

## Course Description

**Faculty:** Educational Sciences

**Study program:** Master of Science in Clinical Psychology

**Course Title:** Advanced Psychotherapy

**Course Credits:** 6 ECTS

**Language of Instruction:** Albanian

**Course Description:** This program provides students with the opportunity to gain in-depth exploration of various approaches to psychotherapy and behaviour change. This program equips students with the knowledge, common factor skills and core competencies to enable them to establish a good working alliance and practice safely and effectively as psychotherapists.

They will use the therapeutic techniques including psychodynamic, cognitive, rational-emotional, behavioural, gestalt and humanistic during lectures and seminars, but also during individual and group assignments.

**Course Goals:** The main goal of the course is to cultivate an in-depth understanding about psychotherapy interventions and updating knowledge on practical applications of psychotherapy.

### Course Requirements:

- *Active participation* including class discussions, practical cases, review articles, interactive exercises, role play, quizzes etc.
- *Projects and papers.* In this course there are various projects, homework assignments, and papers including discussion and presentation of case formulation. Clinical interviews applied with someone the students know or a fictitious personage who captures their imagination.
- *Final exam* with multiple choices and open questions, case analysis etc., from different psychotherapeutic perspectives.

**Grading:** Credits are equivalent to grades 5 - 10. No Credit is equivalent to grade 4.

Grades will be earned according to the following points: 10 = 95–100, 9 = 85–94, 8 = 75–84, 7 = 65–74, 6 = 55–64, 5 = 45–54 and 4 = 44 or lower.

**Course Schedule:** 1<sup>st</sup> Semester. Hours in auditorium 45 (lectures 30 and seminars 15).