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| **COURSE DESCRIPTION** | | | | | |
| **Course** | *Code* | *Semester* | *L+P Hour* | *Credit* | *ECTS* |
| Principles and Techniques of Counseling | PCG 503 | 2 | 3+0 | 3 | 8 |

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| **Prerequisites and Co-requisities** | - |

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| **Language of Instruction** | English |
| **Level of Course Unit** | Graduate |
| **Type of Course Unit** | Compulsory |
| **Coordinator of the Course** | - |
| **Name of Lecturer(s)** |  |
| **Assistants of the Course** | Res. Asist. Eren Özyiğit, Res. Asist. Merve Baykal, Res. Asist.. Burcu Dok |
| **Aim** | The aim of this course is to enable the students to acquire the knowledge and skills necessary for the students to become effective consultants. |
| **Objective** | Psychological counseling is essential; Facilitating, micro-consulting skills; The theoretical foundations of basic psychological counseling skills; Increasing individual awareness; Developmental psychological counseling approach; The structure, process and dynamics of psychological counseling practice; Various intervention techniques in psychological counseling; Individual values and beliefs and ethical rules in the professional consultation process; To support all applications in and out of the course with clear and short feedbacks. |

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| **Learning Outcomes** | **Program Learning Outcomes** | **Teaching Methods** | **Evaluation Techniques** |
| 1) Explain the principles and techniques of counseling. | 1, 2,3,8 | 1,2,3,4,5,6 | 1,2,3 |
| 2) Explain the characteristics of an effective counselor. | 1, 2,3,8 | 1,2,3,4,5,6 | 1,2,3 |
| 3) Use active listening. | 1, 2,3,8,12,13 | 1,2,3,4,5,6 | 1,2,3 |
| 4) It uses the technique of coining. | 1, 2,3,12,13,15 | 1,2,3,4,5,6 | 1,2,3 |
| 5) Improves empathy skills. | 1, 2,3,12,13,15 | 1,2,3,4,5,6 | 1,2,3 |
| 6) Build personalization skills. | 1, 2,3,12,13,15 | 1,2,3,4,5,6 | 1,2,3 |

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| **Teaching Methods:** | 1. Lecture Method 2. Case Method 3. Problem Solving Method  4. Discussion method 5. Demonstration method 6. Group work |
| **Evaluation and Assessment Techniques:** | 1. Yazılı sınav 2. Çoktan seçmeli test 3. Boşluk -doldurma  4. Doğru -Yanlış 5. Sözlü sınav 6. Portfolyo 7. Vaka Analizi |

