



INTRODUCTION TO PSYCHOLOGICAL COUNSELING

Credit points	6 CP		
Study course annotation	Introduction of basic concepts and theoretic background of consulting psychology. Acquisition of most important verbal skills by consultants. Development of social perception and authenticity.		
Aim of the study course	Generate among the students adequate attitudes towards opportunities and limitations of consulting psychology, forming a foundation of all kinds of psychological practice.		
Objectives of the course	<ul style="list-style-type: none"> • Articulate among the students the system of basic concepts and theoretical background of consulting psychology; • Introduce to basis and auxiliary consulting techniques; • Promote generation of primary practical skills of consulting interview, empathic hearing, and psychological support. 		
Study course results	Knowledge	Skills	Competences
	<ul style="list-style-type: none"> • Knowledge of theoretical background of consulting psychology; • Entry level skill of consulting interview and psychocorrective impact. • Cultivating (Improving) awareness among students about the information necessary for psychologists in their counseling practices; • Knowledge of necessary regulatory framework for the psychologist-client relationship; • Studying of personal qualities of psychologists, mandatory for specialists according to applied requirements for a professional consultant; • Awareness of professional ethical aspects of psychologist counseling. 	<ul style="list-style-type: none"> • The skill of statements and recipience of feedback; • The skill to orient oneself in diversity of issues and to control the effects they might cause; • The skill to formulate and verify one's hypothesis as in the form of duly framed questions; • Generation of empathic cues. • Ability to comment correctly the experience acquired during pair-work at classes. 	<ul style="list-style-type: none"> • The skill to render psychological support, being the essence of the offered assistance. Which supposes the knowledge of the main active listening techniques, as well as the skill of statements and recipience of feedback. • Ability to establish and maintain consultative contact, provide psychological support, which is the essence of consultative support; • Ability to differentiate psychological counseling and psychotherapy.
Study course content	Topics		
	1	General problems of consulting psychology. Goals and tasks; a psychologist and other assisting specialists; main strategies; major components of consulting; structural models of consulting; principles of consulting psychology: consulting psychology and mental therapy, psychocorrection.	
	2	<u>Procedure in consulting psychology.</u> Consulting interview: Time, space, stages of interview, goals, content, main techniques and means used at each stage – appraisal of client problems – the technique of “focusing”.	

	3	<p><u>Psychotechnical aspects of consulting.</u></p> <ul style="list-style-type: none"> – Active listening – the main consulting method; – The most important attributes of active listening; – Main techniques of active listening; – Factors that impact the skill of listening; – Listening barriers; – Characteristics of a good/bad listener; – Feedback, the most important component; – Types of responses to hardship; – “I-statements”, positive feedback; <p>Way of asking questions, interrogative tools.</p>
	4	<p><u>Psychological contact with a consultant.</u> Components of psychological contact. Empathy, as the most important component of emotional contact.</p> <ul style="list-style-type: none"> – Structure of empathy; – Levels of empathy; – Construction of empathic statements; – Meaning of empathy; <p>Main elements of K.Rogers psychotechnique.</p>
	5	<p>Consultant’s personality</p> <ul style="list-style-type: none"> – Requirements to a psychologist-consultant; Model of an effective consultant.
	6	<p>Application of consulting psychology</p>
Form of assessment:	Exam	
Obligatory literature:		
<ol style="list-style-type: none"> 1. Bite, Ieva & Kristine, Martinsone & Sudraba, Velga. (2016) Konsultēšanas un psihoterapijasteorija un prakse. Rīga: Zvaigzne ABC 2. Corey, G. (2013). Theory and Practice of Counseling and Psychotherapy. Belmont, California: Wadsworth Publishing. https://perpus.univpancasila.ac.id/repository/EBUPT190498.pdf 3. Tobias, L. (2015). Psychological Consulting to Management : A Clinician’s Perspective. –London: Routledge Publishing. 4. Todd, I. (2005). Foundations of Clinical and Counseling Psychology. Long Grove: Waveland Press Inc. 5. Levy, P. (2015) Industrial Organizational Psychology. Understanding the Workplace. Palgrave. 6. Ļevina J., Mārtinsons K. (2016) Konsultēšana un konsultatīvā psiholoģija: [Mācību līdzeklis]. Rīga: Rīgas Stradiņa universitāte. https://www.rsu.lv/sites/default/files/book_download/konsultesana_un_konsultativa_psihologija.pdf 		
Further reading list:		
<ol style="list-style-type: none"> 1. Bohlmeijer, E. T., & Westerhof, G. J. (2021). A new model for sustainable mental health: Integrating well-being into psychological treatment. In J. N. Kirby & P. Gilbert (Eds.), Making an impact on mental health: The applications of psychological research (pp. 153–188). Routledge/Taylor & Francis Group. https://doi.org/10.4324/9780429244551-7 2. Orlans V., Van Scoyoc S. (2009) Short Introduction to Counselling Psychology. Series Editor: Colin Feltham. SAGE Publications Ltd. London. https://www.studocu.com/in/document/alagappa-university/ethics-in-research/a-short-introduction-to-counselling-psychology-short-introductions-to-the-therapy-professions-by-professor-vanja-ornans-ms-susan-van-scoyoc-z-lib/21955078 3. Yalom, I. (2012). Psihoterapevticheskie istorii. M.: Eksmo. 4. Yalom, I. (1999). Ekzistentsialnaia psihoterapiia. M.: Klass. 5. Zhang, J., Zhou, Z. i Zhang, W. (2021). Intervention effect of research-based psychological 		



counseling on adolescents' mental health during the covid-19 epidemic. *Psychiatria Danubina*, 33 (2), 209-216. <https://doi.org/10.24869/psyd.2021.209>

6. Wright A. J. , Mihura J. L. , Pade H., & McCord D. M. (2020) Guidance on psychological tele-assessment during the COVID-19 crisis. [https://www.apaservices.org/practice/reimbursement/health-codes/testing/tele-](https://www.apaservices.org/practice/reimbursement/health-codes/testing/tele-assessment-covid-19)
7. [assessment-covid-19](https://www.apaservices.org/practice/reimbursement/health-codes/testing/tele-assessment-covid-19)

Changes and additions to the program and literature list are possible during the study process