

<b>Course title</b>	Basic Clinical Skills & Techniques				
<b>Course code</b>	PSY13##				
<b>Course type</b>	Lecture				
<b>Level</b>	Undergraduate				
<b>Year / Semester</b>	Year 3				
<b>Teacher's name</b>	Eva Pettemeridou				
<b>ECTS</b>	7.5	<b>Lectures / week</b>	1	<b>Laboratories / week</b>	0
<b>Course purpose and objectives</b>	<p>The purpose of this course is to give students a solid understanding of the fundamental clinical methods and methods that are relevant to psychology and are employed in clinical practice. Through this course students will be provided with the core skills and information needed to communicate with patients in the clinical context. However, this course is introductory and does not prepare students to offer clinical services in the first place. Overall, this course will introduce students to the critical competencies required for working successfully with people in psychological contexts, whether they choose to seek more clinical training in the future or not.</p>				
<b>Learning outcomes</b>	<p>The following learning outcomes are expected, where students will:</p> <ol style="list-style-type: none"> <li>1. Be able to communicate effectively, especially through active listening, empathy, and the capacity to explain difficult psychological concepts in a way that is both clear and understandable.</li> <li>2. Be competent in conducting organized and semi-structured interviews with customers, showcasing their ability to pose pertinent questions, probe, and establish rapport.</li> <li>3. Have the skills necessary to choose and use fundamental psychological assessment instruments, analyze test results, and convey findings to clients and peers.</li> <li>4. Be able to use ethical concepts in their dealings with clients and should comprehend the ethical rules and concerns that are pertinent to clinical interactions.</li> <li>5. Be able to create coherent and pertinent case formulations that direct treatment planning, by integrating data from tests, theoretical viewpoints, and clinical observations.</li> <li>6. Be adept at applying basic counseling skills such active listening, reflection, validation, and feedback to support fruitful therapeutic encounters.</li> <li>7. Be able to recognize the warning indications of a crisis, gauge the risk</li> </ol>				

	<p>involved, and exhibit the necessary crisis intervention techniques, such as offering urgent assistance and making referrals as necessary.</p> <p>8. Be aware of how cultural variety affects clinical interactions and be able to show cultural competence by modifying their behavior in response to various cultural situations.</p> <p>9. To comprehend the value of self-care, stress management, and upholding professional boundaries in clinical settings. They should be aware of the value of getting guidance and assistance when they need it.</p> <p>10. Be able to put in use the clinical skills and strategies they have learned, through role-playing exercises, simulated client contacts, and other hands-on activities, thus showcasing their capacity to connect with clients in a therapeutic setting.</p> <p>11. Be able to evaluate information critically, take into account various theoretical viewpoints, and make wise conclusions, when creating scenarios and developing treatments.</p> <p>12. Be able to evaluate their own clinical skills strengths and areas for development, and they should show a willingness to participate in ongoing learning and professional development.</p>		
<b>Prerequisites</b>	No	<b>Required</b>	No
<b>Course content</b>	<p>Overall, this course will introduce students to the critical competencies required for working successfully with people in psychological contexts, whether they choose to seek more clinical training in the future or not.</p> <p>Week 1: Introduction to Clinical Psychology</p> <p>Week 2: Ethical and Professional Considerations</p> <p>Week 3: Effective Communication Skills</p> <p>Week 4: Clinical Interviewing</p> <p>Week 5: Psychological Assessment</p> <p>Week 6: Case Formulation and Diagnosis</p> <p>Week 7: Basic Counseling Techniques</p> <p>Week 8: Crisis Intervention and Risk Assessment</p> <p>Week 9: Introduction to Psychotherapy Theories</p> <p>Week 10: Clinical Skills Practice</p> <p>Week 11: Self-Care and Burnout Prevention</p> <p>Week 12: Case Studies and Analysis</p> <p>Week 13: Supervision and Professional Development</p>		

	Week 14: Final Assessment and Integration
<b>Teaching methodology</b>	Lecture
<b>Bibliography</b>	<ol style="list-style-type: none"> <li>1. Ivey, A. E., Zalaquett, C. P. &amp; Ivey, M. B. (2022). Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society (10<sup>th</sup> ed.). Brooks/Cole.</li> <li>2. Kottler, J.A. (2022). On Being a Therapist (6<sup>th</sup> ed.). Oxford University Press.</li> <li>3. Bernstein, D. A., Teachman, B. A., Olatunji, B. O., &amp; Lilienfeld, S. O. (2020). Introduction to clinical psychology: bridging science and practice. Cambridge University Press.</li> <li>4. Sharf, R. S. (2015). Theories of psychotherapy &amp; counseling: Concepts and cases. Cengage Learning.</li> </ol>
<b>Assessment</b>	<ol style="list-style-type: none"> <li>1. Midterm &amp; Final Exam (25% &amp; 25%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions sing case scenarios.</li> <li>2. Group assignment and presentation (20%): Assign group that require students to apply their clinical skills and theoretical knowledge to analyze client scenarios.</li> <li>3. Individual assignments (20%): Skills demonstration where students will demonstrate specific clinical skills, such as active listening or reflective responses, in an in-class controlled setting. Written Assignments where students will complete reflective journals of their learning experiences, challenges, and growth.</li> <li>4. In-class Participation (5%): Assess students' practical application of clinical skills through role-playing exercises.</li> <li>5. Presence (5%): Students should be present and actively participate in in-class discussions.</li> </ol>
<b>Language</b>	Greek