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| **COURSE'S CONTRIBUTION TO PROGRAM** | | | | | | | |
| No | Program Learning Outcomes | Contribution | | | | | |
| 1 | 2 | 3 | 4 | 5 |  |
| 1 | Having knowledge of past, basic though and principles of the PCG, and implementing PCG |  |  |  | X |  |  |
| 2 | Comprehending meaning and importance of the coordination, consultation/consulting and supervision in the PCG field, and implementing them |  |  |  | X |  |  |
| 3 | Having knowledge of ethical rules accepted by national and international PCG associations, and implementing them |  |  | X |  |  |  |
| 4 | Learning to accept everyone as they are / with all kind of features by the multicultural approach |  |  |  |  |  |  |
| 5 | Learning theories/information about cultural awareness, cultural social justice, solution of conflicts, and other cultural behaviors; for development and health of human soul, mind and body, and implementing them |  |  |  |  |  |  |
| 6 | Learning theories related to the development, learning and personality development so as to facilitate positive development and wellness of individual for his/her life time, and implementing them |  |  |  |  |  |  |
| 7 | Understanding the environmental factors affecting normal and abnormal behaviors, psychopathology, disability conditions and crisis during his/her development process, |  |  |  |  |  |  |
| 8 | Learning and implementing the career consulting, processes, techniques and sources, career development and decision-making model so as to include those applied to certain groups in the global economy |  |  |  | X |  |  |
| 9 | Learning psychological consulting theories, being aware and use of intervention techniques suitable for counselees in practice |  |  |  |  |  |  |
| 10 | Learning group process, roles and behaviors of group members, group working, therapeutic factors, and principles and techniques of group dynamics containing developmental stages |  |  |  |  |  |  |
| 11 | Learning varieties and skills of being group leader and implementing them |  |  |  |  |  |  |
| 12 | Gaining understanding to assess individual and group approaches within framework of multicultural society |  |  | X |  |  |  |
| 13 | Comprehending and implementing standardized and non-standardized tests containing the environmental assessment, performance assessment, individual and group assessments and inventory methods, psychological testing, and behavioral observations, as well as basic concepts of other assessment techniques |  |  | X |  |  |  |
| 14 | Learning qualitative and quantitative scientific research methods, comprehending importance to make research in the field of PCG and to present results in written, and implementing them |  |  |  |  |  |  |
| 15 | Learning how to use internet and technology for accessing information, sharing information, professional development and data analysis |  |  |  |  | X |  |
| 16 | Sticking to confidentiality principle in the PCG services, believing that benefiting from the PCG services is open to everyone for their life time on voluntarily basis |  |  |  |  |  |  |
| 17 | Understanding the barriers before education of students who need special education and supporting students in these fields |  |  |  |  |  |  |

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| **WEEKLY DETAILED COURSE CONTENTS** | | |
| **Week** | **Topics** | **Preparation** |
| 1 | LOGIN |  |
| 2 | INDIVIDUAL PSYCHOLOGICAL CONSULTATIONS |  |
| 3 | EFFECT CONSULTANCY PERSONAL CHARACTERISTICS |  |
| 4 | EFFECTIVE LISTENING |  |
| 5 | TANGIBILITY |  |
| 6 | EMPATHY |  |
| 7 | MIDTERM |  |
| 8 | SINCERITY |  |
| 9 | RESPECT |  |
| 10 | PERSONALIZATION |  |
| 11 | TRANSPARENCY |  |
| 12 | RELATED NOW AND HERE |  |
| 13 | STAGE SKILLS |  |
| 14 | JOINING TERMS |  |
| 15 | GENERAL EVALUATION AND CLOSING |  |

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| **READING TEXT** | |
| **Required Reading** | ACAR, Nilüfer Voltan Psikolojik Danışma İlke ve Teknikleri, Nobel Yayınları, Ankara, 2012  ACAR, Nilüfer Voltan, Terapötik İletişim, Nobel Yayınları, Ankara, 2012 |
| **Recommended Reading** |  |

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| **MATERIAL SHARING** | |
| **Materials** |  |
| **Homeworks** |  |
| **Exams** |  |

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| **ASSESSMENT** | | |
| **TERM LEARNING ACTIVITIES** | **NUMBER** | **WEIGHT, %** |
| Mıd-Term | 1 | 20 |
| Participation | 2 | 10 |
| Homework | 1 | 25 |
| **Total** |  | **55** |
| **Contribution of Final Exam to Success Grade** |  | 55 |
| **Contribution of Term (Year) Learning Activities to Success Grade** |  | 45 |
| **Total** |  | **100** |

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| **COURSE CATEGORY** | Lecture on Specialized Field | | |
| **ECTS / WORK LOAD TABLE** | | | |
| Activities | Number | Duration (Hour) | Total Work Load (Hour) |
| Duration (hour) | 15 | 3 | 45 |
| Prestudy | 15 | 5 | 75 |
| Homework | 2 | 20 | 40 |
| Mid-Term | 2 | 10 | 20 |
| Final | 1 | 7 | 7 |
|  |  |  |  |
| **Total Workload** |  |  | 187 |
| **Total Workload / 25 (h)** |  |  | 7.48 |
| **ECTS Credit** |  |  | 8 |