



Меѓународен Универзитет Визион - International Vision University  
 Universiteti Ndërkombëtar Vizion - Uluslararası Vizyon Üniversitesi

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**SYLLABUS**

<b>COURSE NAME</b>	<b>COURSE CODE</b>	<b>SEMESTER</b>	<b>COURSE LOAD</b>	<b>ECTS</b>
<b>THEORY OF PSYCHOTHERAPY</b>	<b>PSY3008</b>	<b>VI</b>	<b>210</b>	<b>7</b>

<b>Prerequisite(s)</b>	None
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<b>Course Language</b>	Macedonian, Turkish, English
<b>Course Type</b>	Required
<b>Course Level</b>	First Cycle
<b>Course Lecturer</b>	
<b>Course Assistants</b>	
<b>Classroom</b>	
<b>Extra-Curricular Office Hours and Location</b>	<b>Meeting:</b> <b>Consultancy:</b>

<b>Course Objectives</b>	This course aims to introduce contemporary and scientific psychotherapy theories and to explain their treatment approaches
<b>Course Contents</b>	In the frame of this course, information about basic issues about psychotherapy, contemporary psychotherapies and trans-theoretical approach will be conveyed.

## WEEKLY SUBJECTS AND RELATED PREPARATION STUDIES

<b>Week</b>	<b>Subjects</b>	<b>Related Preparation</b>
<b>1</b>	Basic notions: change, non-specific factors, psychotherapeutic relationship and outcome and process research in psychotherapy	Related Chapters of Course Sources
<b>2</b>	Trans-theoretical model: stage of change	Related Chapters of Course Sources
<b>3</b>	Trans-theoretical model: Process of change	Related Chapters of Course Sources
<b>4</b>	Psychoanalytic approach	Related Chapters of Course Sources
<b>5</b>	Neanalytic approaches	Related Chapters of Course Sources
<b>6</b>	Rational emotional therapy	Related Chapters of Course Sources
<b>7</b>	Midterm exam	Related Chapters of Course Sources
<b>8</b>	Behavioral therapy	Related Chapters of Course Sources
<b>9</b>	Cognitive therapies	Related Chapters of Course Sources
<b>10</b>	Client centered therapy	Related Chapters of Course Sources
<b>11</b>	Transactional therapy,Gestalt therapy	Related Chapters of Course Sources
<b>12</b>	Psychodrama and group therapies	Related Chapters of Course Sources
<b>13</b>	Alternative approaches	Related Chapters of Course Sources
<b>14</b>	General discussion	Related Chapters of Course Sources
<b>15</b>	Exam	All Chapters of Course Sources

## ECTS / WORKLOAD TABLE

Presentation / Seminar			
Hours for off-the-classroom study (Pre-study, practice)	14	3	42
Midterm Exam	1	12	12
Exam	1	14	14
<b>Total Work Load</b>			
<b>ECTS</b>		<b>6</b>	

## GENERAL PRINCIPLE RELATED WITH COURSE

Dear students,

In order to be included, learn and achieve full success that you deserve in the courses you need to come well prepared by reading the basic and secondary textbooks. We are expecting from you carefully to obey to the course hours, not to interrupt the lessons unless is very indispensable, to be an active participant on the courses, easily to communicate with the other professor and classmates, and to be interactive by participating to the class discussions. In case of unethical behavior both in courses or on exams, will be acting in framework of the relevant regulations. The attendance of the students will be checked in the beginning, in the middle or at the end of the lessons. Throughout the semester the students who attend to all lectures will be given 15 activity-attendance points in addition to their exam grades.

## LITERATURE

COMPULSORY LITERATURE				
No	Author's Name	Name of the book	Publishing House	Publication Year
1	Prochaska, J.O. & Norcross	Systems of Psychotherapy: A transtheoretical analysis	Sega Pub	2007
2	T. Ergene	Psikolojik danışma, psikoterapi kuram ve uygulamaları	Metis Yayınları	2005
3	Dryden, W.	Dryden?s handbook of individual therapy	Sega Pub.	2007

ADDITIONAL LITERATURE				
No	Author's Name	Name of the book	Publishing House	Publication Year
1	Güzelyazıcı, E., Çiftçi, S. D. Ve Türkoğlu, M	Modern Psikoterapiler Teknikleri	Kaknüs Yayınları	2011
2	F. Akkoyun	Psikolojik danışma ve psikoterapi kuramları: Olgu sunumu yaklaşımı.	Nobel Akademik Yayıncılık	2016
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## EVALUATION SYSTEM

<b>Underlying the Assessment Studies</b>	<b>NUMBER</b>	<b>PERCENTAGE OF GRADE</b>
Attendance/Participation	15	%20
Project / Event	1	%10
Mid-Term Exam	1	%35
Exam	1	%35
<b>TOTAL</b>	<b>17</b>	<b>%100</b>

## ETHICAL CODE OF THE UNIVERSITY

In case of the students are cheating or attempt to cheat on exams, and in the case of not to reference the sources used in seminar studies, assignments, projects and presentations, in accordance to the legislations of the Ministry of Education and Science of Republic of Macedonia and International Vision University, will be applied the relevant disciplinary rules. International Vision University students are expected never to attempt to this kind of behavior.