Title and Code of Course: Introduction to Counseling Psychology ERPB-BPSA 4190

Instructor's Name: Lilla Koltói PhD

Instructor's Email Address: koltoi.lilla@kre.hu

Credit Point Value:	Number of Lessons	Type of Course:	Method of Evaluation:
6	per Week: 2	Seminar 🗆	Oral Examination $\Box$
		Lecture 🛛	In-Class Presentation $\Box$
			Other 🛛

## **Course Description:**

The aim of the course is to provide students with the basic concepts of counselling psychology. It will introduce the students the major theories, strategies, applications, and ethical, cultural and legal considerations related to counseling psychology. The course provide information about professional and personal competences necessary to become a counselling psychologist and about the various employment opportunities.

Topics of the course:

- History and core concepts of counselling psychology
- Coaching counselling psychotherapy: limits of competences
- Different approaches in counselling psychology
- Practice of ethics, multicultural competence
- Competences and microskills of the counsellor,
- Professional identity and motivation
- The process of counselling
- Fields of counselling psychology: group, career, couple and family counselling, crisis intervention

## Bibliography:

Corey, G. (2017) *Theory and Practice of Counselling and Psychotherapy*. Tenth edition, Cengage Learning

Egan, G. (2014) *The Skilled Helper: a problem management and opportunity development approach to helping*. Tenth edition, Cengage Learning

Ivey, A. (2018). *Intentional interviewing and counseling* (9th ed.). Cengage Learning