

<i>Title and Code of Course:</i> Introduction to Counseling Psychology ERPB-BPSA 4190			
<i>Instructor's Name:</i> Lilla Koltói PhD			
<i>Instructor's Email Address:</i> koltoi.lilla@kre.hu			
Credit Point Value: 6	Number of Lessons per Week: 2	Type of Course: Seminar ☐ Lecture ☒	Method of Evaluation: Oral Examination ☐ In-Class Presentation ☐ 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) <i>Theory and Practice of Counselling and Psychotherapy</i>. Tenth edition, Cengage Learning Egan, G. (2014) <i>The Skilled Helper: a problem management and opportunity development approach to helping</i>. Tenth edition, Cengage Learning Ivey, A. (2018). <i>Intentional interviewing and counseling</i> (9th ed.). Cengage Learning			