

Κε.Δι.Βι.Μ.2 NEW YORK

Certificate in Counselling Skills

Course Description

The course will introduce students to basic counselling skills, including: active listening, reflection of content and empathy, through exposure to a variety of theoretical models and approaches. Different types of therapeutic approaches will be covered, including humanistic, psychodynamic and cognitive behavioural perspectives. The counseling process will be analyzed and classes will include role play and other exercises designed to allow students to practical basic counselling skills. There will be an emphasis on self-reflection and self-awareness.

Knowledge Outcomes

Upon completion of this course students will be able to:

- ▶ Knowledge of a variety of basic counseling skills and approaches.
- ▶ Understand how his or her psychosocial and cultural context influences his or her values, worldview, and, therefore, his or her choice of theoretical framework.
- ▶ Discuss the similarities and differences among various theoretical perspectives.
- ▶ Evaluate a primary source that describes a counselling theory.
- ▶ Discuss professional, ethical, and diversity issues that pertain to various theories.
- ▶ Apply theoretical concepts to case material.
- ▶ Use critical thinking, personal reflection, and professional writing skills to explore and begin to form a personal theoretical orientation for use in conceptualizing work with clients.

Skills Outcomes

As a result of completing this program, students will have acquired the following skills and values:

- ▶ Awareness of the ethical principles that guide helping relationships
- ▶ self-awareness, openness and sensitivity to diversity in terms of people, cultures, arising problems.
- ▶ enhanced interpersonal communication skills
- ▶ excellent written and oral communication skills;
- ▶ improved analytical and critical-thinking skills;
- ▶ effective self-management in terms of time, planning and behavior, motivation;

Your Tutors

Mr Dimitris Katakis has completed a wide array of studies in Greece and UK in Education, Law, MA in Educational Psychology, Graduate Certificate in Psychology, MSc in Child Development and an MA in Clinical-Counselling Psychology, plus numerous trainings, workshops and seminars, mainly in the UK. Since 2011 Dimitris has been employed at the Suicide Prevention Centre (Klimaka) in Athens as a CBT therapist (Cognitive Behavioural Therapist), and is a course team member of the University of Bolton MSc in CBT programme at New York College as well as acting as external supervisor for MSc CBT student placements.

Dr Marsha Koletsis earned her BA in Psychology from the University of Crete and was awarded her PhD from the University of Sheffield. She trained in Cognitive Behavioural Therapy and in 2006, she completed her 3-year post-doctoral fellowship in the Psychiatry Department of the Medical School of St. George's Hospital in London, UK. She has extensive research and clinical experience with people suffering from various disorders and she is currently working as a licensed psychologist-psychotherapist at her private Counselling Centre. She is an Associate Fellow of the British Psychological Society, Member of the Eating Disorders Association, Member of the Greek Psychological Society and the Hellenic Psychological society. She is the internal supervisor for MSc CBT student placements.

Ms Sofiana Milioritsa holds an MA in Clinical Counselling Psychology from La Salle University, PA, USA, and an MA in Management of Information Systems, from the London School of Economics and Political Science. She also holds a Postgraduate Diploma in Person-Centered Counselling from the University of Strathclyde, UK. Apart from her wide range of experience as a Psychology instructor she is a person-centred counselor (private practice), a parents' coach (PET method) and offers counselling services to NGOs.

Mr Dimitris Tsiakos holds an undergraduate degree in Psychology from the University of Crete and numerous other degrees including an MSc in Basic and Applied Cognitive Science and a Postgraduate Certificate in Clinical Supervision from the University of Derby. He is the owner and Clinical Director of the Psychotherapy Centre of the Southern Suburbs in Palaio Faliro. He is an experienced therapist, trainer and supervisor, practicing individual Cognitive Analytic Therapist and group psychotherapist. He has recently completed training in group therapy at the Yalom Institute of Psychotherapy in the USA and he acts as an external supervisor for MSc CBT student placements.

Semester: Fall (October – January)

Timetable: Classes start the first week of October and include 12 weeks of teaching.

Weekly classes take place on Friday evenings, 18:00-21:00. There are also three Saturday workshops (9:30-17:30). All classes will be held at the Amalias campus. The total number of teaching hours is 60.

Entry requirements: Applicants must have completed an undergraduate degree (any discipline) and be fluent in English.

Target audience: This short course will be of interest to psychology graduates who are contemplating embarking on a career in counselling or psychotherapy. The course will also interest people working in life coaching, advising or "mentoring", education, human resources, nursing, social services, management, etc. Essentially it will interest anyone who would like to further develop their interpersonal relationship skills and self-awareness.

Language of delivery: English

Indicative Course Content

Week 1	6/10 18:00-21:00	Introduction to Counselling and Psychotherapy: Course Outline Mr Dimitris Katakis
Week 2	13/10 18:00-21:00	Expectations and goals of counselling: counselor- client Mr Dimitris Tsiakos
Week 3	20/10 18:00-21:00	Models of Therapy I: Introduction to Humanistic / Person-centred / Existential approaches Ms Sofiana Milioritsa
Week 4	27/10 18:00-21:00	Ethics, Confidentiality and Supervision Dr Marsha Koletsi
Week 5	3/11 18:00-21:00	Models of Therapy II: Introduction to Cognitive Behavioural Therapy and the Therapeutic Relationship Mr Dimitris Katakis
	4/11 9:30-17:30	Saturday Workshop: Cognitive Behavioural Therapy Mr Dimitris Katakis
Week 6	10/11 18:00-21:00	Assessment tools in Counselling and Psychotherapy Dr Marsha Koletsi
	17/11	NO CLASS
Week 7	24/11 18:00-21:00	Models of Therapy III: Psychodynamic approaches Mr Dimitris Tsiakos
Week 8	1/12 18:00-21:00	Risk assessment Mr Dimitris Katakis
Week 9	8/12 18:00-21:00	Introduction to Group counseling Mr Dimitris Tsiakos
	9/12 9:30-17:30	Saturday Workshop: Group Counseling Approaches Mr Dimitris Tsiakos
Week 10	15/12 18:00-21:00	Multicultural Counselling: Difference and Diversity Mr Dimitris Katakis
		CHRISTMAS BREAK – NO CLASSES
Week 11	12/1 18:00-21:00	Introduction to Personal Development Ms Sofiana Milioritsa
	13/1 9:30-17:30	Saturday Workshop: Personal Development Ms Sofiana Milioritsa
Week 12	19/1 18:00-21:00	Course Review and Endings Mr Dimitris Katakis

Teaching & Learning Methods

The course is delivered through participative lectures and class discussions based on case studies and role play exercises. The course comprises 12 three-hour classes and three Saturday Workshops, of which students must complete a minimum of 80% attendance in order to be awarded a Certificate. A further three hours per week should be set aside for reading, writing a journal and completing other coursework.

Assessment

In order to be awarded a Certificate upon completion of the course, students must fulfill the below requirements (Pass/Fail):

- Class attendance: 80% attendance requirement
- Participation: in role plays and other in-class exercises
- Journal: Students keep a self-reflective diary throughout the course which they submit by the end of January.
- Essay: students are required to write one 2,000 word essay to be submitted by the end of January.

Recommended Reading

Feltham C and Horton, I. (2006) *The SAGE Handbook of Counselling and Psychotherapy*, SAGE Publications
 Corey, G. (2005). *Theory and practice of counselling and psychotherapy* (7th Ed.) Pacific Grove, CA: Brooks/Cole.

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