



## COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Introduction to counselling and psychotherapy	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: prof. dr. Evaldas Kazlauskas Other(s): Dr. Paulina Želvienė	Center for Psychotraumatology, Institute of Psychology, Vilnius university

Study cycle	Type of the course unit (module)
Bachelor	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Lectures and seminars	Autumn, Spring	English

Requirements for students	
Prerequisites: -	Additional requirements (if any): -

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	135	32	103

Purpose of the course unit (module): programme competences to be developed
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The course will focus on the introduction and basics of psychological counselling and psychotherapy. Students will be introduced to current research and theories in the field. During the course students will also practice counselling skills. As the result of the course students will be familiar with main approaches of psychotherapy and the role of research in counselling and psychotherapy. After completion of the course students will understand application of counselling and psychotherapy to various problems.

Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
After completing the course, students will understand main theories of counselling and psychotherapy.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will understand the role of research in counselling and psychotherapy.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will be able to present, discuss and analyze application of counselling and psychotherapy to different problems.	Lectures, readings of literature, discussions in the seminars, analysis of case vignettes, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.

Content: breakdown of the topics	Contact hours	Self-study work: time and assignments
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	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work placement	Contact hours	Self-study hours	Assignments
1. Basic concepts of counselling and psychotherapy.	2						2	3	-
2. Theoretical approaches to counselling and psychotherapy.	2		8				10	15	Readings selected and recommended by the course lecturer. Video presentation and analysis.
3. Research in counselling and psychotherapy.			4				4	15	Readings selected and recommended by the course lecturer.
4. Application of counselling and psychotherapy to various problems.			16				16	70	Readings selected and recommended by the course lecturer. Student presentations.
<b>Total</b>	<b>4</b>		<b>28</b>				<b>32</b>	<b>103</b>	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Presentation in a seminar	25	Throughout the semester	Students prepare a presentation on a chosen topic from counselling/psychotherapy field. The topic of the presentation is approved by the course lecturer in the beginning of the course. The topic is the same as the topic of the written essay. Presentation is evaluated on a 10-point scale, where 10 represent that student is able to present the chosen question of counselling in the seminar excellently. It is obligatory to make a presentation during the seminar to be eligible to take an exam.
Written essay	25	End of semester, before the exam.	Students prepare an essay on a chosen topic from counselling/psychotherapy field. The topic of the essay is agreed with the course lecturer in the beginning of the course. The topic is the same as the topic of the oral presentation, made in the seminar. Essay is evaluated on a 10-point scale, where 10 represent that student is able to describe and analyze the chosen question of counselling excellently and use scientific literature for his/her work. It is obligatory to write an essay and deliver it to the lecturer to be eligible to take an exam.
Written exam	50	End of semester.	Situations of counselling are presented. Questions, connected to the situations, are given. To answer questions students must apply knowledge gained during the course at lectures, seminars and readings. Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of counselling field and can apply its knowledge to the practical situations excellently.

#### Readings

1. Corey, G. (2015). Theory and practice of counseling and psychotherapy. Nelson Education.

2. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2012). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques*. John Wiley & Sons.

Scientific articles selected by the lecturer.