



**Department of Psychology/ Morning**

**College of Arts/ Morning**

**University of Salahaddin–Erbil**

**Subject:** ریزم ای دەر ووزی

**Psychological Counselling**

**Coursebook for Fourth Year Students**

**Instructor's Name: A. Lecturer:**

**Hawara Nawzad Kareem**

**Academic Year: 2022/2023**

## Course Book

<b>1. Course name</b>	Psychological Counselling
<b>2. Lecturer in charge</b>	MSc. Hawara Nawzad Kareem
<b>3. Department/ College</b>	Psychology/ Arts
<b>4. Contact</b>	E-mail: <a href="mailto:Hawara.kareem@su.edu.tr">Hawara.kareem@su.edu.tr</a> Tel: 00964 750 1563656
<b>5. Time (in hours) per week</b>	Theory: 3 Practical: N/A
<b>6. Office hours</b>	Wednesday 9:00 to 1:00
<b>7. Course code</b>	N/A
<b>8. Teacher's academic profile</b>	Please go to this link: <a href="https://academics.su.edu.krd/profile-admin/index.php?p=teaching">https://academics.su.edu.krd/profile-admin/index.php?p=teaching</a>
<b>9. Keywords</b>	
<b>10. Course overview:</b>	Psychological counselling
<b>11. Course objectives:</b>	<b><u>How to do it.</u></b>
<b>12. Student's obligation:</b>	<p>Students are required to attend classes as scheduled. They are subject to fail if their absence trespasses the maximum rate required, which is 10% out of the 90 credit hours they have to cover. However, sometimes prior to class permissions are given if logical justifications are provided. Moreover, part of the students' evaluation –given to participation—will take attendance into consideration as it affects in-class participation. This is because absent students miss class activities such as group work activities and discussions.</p> <p>Students also need to conduct a number of activities inside and outside the class. Class activities include:</p> <ul style="list-style-type: none"> <li>- Attendance and participation.</li> <li>-practical analysis of a textbook</li> <li>- Quizzes and in-class assessments.</li> <li>- Two written monthly exams and a final exam.</li> </ul>

Students are required to participate in all activities listed under **Forms of Teaching**.

### **13. Forms of teaching:**

Primarily, student-centred pedagogies will be used to explore the necessary prior knowledge spreading out through the text of the book. Basically, this involves a small amount of lecturing by the instructor and a larger percentage of student centred work. There are certain theoretical concepts that require direct instruction from the teacher. However, the lion's share goes to the students' work in and outside the class.

Basically, *teacher presents in-class presentations on the weekly basis.*

Students will do a wide range of activities, both online and in-class. Activities will include (a strategies glossary is included in this syllabus):

- 1- Weekly presentations and readings
- 2- Examination of previous topics
- 3- Large group discussions.
- 4- Small group discussions.
- 5-practical evaluation
- 6-student applications

### **14. Assessment scheme:**

40% of grading is for the monthly exams and daily participation, as 60% of grading is for the final exam.

Students are evaluated according to a number of criteria listed as follows:

- 1- 10% for daily participation (this includes all sorts of class participation, such as online participation, writing to learn activities, in-class and online assessments, response to teacher questions, presentations, comments, and etc.).
- 2- 15% for monthly exams (two exams).
- 3- 60% for the final exam.

### **15. Student learning outcomes:**

By the end of the course, students will obtain information necessary to have about the Psychological Counselling. They will understand that there are several types of counselling and each one of them has its own criteria.

رېنمائي دھروونی	ناوی لئورس
لئولئى ئاداب - بھشى دھرووزانى	بھش - كؤلئ
م.ى ھھوارە نھوزاد كرىم	ناوی مامؤستاي وانە بئز
<a href="mailto:hawara.karim@su.edu.krd">hawara.karim@su.edu.krd</a>	سھرچاوهى پھىوھندى كؤردن
<p>ئاشنا بوونى خوتئكاران بە :</p> <p>- چھمكى رئذمئى دھروونى.</p> <p>- ئھو كارامھبئانھى كھ بئوئستھ رئذمئى كارى دھروونى بھانزانئت و پھىرھوىان بھات لھكاتى ئھنجامدانى دانشئزى دھروونى.</p> <p>-ھئئك خالى زؤرگرىنگ لھ رھوشئى رئتمئى كارى.</p> <p>- بھكارھئزانى ھونھر بئ ئاسانكؤردنى پؤوسھى رئتمئى كؤردن.</p> <p>- چؤنئھھئى ھئسھنگاندى كھسئك كھ بؤرؤكھى خؤكؤزى ھھبئت ئان ھھولئى خؤكؤشئزى دابئت.</p> <p>(Risk assessment)</p> <p>- پالنى سھالمھئى plan</p> <p>safety</p>	ئامانجى كؤرس
Lvey,A.E, Lvey,M.B.(2009).Intentional	سھرچاوهكان

interviewing and counseling. University of south Florida.	
-power point بهكارهينزانی چهنه كهل و پهليكي چارهسهری - هونهری	نامرازی وانه ونزهوه

### ناوهروكي بابتهكان

#### **Content:**

- What is counseling?
- Some of the major counseling theories and techniques
  1. Psychoanalytic theories and psychoanalysis
  2. Cognitive-behavioral therapy
  3. Existential therapy
  4. Person-centered therapy
- The narrative model of Intentional Interviewing and Counseling Relationship-
- story and strengths
- goals
- Restory-
- Action-
- Cultural Intentionality
- Alternatives for Cultural Differences
- **Ethics in the Helping Process**
  - ▲ Competence
  - ▲ Informed Consent
  - ▲ Confidentiality

-WELLNESS AND POSITIVE PSYCHOLOG

- INTRODUCTION:  
THE BASICS OF LISTENING

- The Basics of Listening
- Major Function of Attending

Visual / Eye Contact-

-Vocal Qualities

Verbal Tracking-

Body Language-

The Usefulness of Silence-

Questions

-Open Questions

Closed Questions-

-Questioning Issues

- ✓ Risk assessment
- ✓ Safety plan

برالكندوبكى

Practice

- Role play for every skills
- Art therapy techniques for individual, family, and group counseling
- Theater therapy for group counseling