

COURSE SYLLABUS

(1) GENERAL

SCHOOL	HEALTH SCIENCES - MANAGEMENT AND ECONOMICS SCIENCES		
DEPARTMENT	<ul style="list-style-type: none"> ▪ SOCIAL WORK ▪ NUTRITION AND DIETETICS SCIENCES ▪ BUSINESS ADMINISTRATION AND TOURISM 		
LEVEL OF STUDY	GRADUATE		
COURSE CODE	CDDA-B09	SEMESTER	B
COURSE TITLE	Interpersonal Communication and Counselling Skills		
INDEPENDENT TEACHING ACTIVITIES		TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)
Theory - Lectures		39	7.5
COURSE TYPE	Free Choice Course - optional compulsory		
PREREQUISITE COURSES:	No		
LANGUAGE OF TEACHING and EXAMINATIONS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW355/		

(2) LEARNING OUTCOMES

Learning Outcomes
<p>Knowledge</p> <ul style="list-style-type: none"> ▪ understanding of the basic concepts of counselling ▪ understanding students' attitude and philosophy of life and their personality traits necessary for a quality therapeutic relationship ▪ understanding of the human psyche ▪ understanding of the basic principles of cross-cultural diagnosis and counseling ▪ knowledge of good and bad practices in communicating with patients and their families <p>Skills</p> <ul style="list-style-type: none"> ▪ application of techniques and methods from the person-centered, cognitive-behavioral and existential approach ▪ utilization of counseling skills (e.g. feedback, repetition, paraphrasing, mirroring) ▪ empathy ▪ building a professional relationship ▪ breaking bad news ▪ recognizing symptoms of burnout, secondary stress, and compassion fatigue <p>Abilities</p> <ul style="list-style-type: none"> ▪ conducting an interview inspired by the person-centered, cognitive-behavioral and existential approach ▪ planning group psychoeducational interventions ▪ designing programs to promote empathy, psychological resilience, intercultural awareness and tolerance ▪ interdisciplinary collaboration ▪ Empowering people with disabilities
General Skills

- Adaptation to new situations
- Decision making
- independent work
- Teamwork
- Work in an interdisciplinary environment
- Respect for diversity and pluralism
- Demonstration of social, professional and ethical responsibility
- Promotion of free, creative and inductive thinking
- Solving problems
- Observation and comparison
- Oral and written communication skills

(3) COURSE CONTENT

PURPOSE

The purpose of the course is to train students in the theories (e.g. person-centered, Behavioral, Cognitive-Behavioral) and practice the techniques and skills of interpersonal communication (e.g. feedback, repetition, paraphrasing, mirroring) required to apply counseling to individuals and various groups of patients or vulnerable groups (e.g. people with disabilities). The students will also learn cross-cultural diagnosis and counseling of refugees and immigrants and counseling in the health field (eg communicating with patients and their families, and breaking bad news). Finally, they will learn to recognize the challenges of practicing their profession (eg, burnout, secondary stress, and compassion fatigue) and apply techniques and methods to deal with the symptoms they may experience.

CONTENT

1. Introductory concepts and definitions in Counseling
2. Approaches to Counseling (Psychoanalytic, Person-Centered Therapy, Behavioral, Cognitive-Behavioral)
3. Counseling skills for effective communication (Part I).
4. Counseling Skills for Effective Communication (Part II)
5. Attitude and philosophy of life of the mental health counselor (Part I)
6. Attitude and philosophy of life of the mental health counselor (Part II)
7. Attitude and philosophy of life of the mental health counselor (Part III)
8. Consulting on special issues/topics
9. Cross-cultural diagnosis and counseling
10. Counseling people with disabilities
11. Counseling socially vulnerable groups and family
12. Counseling in the field of Health
13. Self-care of health professionals

(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY	Face-to-face (in vivo) and potentially distance learning lectures.	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	<ul style="list-style-type: none"> ▪ Support of the course through the e-class online platform. ▪ PowerPoint slide presentations ▪ Use of Video-tutorials for a better understanding of the material taught ▪ Use of Email and digital communication/social media (e.g. fb, Skype, Viber, zoom, Webex, google meet) to communicate with students 	
TEACHING ORGANIZATION	Activity	Semester Workload

	Lectures and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study	110
	Assignment	51
	Total Course	200
STUDENT EVALUATION	The evaluation language is Greek. The assessment method is based on a final written examination (80%) with multiple choice, True/False, matching, fill-in-the-blank and/or very short answers to questions and a written experiential assignment (20%). The topic of the written assignment and writing instructions are given by the professor who teaches the module "Counseling skills for effective communication" or "Attitude and life philosophy of the mental health counselor" (in consultation with the course manager).	

(5) RECOMMENDED-BIBLIOGRAPHY

- *Suggested Bibliography:*

Al-Roubaiy, NS, Owen-Pugh, V., & Wheeler, S. (2017). Iraqi refugee men's experiences of psychotherapy: clinical implications and the proposal of a pluralistic model. *British Journal of Guidance & Counselling*, 45(5), 463-472.

Cefai, C., Cavioni, V., Bartolo, P., Simoes, C., Miljevic-Ridicki, R., Bouilet, D., ... & Eriksson, C. (2015). Social inclusion and social justice: A resilience curriculum for early years and elementary schools in Europe. *Journal for Multicultural Education*, 9(3), 122-139.

