

Course Profile – Psychology Department	
Course Number: PSY 344	Course Title: Introduction to Psychotherapy Techniques
Required/Elective: Elective	Pre/Co-requisites: PSY 342
Catalog Description: Discussion on the historical development of various techniques of psychotherapy. Freudian, Jungian, Adlerian, Rogerian, Beckian, Ellisian and existensial schools. Comparison of mechanisms of behavior change.	Textbook/Required material: Barlow, D. H. (2007). Clinical Handbook of Psychological Disorders, Fourth Edition: A Step-by-Step Treatment Manual (Barlow: Clinical Handbook of Psychological Disorders) The Guilfords Press. Combrinck-Graham L. (2006). Children in Family Contexts, Second Edition: Perspectives on Treatment. The Guilford Press; Second Edition edition
Course Structure/Schedule: (3+0+0) 3 /	6 ECTS
Extended Description: Discussion on the historical development of various techniques of psychotherapy. Freudian, Jungian, Adlerian, Rogerian, Beckian, Ellisian and existensial schools. Comparison of mechanisms of behavior change.	
Design content: none	Computer usage: none
Course Outcomes: 1. Define the basic concepts in different theories with respect to psychotherapy history.(1) 2. Describe the process that underlie the various techniques. (2) (4) (12) (13) (1) Examine and compare different concepts in the sub-areas of psychology. (written exam). (2) describe and explain the differences between common sense, religion, art, philosophy and science (written exam). (4) apply analytical and critical thinking skills to selected topics in the various fields of psychology (take-home exam or paper). (12). develop respect to interpersonal and cultural diversity (written exam). (13) develop self-awareness and coping strategies for psychological resilience and self improvement (paper and oral presentation).	
Reccomended Reading Grawe, K. (2002). Psychological Therapy Hogrefe & Huber Publishing; 2 edition.	
Teaching Methods : Lecture with slides, class discussions	
Assessment Methods: Written exam, home-work, quiz,	
Student workload.	
Preparatory reading.....	40...hr.
Lectures.....	70.. hrs.
Pre-reading	40....hr.
TOTAL.....	150..hrs.....to match 25x6 ECTS