



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Introduction to counselling and psychotherapy	

Academic staff	Core academic unit(s)
Coordinating: dr. Austėja Dumarkaitė	Center for Psychotraumatology, Institute of Psychology, Faculty of Philosophy, Vilnius University

Study cycle	Type of the course unit
Bachelor	Optional

Mode of delivery	Semester or period when it is delivered	Language of instruction
Lectures and seminars	Spring	English

Requisites	
Prerequisites: -	Co-requisites (if relevant): -

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
5 ECTS	135	32	103

Purpose of the course unit		
This course unit aims to provide students with a foundational understanding of counselling and psychotherapy by exploring their core concepts, historical and social development, the use of conceptualization in counselling and psychotherapy, and a range of therapeutic approaches. It also introduces students to research, ethical practice, service delivery formats, and the central importance of the therapeutic relationship and process, enabling them to develop a broad, critical, and informed understanding of counselling and psychotherapy in theory and practice.		
Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
After completing the course, students will understand and will be able to discuss basic concepts and process of counselling and psychotherapy.	Lectures, readings/videos/audios, discussions during seminars, presentation and essay.	Presentation, essay, exam.
After completing the course, students will understand and will be able to discuss main therapeutic approaches of counselling and psychotherapy.	Lectures, readings/videos/audios, discussions during seminars, presentation and essay.	Presentation, essay, exam.
After completing the course, students will understand and will be able to discuss the basics of research in counselling and psychotherapy.	Lectures, readings/videos/audios, discussions during seminars, presentation and essay.	Presentation, essay, exam.

Content	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship	Contact hours, total	Individual work	Tasks for individual work
1. Concepts of counselling and psychotherapy	2						2	4	Readings/videos/audios provided by lecturer.
2. The social and historical origins of counselling and psychotherapy	2						2	4	Readings/videos/audios provided by lecturer.
3. Theory in counselling and psychotherapy	4						4	8	Readings/videos/audios provided by lecturer.
4. Various therapeutic approaches: distinctive qualities and application			12				12	35	Readings/videos/audios provided by lecturer.
5. Research in counselling and psychotherapy			4				4	12	Readings/videos/audios provided by lecturer.
6. Different formats for the delivery of counselling/psychotherapy services			2				2	6	Readings/videos/audios provided by lecturer.
7. Ethics in counselling/psychotherapy practice			2				2	6	Readings/videos/audios provided by lecturer.
8. The counselling/psychotherapy process			4				4	12	Readings/videos/audios provided by lecturer.
9. Preparing a presentation								8	Guidelines provided.
10. Writing an essay								8	Guidelines provided.
Total	8		24				32	103	

Assessment strategy	Weight %	Deadline	Assessment criteria
Presentation	25%	During the semester	Students prepare a presentation on a chosen topic from counselling/psychotherapy field. The topic of the presentation is approved by the course lecturer. Presentation is evaluated on a 10-point scale, where 10 represent that student is able to present the chosen question of counselling in the seminar excellently. It is obligatory to make a presentation to be eligible to take an exam.
Essay	25%	At the end of the semester (before the exam)	Students write an essay, which is a personal reflection about the course and learning outcomes according to the structure provided. Essay is evaluated on a 10-point scale, where 10 represent that student is able to discuss concepts of the course and reflect on its personal importance. It is obligatory to submit an essay to be eligible to take an exam.
Exam	50%	At the end of the semester	Exam includes open- and close-ended questions on materials provided during the course (readings, videos, audios). Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of counselling field and can apply its knowledge to the practical situations excellently.

Author (-s)	Publishing year	Title	Issue of a periodical or volume of a publication	Publishing house or web link
Required reading				
Beck, J. S.	2011	Cognitive Behavior Therapy. Basics and Beyond	Second Edition	The Guilford Press
Cooper, M.	2008	Essential Research Findings in Counselling and Psychotherapy	-	SAGE Publications
Corey, G.	2015	Theory and Practice of Counselling and Psychotherapy	South African Edition	CENGAGE learning
McLeod, J.	2013	An Introduction to Counselling	Fifth Edition	Open University Press
Shedler, J.	2010	The Efficacy of Psychodynamic Psychotherapy	Vol. 65, No. 2, 98–109	American Psychologist