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| ***ÇAĞ UNIVERSITY***  ***INSTITUTE OF SOCIAL SCIENCES***  ***DEPARTMENT OF PSYCHOLOGY*** | | | | | | | | | | | | | | | | | | | | | | | |
| **Code** | | | | **Course Name** | | | | | | | | | | | | **Credit** | | | | | **Ects** | | |
| PSİ 525 | | | | Current Approaches in Psychotherapy | | | | | | | | | | | |  | | | | |  | | |
| Prerequisite Courses | | | | | | | | None | | | | | | | | | | | | | | | |
| Course Language | | | | | | | | Turkish | | | | Course Outline | | | | | | Face to Face | | | | | |
| Type / Level of Course | | | | | | | | Compulsory / Master / 1. Year/ Spring Semester | | | | | | | | | | | | | | | |
| **Faculty Members** | | | | | **Title and Name/Surname** | | | | | | **Course Hours** | | | | | | **Office Hours** | | | | **Contact** | | |
| **Course Coordinator** | | | | | Prof.Dr. Nurgül ÖZPOYRAZ | | | | | | Friday 16:00-19:00 | | | | | |  | | | | [nozpoyraz@gmail.com](mailto:nozpoyraz@gmail.com) | | |
| **The aim of the course** | | | | | The aim of this course is to introduce contemporary psychotherapies and give basic information. For this purpose, different psychotherapy methods and techniques used to apply these therapies to various psychological disorders will be given. In addition, the effectiveness of examined psychotherapy approaches will be emphasized. | | | | | | | | | | | | | | | | | | |
| **Course Learning Outcomes** | |  | A student who completes the course successfully; | | | | | | | | | | | | | | | | | **İlişkiler** | | | |
| **Prog. Çıktıları** | | | **Net Katkı** |
| 1 | Gain basic knowledge about contemporary psychotherapy approaches | | | | | | | | | | | | | | | | | 1 | | | **5** |
| 2 | Apply the techniques of contemporary psychotherapy approaches | | | | | | | | | | | | | | | | | 1, 2 | | | **5, 5** |
| 3 | Explain the various disorders in DSM-V diagnostic book with contemporary psychotherapy approaches | | | | | | | | | | | | | | | | | 1, 4,6 | | | **5, 5** |
| 4 | Evaluate the effectiveness of contemporary psychotherapy approaches, | | | | | | | | | | | | | | | | | 3, 8 | | | **5, 5** |
|  | | 5 | Evaluate and criticize evidence-based therapy methods. | | | | | | | | | | | | | | | | | 4, 8 | | | **5, 5, 4** |
| **Course Content:** It is concerned with the development of a perspective on the creation and implementation of an integrated therapy model that can be tailored to the needs of the people in the therapy process, as well as teaching current approaches in psychotherapy and integrating these practices with other therapy models. | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Contents :( Weekly Lecture Plan)** | | | | | | | | | | | | | | | | | | | | | | | |
| **Week** | **Topic** | | | | | | | | | | | | **Preparation** | | | | | | **Learning Activities and Teaching Methods** | | | | |
| 1 | Positive psychotherapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 2 | Application of positive psychotherapy to different psychological disorders | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 3 | Emotion-oriented therapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 4 | Application of emotion-oriented therapy to different psychological disorders | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 5 | Effectiveness of emotion-oriented therapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 6 | Attachment-oriented therapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 7 | Application of attachment-oriented therapy to different psychological disorders | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 8 | Midterm | | | | | | | | | | | |  | | | | | |  | | | | |
| 9 | The effectiveness of attachment-oriented therapy | | | | | | | | | | | | Textbook | | | | | | None | | | | |
| 10 | Metacognitive therapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 11 | Application of metacognitive therapy to psychological disorders | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 12 | The effectiveness of metacognitive therapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 13 | Evidence-based therapies | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 14 | The effectiveness of evidence-based therapies | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 15 | Positive psychotherapy | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 16 | Final | | | | | | | | | | | |  | | | | | | None | | | | |
| **SOURCES** | | | | | | | | | | | | | | | | | | | | | | | |
| Course Book | | | | | | Wedding, D., & Corsini, R.J. (2014). Current Psychotherapies. Brooks\Cole | | | | | | | | | | | | | | | | | |
| **Quantification and consideration** | | | | | | | | | | | | | | | | | | | | | | | |
| **Activities** | | | | | | | **Number** | | | **Addition** | | | | **Notes** | | | | | | | | | |
| Midterm | | | | | | | **1** | | | **40%** | | | | Total | | | | | | | | | |
| Final | | | | | | | **1** | | | **60%** | | | |  | | | | | | | | | |
| ***Rate of Success for the Year*** | | | | | | |  | | | **40%** | | | |  | | | | | | | | | |
| ***Rate of Success for the final*** | | | | | | | **1** | | | **60%** | | | | Total | | | | | | | | | |
| **ECTS TABLE** | | | | | | | | | | | | | | | | | | | | | | | |
| **Content** | | | | | | | | | **Number** | | | | | | **Hour** | | | | | | | **Total** | |
| Course Hour | | | | | | | | | **14** | | | | | | **2** | | | | | | | **28** | |
| Out-of-Class Study | | | | | | | | | **14** | | | | | | **1** | | | | | | | **14** | |
| Midterm | | | | | | | | | **1** | | | | | | **4** | | | | | | | **4** | |
| Final | | | | | | | | | **1** | | | | | | **8** | | | | | | | **8** | |
| **Total**  **Toal / 30**  **Ects Credit** | | | | | | | | | | | | | | | | | | | | | | **60** | |
| **136/30=4,53** | |
| **5** | |
| **GEÇMİŞ DÖNEM BAŞARILARI** | | | | | | | | | | | | | | | | | | | | | | | |
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