

Course title	Introduction to Clinical Therapies				
Course code	PSY13##				
Course type	Lecture				
Level	Undergraduate				
Year / Semester	Year 3				
Teacher's name	STF				
ECTS	7.5	Lectures / week	1	Laboratories / week	0
Course purpose and objectives	<p>This course aims to give students a thorough introduction of the numerous clinical therapy approaches, procedures, and guidelines that are employed in the medical industry. In order to build a solid foundational understanding of how therapeutic interventions are used to promote health, well-being, and healing in individuals across a range of populations, this course aims to acquaint students with the basic concepts and practices involved in clinical therapies.</p>				
Learning outcomes	<p>The following learning outcomes are expected, where students will:</p> <ol style="list-style-type: none"> 1. Exhibit a thorough understanding of the various clinical therapeutic procedures, approaches, and underlying theories. 2. Identify and explain the main theoretical perspectives that guide clinical therapeutic techniques. 3. Describe the variations among various categories of clinical therapy and the uses for each. 4. Use critical thinking to study and evaluate the needs of the patient for the best therapeutic solutions. 5. Accurately assess patients' physical, mental, or emotional states, use evaluation techniques. 6. Apply fundamental therapeutic procedures while being properly supervised or simulated. 7. Adapt therapy strategies to the unique traits, preferences, and cultural backgrounds of each patient. 8. Discuss patient confidentiality and informed consent, as well as other ethical and legal issues that are relevant to therapeutic therapy. 9. Interact with patients, families, and interdisciplinary healthcare teams professionally. 10. Effectively communicate therapeutic notions, using the right words. 11. Actively participate in interprofessional teams while displaying an awareness of each team member's responsibilities and making a valuable contribution. 				

	<ol style="list-style-type: none"> 12. Participate in group decision-making when establishing patient care plans. 13. Using pertinent assessment instruments and outcome measures, examine the efficacy of treatment interventions. 14. To make defensible decisions regarding revising or maintaining therapy regimens, analyze and interpret data. 15. Consider their own beliefs, biases, and attitudes and how these might affect the therapeutic alliance and patient results. 16. Identify areas for personal and professional growth by doing a self-evaluation. 17. Keep up with the most recent developments, fashions, and scientific studies in the field of clinical remedies. 18. Show that you can adjust to new information and incorporate it into your practice. 19. Recognize the significance of cultural competency in clinical therapy and use culturally sensitive patient care strategies. 20. Examine numerous treatment choices, analyze complex patient circumstances, and suggest effective intervention strategies. 21. Express their dedication to lifelong learning and professional development. 		
Prerequisites	No	Required	No
Course content	<p>This course aims to give students a thorough introduction of the numerous clinical therapy approaches, procedures, and guidelines that are employed in the medical industry. In order to build a solid foundational understanding of how therapeutic interventions are used to promote health, well-being, and healing in individuals across a range of populations, this course aims to acquaint students with the basic concepts and practices involved in clinical therapies.</p> <p>Week 1: Introduction to Clinical Therapies</p> <p>Week 2: Theoretical Foundations of Clinical Therapies</p> <p>Week 3: Types of Clinical Therapies</p> <p>Week 4: Assessment in Clinical Therapies</p> <p>Week 5: Therapeutic Techniques and Interventions</p> <p>Week 6: Ethical and Legal Considerations in Clinical Therapies</p> <p>Week 7: Patient-Centered Care and Cultural Competence</p> <p>Week 8: Interprofessional Collaboration</p> <p>Week 9: Assessing Therapy Effectiveness</p> <p>Week 10: Emerging Trends and Technologies</p>		

	<p>Week 11: Professional Development and Continued Learning</p> <p>Week 12: Reflection and Self-Awareness</p>
Teaching methodology	Lecture
Bibliography	<p>Corey, G. (2020). Theory and Practice of Counseling and Psychotherapy (10th ed.). Brooks/Cole</p> <p>American Psychological Association (APA): www.apa.org</p> <p>TherapyEd: www.therapyed.com</p>
Assessment	<ol style="list-style-type: none"> 1. Midterm & Final Exam (30% & 30%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions. 2. Group assignment and presentation (20%): where students will demonstrate a comprehensive understanding of clinical therapies. This will involve presenting a complex clinical case, a treatment plan, or a critical analysis of current therapy trends. 3. Individual assignments (10%): Require students to maintain reflective journals or portfolios throughout the course. These can serve as a tool for self-assessment and self-reflection. 4. Presence & Participation (10%): Students should be present and actively participate in in-class discussions.
Language	Greek