

Course Name : Theories and Techniques of Counseling							
Course Code	Course Type	Regular Semester	Lecture (hours/week)	Seminar (hours/week)	Lab. (hours/week)	Credits	ECTS
PSD 413	B	Fall	3.00	1.00	0.00	3.50	6.00
Lecturer		Mehmet Aslan, PhD					
Assistant							
Course language		English					
Course level		Master					
Description							
Objectives							
Core Concepts							
Course Outline							
Week	Topic						
1	Introduction to Theory and Counseling						
2	Psychoanalysis and Neoanalytic Approaches						
3	Individual Psychology						
4	Introduction to Case Studies for Counseling Strategies						
5	Case Study 1: Scarlett						
6	Case Study 2: Barb						
7	Case Study 3: Theo						
8	Midterm						
9	Case Study 4: James						
10	Introduction to Therapy and Strategies						
11	Person Centered Therapy						
12	Gestalt Therapy						
13	Existential Therapy						
14	Behavior Therapy						
15	Rational Emotive Behavior Therapy						
16	Final Exam						
Prerequisites	The student must attend the course at a minimum rate of 75%.						
Literature	• Murdock, N. L. (2016). Theories of counseling and psychotherapy: A case approach. Pearson.						
References	• Brown, D., Pryzwanski, W. B. & Schulte, A.C. (1991). Psychological Consultation: Introduction to Theory and Practice. USA: Allyn And Bacon.. • Ivey, A.E., Bradford, I.M., & Simek, D.L. (1987). Counseling and Psychotherapy Integrating Skills, Theory, and Practice. (2nd Ed.). USA: Prentice-Hall International • Corey, G. (2004). Theory and Practice of Counseling and Psychotherapy. Cenagage Learning.						

Course Evaluation			
In-term Studies	Quantity	Percentage	
Midterms	1	40	
Quizzes	0	0	
Projects	0	0	
Term Projects	0	0	
Laboratory	0	0	
Class Participation	0	0	
Total in-term evaluation percent			40
Final exam percent			60
Total			100
ECTS Workload (Based on Student Workload)			
Activities	Quantity	Duration (hours)	Total (hours)
Course duration (Including the exam week: 16x Total hours of the course)	16	4	64
Study hours outside the classroom (Preparation, Practice, etc.)	14	5	70
Duties	0	0	0
Midterms	1	12	12
Final Exam	1	16	16
Other	0	0	0
Total Work Load			162
Total Work Load / 25 (hours)			6.48
ECTS			6.00