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| **Course title** | Introduction to Clinical Therapies | | | | | |
| **Course code** | PSY301 | | | | | |
| **Course type** | Elective | | | | | |
| **Level** | Undergraduate | | | | | |
| **Year / Semester** | Year 3 | | | | | |
| **Teacher’s name** | Eva Pettemeridou | | | | | |
| **ECTS** | 7.5 | **Lectures / week** | 1 | **Laboratories / week** | | 0 |
| **Course purpose and objectives** | This course aims to give students a thorough introduction of the numerous clinical therapy approaches, procedures, and guidelines that are employed in the medical industry. In order to build a solid foundational understanding of how therapeutic interventions are used to promote health, well-being, and healing in individuals across a range of populations, this course aims to acquaint students with the basic concepts and practices involved in clinical therapies. | | | | | |
| **Learning outcomes** | The following learning outcomes are expected, where students will:   1. Understand various clinical therapeutic procedures, approaches, and underlying theories. 2. Identify the main theoretical perspectives guiding clinical therapeutic techniques. 3. Apply fundamental therapeutic procedures under supervision or in simulated environments. 4. Discuss ethical and legal issues in therapeutic interventions, including patient confidentiality and informed consent. 5. Communicate therapeutic concepts effectively with patients, families, and healthcare teams. | | | | | |
| **Prerequisites** | PSY208 & PSY303 | | **Required** | | No | |
| **Course content** | This course aims to give students a thorough introduction of the numerous clinical therapy approaches, procedures, and guidelines that are employed in the medical industry. In order to build a solid foundational understanding of how therapeutic interventions are used to promote health, well-being, and healing in individuals across a range of populations, this course aims to acquaint students with the basic concepts and practices involved in clinical therapies.  Week 1: Introduction to Clinical Therapies  Week 2: Theoretical Foundations of Clinical Therapies  Week 3: Types of Clinical Therapies  Week 4: Assessment in Clinical Therapies  Week 5: Therapeutic Techniques and Interventions  Week 6: Ethical and Legal Considerations in Clinical Therapies  Week 7: Patient-Centered Care and Cultural Competence  Week 8: Interprofessional Collaboration  Week 9: Assessing Therapy Effectiveness  Week 10: Emerging Trends and Technologies  Week 11: Professional Development and Continued Learning  Week 12: Reflection and Self-Awareness | | | | | |
| **Teaching methodology** | Lecture | | | | | |
| **Bibliography** | Corey, G. (2020). Theory and Practice of Counseling and Psychotherapy (10th ed.). Brooks/Cole  American Psychological Association (APA): [www.apa.org](http://www.apa.org)  TherapyEd: [www.therapyed.com](http://www.therapyed.com) | | | | | |
| **Assessment** | 1. Midterm & Final Exam (30% & 30%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions. 2. Group assignment and presentation (20%): where students will demonstrate a comprehensive understanding of clinical therapies. This will involve presenting a complex clinical case, a treatment plan, or a critical analysis of current therapy trends. 3. Individual assignments (10%): Require students to maintain reflective journals or portfolios throughout the course. These can serve as a tool for self-assessment and self-reflection. 4. Presence & Participation (10%): Students should be present and actively participate in in-class discussions. | | | | | |
| **Language** | English | | | | | |