Kalaitzaki, A. & Rovithis, M. (2021). Secondary traumatic stress and vicarious posttraumatic growth in healthcare workers during the first COVID-19 lockdown in Greece: The role of resilience and coping strategies. *Psychiatrike = Psychiatriki*, 32(1), 19-25. <https://doi.org/10.22365/jpsych.2021.001>

Kalaitzaki, A., Tamiolaki, A., & Tsouvelas, G. (2022). From secondary traumatic stress to vicarious posttraumatic growth amid COVID-19 lockdown in Greece: the role of health care workers' coping strategies. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 273-280. <https://doi.org/10.1037/tra0001078>

Leigh, E., & Clark, DM (2018). Understanding social anxiety disorder in adolescents and improving treatment outcomes: Applying the cognitive model of Clark and Wells (1995). *Clinical child and family psychology review*, 21(3), 388-414.

Malcolm Payne (2021). *Social Work: From Theory to Practice* (Teloni D., ed.). editions Place Malcolm Payne (Teloni D., ed. 2021). *Social Work: From Theory to Practice*, Topos publications

Olkin, R. (2019). *What Psychotherapists Need to Know about Disability* (A. Vlachou & G. Kleftras, eds.). Athens: Pedio.

Papadatou, D. (2009). *In the face of death: Professionals who care for the dying and the bereaved*. New York: Springer

Rhoda Olkin (ed. Anastasia Vlachou and George Kleftras 2019). *What Psychotherapists need to know about Disability*. Field Editions

Rovithis, M., Kalaitzaki, AE, Stavropoulou, A., Rikos, N., KelesiStavropoulou, M., Fasoi-Barka, G., Linardakis. M., & (2022). Work related burnout syndrome, information satisfaction and concern of safety among Greek nurses during the first wave of COVID-19 outbreak. *Frontiers of Nursing*, 9(3), 285-293. <https://doi.org/10.2478/fon-2022-0036>

Tsouvelas, G., Tamiolaki, A., & Kalaitzaki, AE (2022). Secondary Traumatic Stress and dissociative coping strategies in nurses during the COVID-19 pandemic: The protective role of resilience. *Archives of Psychiatric Nursing*, 41, 264-270.

Vasilopoulos, SP, Banerjee, R., & Prantzalou, C. (2009). Experimental modification of interpretation bias in socially anxious children: Changes in interpretation, anticipated interpersonal anxiety, and social anxiety symptoms. *Behavior Research and Therapy*, 47(12), 1085-1089.

Vasilopoulos, SP, Brouzos, A., Damer, DE, Mellou, A., & Mitropoulou, A. (2013). A psychoeducational school-based group intervention for socially anxious children. *The Journal for Specialists in Group Work*, 38(4), 307-329.

Vassilopoulos, SP, Brouzos, A., Kasapoglou, E., & Nikolopoulou, O. (2020). Promoting positive attitudes toward refugees: A prejudice-reduction, classroom-based group intervention for preadolescents in Greece. *The Journal for Specialists in Group Work*, 45(4), 292-306.

Winslade, J and Monk, G (ed. Filia Isari, 2021). *Narrative Counseling: Applications in Therapy and Education*. Gutenberg

In Greek:

Albrecht, G, Seelman, K and Bury, M (2019) (ed. Zoniou Sideris). *Handbook of disability studies*. Field Editions

Vassilopoulos, S (2021). *10+1 Effective Interview Techniques for Consultants*, Gutenberg

Vassilopoulos, S., Bruzos, A., & Baourda, B. (2016). *Psychoeducational group programs for children and adolescents*. Athens: Gutenberg.

Yotsidis, V., & Nikolatou, E.K. (2022). *Narrative Approach to Action, Empowerment Techniques and Narrative Assessment Tools*. Athens: Gutenberg.

Kandylaki, A (2018) *Social Work Cultural Otherness and Critical Reflection*. Topos Publications

Kandilaki, A. (2008). *Counseling in Social Work: Skills and Techniques*. Athens: Place

Kleftaras, G. (Ed. Ed.) (2009). *Cultural and multicultural counseling: People with special needs, minorities, students*. Athens: Greek Letters.

Kleftaras, G., & Alexopoulos, D. (2018). *Childhood depression and its treatment in the school environment*. Athens: Pedio.

Kountouras, G (2021). *Social Work Mental Health and Family*. Oceania

Bellalis Th. (2018). *Communication with the patient, nowadays: Necessary or unnecessary clinical skill/practice? (editorial)*. *Greek Journal of Nursing Science* 11(1), 3-7. Available here: <http://journal-ene.gr/%ce%b7-%ce%b5%cf%80%ce%b9%ce%ba%ce%bf%ce%b9%ce%bd%cf%89%ce%bd%ce%b9%ce%b1-%ce%bc%ce%b5-%cf%84%ce%bf%ce%bd-%ce%b1%cf%83%ce%b8%ce%b5%ce%bd%ce%b7-%cf%83%cf%84%ce%b9%cf%82-%ce%bc%ce%b5/>

Papadatou, D. & Anagnostopoulos F. (2012). *Applications of Psychology in the field of health*. Athens: Papazisi Publications

Papadatou, D. (2021). "Will it be okay? Will we see him again?" - Supporting the child in illness and death during the pandemic. Available here: [https://www.blod.gr/lectures/tha-ginei-kala-tha-ton-ksanadoume-stirizontas-to-paidi-stin-arrostia-kai-to-thanato-tin-periodo-tis-pandimias /](https://www.blod.gr/lectures/tha-ginei-kala-tha-ton-ksanadoume-stirizontas-to-paidi-stin-arrostia-kai-to-thanato-tin-periodo-tis-pandimias/)

- Related scientific journals:

Counseling and Psychotherapy Research

Journal of Counseling & Development

Journal of Counseling Psychology

Journal of Mental Health Counseling

Journal of Professional Counseling: Practice, Theory & Research

Psychology & Counselling

The Counseling Psychologist