

# **ADD ON COURSE**

## **INTRODUCTION TO PSYCHOTHERAPEUTIC METHODS**

### **SYLLABUS**

This paper is a basic course on counseling and psychotherapy. The course is structured in having both theoretical and practical dimensions.

#### **Module 1.**

Introducing schools of thought in Counseling and psychotherapy. Basic skills in counseling, processes in counseling.

#### **Module 2.**

Cognitive Behavioural Therapy. History, Theoretical dimensions, Formulations, Assessment, Cognitive restructuring.

#### **Module 3.**

Hypnosis. History, Induction techniques, Deepenings, Self Hypnosis.

The course is 30 hours.

There will be 20 hours of classrooms hours and 10 hours of homework assignments.

#### **Assessments:**

Adherence to homework assignments.

Assignments