

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: KPS/ PP/06	Course name: Counselling Psychology
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present	
Number of ECTS credits: 6	
Recommended semester/trimester of the course: 5.	
Course level: I.	
Prerequisites: KPS/VP2/06	
Conditions for course completion: 1. Activity at the seminar - participation, fulfillment of practice tasks (10 points). 2. Continuous tests in the form of an essay - 2 parts (10 points, range 4-5 pp.) 3. Conduct and process an interview with a client (recording, transcription, interpretation, and self-reflection) - 30 points 4. Final exam (50 points). Components: Final test in the form of an essay on an individually chosen topic, range 10-12 pp. Prerequisites and co-requisites: Continuous assessment 50%, at least 26 points; final evaluation 50%, min. 26 points. The information will be yearly specified on the electronic noticeboard (even a black board can be) of the course in AiS2, alternatively in LMS UPJŠ or MS Teams environment.	
Learning outcomes: 1. Acquisition of knowledge from counseling psychology about the main approaches of counseling, counseling models, counseling process, counseling relationship, main application areas of counseling at the level of understanding, application, analysis, synthesis, critical evaluation. 2. Gaining the ability to establish a counseling relationship, to acquire the basic competencies of conducting a counseling interview with the client. 3. Acquisition and internalization of a critical evaluation attitude to the application of counseling methods, building the ability to choose an appropriate counseling approach to the client. 4. Adoption and internalization of an ethical attitude to the application of knowledge and work with the client. The information will be yearly specified on the electronic noticeboard (even a black board can be) of the course in AiS2, alternatively in LMS UPJŠ or MS Teams environment.	
Brief outline of the course: The nature of counseling psychology, its inclusion in the system of applied disciplines, and sources of its development. Ethical bases in counseling psychology. Basic paradigms of counseling psychology. Humanistic paradigm, psychodynamic approach, gestalt approach. Cognitive-emotional and behavioral approaches. Counseling interview and counseling relationship. Multimodal counseling, life counseling. Helping competences and helping profession. Counseling applied in the fields of activity and contexts: marital and partner counseling, career counseling, group counseling.	

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Recommended literature:

Compulsory literature:

Lectures

Koščo, J. a kol.: Poradenská psychológia. SPN, Bratislava, 1988.

Gabura, J., Pružinská, J.: Poradenský proces, Slon, Praha, 1998.

Hvozdík, S. : Úvod do poradenskej psychológie, FF UPJŠ , Košice, 2011.

Merry, T.: Naučte sa byť poradcom, Pegas, Bratislava, 2004.

Mesárošová, M. a kol.: Starostlivosť o seba u pomáhajúcich profesií. Košice, Vydavateľstvo Šafarik Press, 2019.

Procházka, R. et al: Teorie a praxe poradenské psychologie. Praha: Grada Publishing, 2014.

Recommended books:

Bertolino, B.: Effective Counselling and Psychotherapy. An evidence-based approach. New York: Springer, 2018

Gilliland, B. E. & James, R. K.: Theories and Strategies in Counseling and Psychotherapy. 4th ed. Boston etc Allyn and Bacon, 1998.

Moodley, R., Gielen, U. P., & Wu, R.: Handbook of Counseling and Psychotherapy in an International Context. New York and London: Routledge, 2013.

Nelson-Jones, R.: The Theory and Practical of Counselling, Cassel, Reprinted, 1998.

Course language:

Slovak language

Notes:

Course assessment

Total number of assessed students: 838

A	B	C	D	E	FX
16.35	23.27	29.24	19.33	10.74	1.07

Provides: prof. PhDr. Margita Mesárošová, CSc., Mgr. Viktória Hičárová, PhD.

Date of last modification: 16.09.2021

Approved: