, coaching psychology, and emerging interventions such as drug-assisted treatments. It supports students in understanding core therapy principles, applying psychological theories to practice, and critically evaluate therapeutic models within ethical and professional contexts.</p>				
Learning outcomes	<p>On successful completion of the module and with further independent study, students will be able to:</p> <p>Knowledge and Understanding</p> <ol style="list-style-type: none"> 1. Explain and critically evaluate key therapeutic approaches including CBT, psychodynamic psychotherapy, humanistic approaches to therapy, coaching psychology, and drug-assisted therapy. 2. Demonstrate understanding of core therapy principles (e.g. therapeutic alliance, formulation, change processes, ethics). <p>Competencies</p> <ol style="list-style-type: none"> 3. Apply psychological theories to case formulation and treatment planning across different therapeutic models. <p>Transferable Skills</p> <ol style="list-style-type: none"> 4. Critically analyse the benefits, limitations, and ethical considerations of traditional and emerging therapeutic practices. 				
Prerequisites		Required	none		
Course content	Indicative Content				177

	<ul style="list-style-type: none"> • Foundations of therapeutic psychology: historical, ethical, and professional contexts • Cognitive-Behavioural Therapy (CBT): models, interventions, and case formulation • Psychotherapy: person-centred, psychodynamic, gestalt therapy, transactional analysis, existential approaches, integrative approaches • Drug-Assisted Treatments: overview of psychopharmacology, psychedelic-assisted therapy, and integrated care models • Humanistic and Person-Centred Therapy (Applications in counselling and personal development) • Coaching models: GROW, CLEAR; overlaps between coaching and therapy • Core Therapy Principles: therapeutic relationship, assessment, formulation, change mechanisms, relapse prevention • Case Studies: applying and comparing therapeutic models in practice • Critical Issues: evidence base, accessibility, ethics, cultural relevance, and practitioner competencies •
<p>Teaching methodology</p>	<p>Teaching will consist of lectures, in-class discussions, case studies and quizzes designed to assess understanding and provide opportunities for formative feedback. Teaching will be supported by online materials and additional readings</p>
<p>Bibliography</p>	<p>Core Text:</p> <p>McLeod, J. (2019). <i>An Introduction to Counselling and Psychotherapy: Theory, Research and Practice</i> (6th ed.). Open University Press.</p> <p>Recommended:</p> <ul style="list-style-type: none"> • Barber, G. S., & Aaronson, S. T. (2022). The emerging field of psychedelic psychotherapy. <i>Current psychiatry reports</i>, 24(10), 583-590. • Brownell, P. (Ed.). (2019). <i>Handbook for theory, research, and practice in Gestalt therapy</i> (2nd ed.). Routledge. • Cavarra, M., Falzone, A., Ramaekers, J. G., Kuypers, K. P., & Mento, C. (2022). Psychedelic-assisted psychotherapy—a systematic review of associated psychological interventions. <i>Frontiers in Psychology</i>, 13, 887255. • Davis, A. K., Barrett, F. S., May, D. G., Cosimano, M. P., Sepeda, N. D., Johnson, M. W., ... & Griffiths, R. R. (2021). Effects of psilocybin-assisted therapy on major depressive disorder: a randomized clinical trial. <i>JAMA psychiatry</i>, 78(5), 481-489.

	<ul style="list-style-type: none"> Mendelsohn, R. (2024). <i>Case formulation in contemporary psychotherapy: Decoding the conscious and preconscious transactions between therapist, patient and supervisor</i> (1st ed.). American Psychological Association. <p>Further reading:</p> <p>A reading list will accompany each lecture, highlighting relevant articles accessible through the library, as well as open-access and e-learning resources.</p>						
Assessment	<table border="0" style="width: 100%;"> <tr> <td style="width: 80%;">Attendance and participation</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Case Formulation and Intervention Plan (2000 words)</td> <td style="text-align: right;">45%</td> </tr> <tr> <td>Final Exam</td> <td style="text-align: right;">45%</td> </tr> </table>	Attendance and participation	10%	Case Formulation and Intervention Plan (2000 words)	45%	Final Exam	45%
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Language	English						