

TITLES	EXPLANATIONS
<b>Title of Course</b>	Psychotherapy Approaches
<b>Code of Course</b>	PSK 481
<b>Type of Course</b>	Compulsory
<b>Level of Course</b>	Undergraduate
<b>Year of Study</b>	4
<b>Semester/Trimester</b>	7
<b>Number of ECTS</b>	4
<b>Name of Lecturer(s)</b>	Prof. Dr. Nesrin Hisli Şahin
<b>Course Learning Outcomes</b>	<p>After taking this course the students will be expected to;</p> <p>LO1. Get acquainted with the 21<sup>st</sup> century psychotherapeutic approaches.</p> <p>LO2. They will learn how these approaches were developed and changed through time.</p> <p>LO3. They will learn about the different techniques used in these therapies.</p> <p>LO4. They will be able to specify the similarities and differences in these approaches and get information on their effectiveness.</p>
<b>Mode of Delivery</b>	The style of teaching is face-to-face interaction.
<b>Prerequisites and Co-requisites</b>	There is no prerequisite or co-requisite for this course.
<b>Recommended Optional Programme Component</b>	None
<b>Course Contents</b>	<ol style="list-style-type: none"> <li>1. Introduction to 21<sup>st</sup> Century Psychotherapies</li> <li>2. Psychoanalysis</li> <li>3. Adlerian Psychotherapy</li> <li>4. Analytical Psychotherapy</li> <li>5. Client-Centered Psychotherapy</li> <li>6. Rational-Emotive Behavior Therapy</li> <li>7. Behavior Therapy</li> <li>8. Cognitive Therapy</li> <li>9. Existential Psychotherapy</li> <li>10. Gestalt Therapy</li> <li>11. Interpersonal Psychotherapy</li> <li>12. Family Therapy</li> <li>13. Integrative Psychotherapies</li> <li>14. Contemporary Challenges and Contraversies</li> </ol>
<b>Recommended or Required Reading</b>	<p>(Primary Textbook)</p> <p>Corsini, R. J., &amp; Wedding, D. (2010). <i>Current psychotherapies (9<sup>th</sup> Ed.)</i>. Belmont, CA: Brooks Cole Cengage Learning.</p> <p>* The primary textbook for this course is renewed every year.</p>
<b>Planned Learning Activities and Teaching Methods</b>	This course is conducted through discussions on the material presented in class and over the compulsory reading material. With this aim in mind, (a) regular lectures supported by visual presentations and (b) class discussions are used. These class discussions are designed in such a way to help students develop critical thinking skills and apply the different psychological perspectives to the material being presented.
<b>Assessment Methods and Criteria</b>	1 Midterm, 4 Quizzes, 1 Final Exam
<b>Language of Instruction</b>	Turkish
<b>Practicum</b>	None

<b>Program Outcomes</b>	<b>Course Learning Outcomes</b>			
	LO1	LO2	LO3	LO4
Analyze problems with the scientific method and appropriate scientific tools.			X	
Think critically and creatively, ask questions, make comments using the knowledge and skills they have acquired.			X	X
Develop a positive attitude toward life-long education.				
Use the library, scientific databases, internet and other sources effectively.				
Have the skills to find out, analyze, evaluate, decide about, and apply the alternative solutions to problems.			X	
Be open-minded to use knowledge stemming from different disciplines and/or areas of psychology.			X	X
Develop a positive attitude toward critical thinking.				
Have advanced theoretical and applied knowledge of psychology supported by contemporary course material.	X	X	X	
Have the necessary knowledge and skills to analyze and synthesize the main areas of psychology.	X	X	X	
Be competent in English and Turkish.				
Use effective methods to present, share and discuss scientific information.				
Be able to write scientific papers by using international manuals such as APA.				
Show courage and use the necessary skills to propose solutions to the problems of the world they live in.			X	
Show courage and have necessary skills to propose solutions to the problems of their own life.			X	
Have a positive attitude to statistics and be able to use common statistical software packages.				
Be able to plan and conduct research independently.				
Apply qualitative and/or quantitative methods depending on the nature and the scope of a given problem.				
Know the research methods and statistical procedures used in behavioral sciences.				
Use tools such as questionnaires, inventories, scales, and tests.				
Apply psychological knowledge to other problem areas for community welfare.				
Use theoretical and applied knowledge in accordance with ethical standards.				