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| **Course title** | Basic Clinical Skills & Techniques | | | | | |
| **Course code** | PSY305 | | | | | |
| **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** | The purpose of this course is to give students a solid understanding of the fundamental clinical methods and methods that are relevant to psychology and are employed in clinical practice. Through this course students will be provided with the core skills and information needed to communicate with patients in the clinical context. However, this course is introductory and does not prepare students to offer clinical services in the first place. Overall, this course will introduce students to the critical competencies required for working successfully with people in psychological contexts, whether they choose to seek more clinical training in the future or not. | | | | | |
| **Learning outcomes** | The following learning outcomes are expected, where students will:   1. Communicate effectively through active listening, empathy, and clear explanation of psychological concepts. 2. Conduct structured and semi-structured interviews, demonstrating the ability to establish rapport and ask pertinent questions. 3. Apply fundamental psychological assessment instruments and communicate findings to clients and peers. 4. Use ethical principles in clinical interactions, understanding relevant ethical concerns. 5. Practice basic counseling skills, such as active listening and reflection, to support therapeutic encounters. | | | | | |
| **Prerequisites** | PSY208 | | **Required** | | No | |
| **Course content** | Overall, this course will introduce students to the critical competencies required for working successfully with people in psychological contexts, whether they choose to seek more clinical training in the future or not.  Week 1: Introduction to Clinical Psychology  Week 2: Ethical and Professional Considerations  Week 3: Effective Communication Skills  Week 4: Clinical Interviewing  Week 5: Psychological Assessment  Week 6: Case Formulation and Diagnosis  Week 7: Basic Counseling Techniques  Week 8: Crisis Intervention and Risk Assessment  Week 9: Introduction to Psychotherapy Theories  Week 10: Clinical Skills Practice  Week 11: Self-Care and Burnout Prevention  Week 12: Case Studies and Analysis  Week 13: Supervision and Professional Development  Week 14: Final Assessment and Integration | | | | | |
| **Teaching methodology** | Lecture | | | | | |
| **Bibliography** | 1. Ivey, A. E., Zalaquett, C. P. & Ivey, M. B. (2022). Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society (10th ed.). Brooks/Cole. 2. Kottler, J.A. (2022). On Being a Therapist (6th ed.). Oxford University Press. 3. Bernstein, D. A., Teachman, B. A., Olatunji, B. O., & Lilienfeld, S. O. (2020). Introduction to clinical psychology: bridging science and practice. Cambridge University Press. 4. Sharf, R. S. (2015). Theories of psychotherapy & counseling: Concepts and cases. Cengage Learning. | | | | | |
| **Assessment** | 1. Midterm & Final Exam (25% & 25%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions sing case scenarios. 2. Group assignment and presentation (20%): Assign group that require students to apply their clinical skills and theoretical knowledge to analyze client scenarios. 3. Individual assignments (20%): Skills demonstration where students will demonstrate specific clinical skills, such as active listening or reflective responses, in an in-class controlled setting. Written Assignments where students will complete reflective journals of their learning experiences, challenges, and growth. 4. In-class Participation (5%): Assess students' practical application of clinical skills through role-playing exercises. 5. Presence (5%): Students should be present and actively participate in in-class discussions. | | | | | |
| **Language** | English | | | | | |