

Faculty of Law
Department: Psychology
Professional area: Psychology
Major: Psychological Counselling
Educational-and-qualification degree: Master

COURSE DESCRIPTION

1. Course unit title: Approaches and Schools in Psychological Counselling
2. Course unit code: PSY 3092
3. Type of course unit: compulsory
4. Level of course unit: Master
5. Year of study: first
6. Semester: first
7. Number of ECTS credits allocated: 3
8. Name of lecturer: Assoc. Prof. Pavlina Petkova Damyanova, PhD
9. Learning outcomes of the course unit: Acquired knowledge, skills, competencies:
The aim of the course is the Master students to acquire the basic knowledge and skills in the fields of the psychological counseling: psychodynamic, cognitive, behavioral, psychosomatic. In every field, the students are provided with the systematic aspects of the psychological theory, specialized professional skills and specific approaches to counseling.
10. Mode of delivery: face-to-face.
11. Prerequisites and co-requisites: The course is fundamental in the structure of the Master's Degree Programme and provides basic theoretical specialized knowledge about the main trends in Psychology and Counseling: psychoanalytic, cognitive and behavioral.
12. Course contents: The course encompasses systematic knowledge and development of understanding of the interrelationship between these trends and the modern schools of practical applications in various fields of counseling – personality crises and disorders of development. Building understanding and basic counseling skills in crises of the social functioning, bodily and mental illnesses; experienced psychotraumas, professional stress and its consequences, family conflicts and disturbances in the partner relations. Development of understanding and basic skills in psychological counseling in the basic approaches, with the specific format of practical consulting and strategic schools of appliance. Building basic skills for conducting individual, group, family counseling.
13. Recommended and/or required reading:
 1. Еленберг А., Откриване на несъзнаваното. История и развитие на динамичната психиатрия, изд. Лега артис, С., 2006
 2. Николкова Св., Маринов П., Психиатрия, психология и психотерапия, “Универс. Изд. Медицина”, С., 2009
 3. Борн Е. – Да се справим с тревожността и фобиите, С., ЛиК, 2008
 4. Петкова П., Н. Цонева, Д. Видева, Г. Кирилов – Реконструиране и реинтегриране на позитивния опит и функционални вярвания в когнитивно-поведенческата психотерапия, Сп. “Когнитивно-поведенческа психотерапия”, София, 2009, 1, 44 – 48

5. Петкова П., Н. Цонева – Основни психологични и психотерапевтични умения за комуникация, В “Практическа психиатрия”, Изд. “Ася-Росен Младенов”, 2009, том I, 73 - 89
6. Петкова, П. Н. Цонева, Г. Кирилов, И. Иванов, Н. Малинова – Психологичното консултиране в клиничната практика, Сп. “Клинична и консултативна психология, Варна, “Стено”, 2009, I, (2) 2, 3 – 9
7. Петкова П., К. Иванов, М. Кръстева – Когнитивната метафора при рedefинирането в груповия психотерапевтичен процес, Сборник научни доклади на VI-ти национален конгрес по психология, С. 18-20.XI. 2011, 747 – 750
8. Стоянов, В., Посттравматично стресово разстройство, Варна, Изд. Псидо, 2009
9. Тодоров О. – Любов, завист и благодарност. Избрани статии, С., ЛиК, 2005

14. Planned learning activities and teaching methods: Multimedia means and techniques are used during the course of study.

15. Assessment methods and criteria: Written and oral examinations: research paper, defended before a group and an oral examination according to a synopsis. The assessment of the Master student is based on the assessments in two main areas:

- the extent of the built systematic knowledge on the thematic areas which the Master student presents in the research paper and its defence before the group, his/her participation in the seminars and the oral examination according to a synopsis. The assessment of knowledge is the average of two assessments:

- research paper and defence; participation in seminars
- oral examination

- understanding of the nature of the professional skills and the extent of the built basic skills of the counseling psychologist which the student displays in the seminars. There is one assessment of skills based on the involvement of the student throughout the seminars. The final assessment is the average of the assessment of the written and oral examination.

16. Language of instruction: Bulgarian

17. Work placement: Small group simulation of counseling and supervision in cases of disorders in the cognitions and the affects, deviant behavior, addiction and post-traumatic disturbances; work in a training group for the recognition of defensive behavior and its overcoming by counseling.