

**Y23 -Fundamentals of Counselling and Group Management**

**Tutor: Despina Tsakiris**

Semester: 4th

ECTS: 4.5

**Short Description:**

The course includes two topics:

- Theoretical approach of counselling, with the emphasis on a presentation and analysis of the emergence and development of counselling and its prerequisites.
- Study of the characteristics and function of five group categories (Anzieu, Martin) and the main researchers of these groups. Emphasis on phenomena relating to group functioning, decision making, influence and emotion, as well as the coordinator's role in group management.

**Aims:**

- To provide students with basic knowledge in order to understand the theoretical approaches to counselling.
- To provide students with the necessary knowledge to understand the competencies and skills required to conduct an interview as a key tool of the counselling process.
- To provide students with the conceptual tools that indicate how groups function and what is happening during the early groups' evolution.

### Learning Outcomes:

At the end of the course students will:

- Be acquainted with the social and economic phenomena that contribute to the development of the counselling procedure and distinguish this procedure's goals.
- Distinguish between the roles of counsellor and psychotherapist, psychiatrist and psychoanalyst.
- Describe the development stages of an interview and indicate their significance.
- Indicate the difference between an interview –as described above- and differently structured talks.
- Describe and distinguish –taking into account principles, methods and the counsellor's role- the three approaches to counselling (psychodynamic, person-centred, and behavioural).
- Reflect on the importance of every approach based on its own merits.
- Distinguish the five categories of groups and identify their key features and their function.
- Be acquainted with the principles on which important researchers based their theory.
- Describe an early group function and distinguish its impact on the group's function and on its produced work.
- Be acquainted with the basic abilities and skills of a group coordinator and reflect on their significance.

### The acquired skills are:

- Development of comparative skills through a differential psychological approach to the counselling procedure.
- Familiarization with interview conduction techniques in the area of counselling.
- Identification of various forms of aggregation–considered as groups- in everyday life.
- Observation on how specific groups work.
- Familiarization with decision-making techniques.
- Familiarization with group coordination techniques.

### Structure:

13 three-hour meetings during which lectures are presented.

### **Assessment:**

Written examination at the end of semester aiming to test the acquired knowledge and critical skills.

### **Bibliography:**

Blanchet, A. - Trognon A. (2002). Psychology of groups - theoretical approaches and applications of model groups, Athens: Savalas.

Georgiou, S. (2003) Training psychologists in counselling, Athens: Ellinika Grammata.

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McLaughlin, B. (2001) Psychodynamic Counselling, Athens: Kastaniotis.

Navridis, K. (2005). Psychology of groups: A Clinical Psychodynamic Approach. Athens: Papazisi.

Rogers, C.R. (1970). On Encounter Groups, Athens: Diodos.

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