

Course Description

Faculty: Educational Sciences

Study program: Bachelor in Psychology

Course Title: Psychotherapy

Course Credits: 6 ECTS

Language of Instruction: Albanian

Course Description: After successful completion of this course, students should have a basic knowledge and develop a personal sense of the theories and techniques of major psychotherapy approaches including psychodynamic, cognitive, behavioural, humanistic, and others. This course is fundamental in developing skills in assessment of client needs and application of effective preventive and therapeutic interventions.

Course Goals: The main goal of the course is placed on critical analysis of the various approaches as well as self-reflection in relation to values, beliefs, assumptions about human nature, and worldview.

Course Requirements:

- *Attendance and Participation.* Students are expected to attend all class meetings, complete all assignments, and participate fully in all class activities.
- *Clinical interviews.* There will be two interview assignments (counselor/client) during the course of the semester, applied with someone the students know or a fictitious personage who captures their imagination. Then, one student will role-play the therapist, the other will role-play the “client.”
- *Final exam* with multiple choice questions, open questions, case studies etc.

Grading: Credits are equivalent to grades 5 - 10. No Credit is equivalent to grade 4.

Grades will be earned according to the following points: 10 = 95-100, 9 = 85-94, 8 = 75-84, 7 = 65-74, 6 = 55-64, 5 = 45-54 and 4 = 44 or lower.

Course Schedule: 1st Semester. Hours in auditorium 75 (lectures 45 and seminars 30).