

<b>Language</b>	English
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<b>Course Title</b>	<b>Introduction to Counselling</b>				
<b>Course Code</b>	<b>PSY3605</b>				
<b>Course Type</b>	Compulsory				
<b>Level</b>	Bachelors				
<b>Year / Semester</b>	Year 3 / Semester 5				
<b>Teacher's Name</b>	Dr Jelena Zeleskov Doric				
<b>ECTS</b>	6	<b>Lectures / week</b>	3hrs	<b>Laboratories / week</b>	-
<b>Course Purpose and Objectives</b>	<p>This course explores the fundamental principles of counselling with particular focus on developing counselling microskills and understanding of counsellor-client relationships. In addition, students will learn basic counselling techniques and ethical framework necessary to be used in effective counselling practice. This course also seeks to introduce the students to evolving requirements to enter the profession.</p>				
<b>Learning Outcomes</b>	<p>On completion of this course students will be able to:</p> <p><b>Knowledge and Understanding</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate the understanding of fundamental principle in counselling profession including basic counselling techniques</li> <li>2. Demonstrate the understanding of ethical practice related to counselling profession</li> <li>3. Critically analyze the knowledge of psychological theory as it can be applied in counselling settings</li> </ol> <p><b>Competencies</b></p> <ol style="list-style-type: none"> <li>4. Successfully apply counselling micro skills in therapeutical setting with clients</li> </ol> <p><b>Transferable Skills</b></p> <ol style="list-style-type: none"> <li>5. Apply appropriate communication techniques in simulated counselling interactions (e.g., role-plays).</li> </ol>				

	6. Analyse complex client scenarios from case studies and identify appropriate micro skills to use in counselling sessions.		
<b>Prerequisites</b>	N/A	<b>Required</b>	none
<b>Course Content</b>	<p>Indicative content</p> <ul style="list-style-type: none"> <li>• Understanding counselling, history and evolution of counselling and different types of counselling (individual, group, family)</li> <li>• Counselling theories overview including person-centered therapy, cognitive-behavioral therapy (CBT), psychodynamic counselling, gestalt therapy</li> <li>• Core counselling micro skills (active listening and empathy, attending behavior, open and closed questions, reflection of feelings, summarizing and paraphrasing, clarification, non-verbal communication, focusing, confrontation etc.)</li> <li>• Phases of counselling sessions (setting goals, intervention techniques, ending sessions and follow-up)</li> <li>• Ethics and professionalism in counselling (confidentiality, privacy, informed consent, ethical dilemmas and decision-making, professional boundaries)</li> <li>• Cultural awareness in counselling (cultural sensitivity, counselling across cultures, cultural respect)</li> </ul>		
<b>Teaching Methodology</b>	<p>•Reading assigned material •Working on case studies •Attendance and participation in class •Class discussions •Writing and reply on objective type questions •Solving unstructured questions •Brief oral presentations Interaction and collaborative learning •Simulation and role Playing •Video Watching</p>		
<b>Bibliography</b>	<p><b>Core texts:</b></p> <p>Corey, G. (2023). <i>Theory and practice of counseling and psychotherapy</i> (11th ed., International ed.). Cengage Learning.</p> <p>Hibel, J., &amp; Schooley, A. (2026). <i>Microskills for effective therapy and counseling: A systemic perspective</i>. Routledge.</p> <p><b>Recommended:</b></p> <p>Murphy, D. (2017). <i>Counselling Psychology: A Textbook for Study and Practice</i>. Wiley.</p> <p>Nelson-Jones, R. (2015). <i>Basic counselling skills: A helper's manual</i> (4th ed.). SAGE Publications.</p>		

	<p>Neukrug, E. (2007). <i>The world of the counsellor: An introduction to the counselling profession. 3<sup>rd</sup> edition.</i> Brooks/Cole: Pacific Grove, CA.</p> <p><b>Further reading:</b></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>						
<b>Assessment</b>	<table> <tr> <td>Attendance and participation</td> <td>10%</td> </tr> <tr> <td>Case Formulation and Intervention Plan (2000 words)</td> <td>45%</td> </tr> <tr> <td>Final Exam (Role play simulation)</td> <td>45%</td> </tr> </table>	Attendance and participation	10%	Case Formulation and Intervention Plan (2000 words)	45%	Final Exam (Role play simulation)	45%
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