

Transilvania University of Braşov, Romania

Study program: Clinical Psychology, Psychological Counseling and Psychotherapy

Faculty: Psychology and Education Sciences

Study period: 2 years (master)

1st Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Advanced Theories in Developmental Psychology	TAPD	7	2	1	-	-

Course description (Syllabus): Development concept-contemporary challenges and approaches. Theories of cognitive Development. Theories of personality development. Theories of moral development. Theories of emotional development. Adolescence-dynamics of development; stage theories and adolescent development, theory of social maturity-Robert Kegan, autonomy, risk-taking depression and suicide in adolescence, drug use in adolescence - implications in clinical psychology and counseling. Adult – the dynamics of development. Erikson stage development theory, ego development theory-Jane Loevinger, life stage theory-Levinson, life course Theory, life events theory-Baltes-engaged in clinical psychology and counseling.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and Deontology in Applied Psychology	EDPA	4	1	1	-	-

Course description (Syllabus): Professional ethics and deontology – origins and role.

Professional bodies and their role in regulated professions. The deontological code of psychologists. Ethical principles in applied psychology. Ethical decisions in the professional activity. Ethical issues in clinical psychology practice. Ethical issues in psychological counseling and psychotherapy practice. Ethical issues in the research conducted in clinical psychology, psychological counseling, and psychotherapy.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Quantitative Research Methods	MCCT	7	1	-	2	-

Course description (Syllabus): The research problem identification. Research aims and hypotheses. Correlational, experimental and quasi-experimental research designs. Sampling methods. Statistical techniques for research hypotheses testing. Internal and external validity of the quantitative research. Conducting psychopedagogic, laboratory and ground experiment: preparation, implementation and finalization. Laboratory and experimental research report writing. Evidence-based and scientifically validated applied practice in main fields of psychology.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Advanced Theories in Personality Psychology	TAPP	6	2	1	-	-

Course description (Syllabus): Explaining personality in psychology – the big theories of personality and the contemporary research. The biological basis of personality: (1) evolutionary perspectives on personality; (2) genetics and personality: heritability and environmentality; (3) constitutional and physiological aspects of personality. Culture and personality. Recent theoretical models of personality – personality traits and personality factors. Intelligence and professional adaptation. Group differences in personality: sex, race, social class differences. Personality and interpersonal attraction. Personality and intimate relationship. Differential issues in personality: optimism, irrational beliefs, social anxiety, and social attitudes. Stress, coping and mental health – individual and group differences.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and Academic Integrity	EIA	2	1	-	-	-

Course description (Syllabus): Academic ethics in the 21st century: necessity and finalities. The moral values of the University and the rules of conduct arising from them. Code of ethics and University deontology of UTBv. Norms of academic ethics in assessment situations. Academic writing: contemporary requirements and norms in the field. Ethics in the elaboration of dissertation work. Plagiarism and other forms of dishonesty in academic writing. Ethical aspects in university relations.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Qualitative Research Methods	MCC	7	2	1	-	-

Course description (Syllabus): Qualitative approach in psychological research: features of qualitative research, Theoretical Perspectives in qualitative research. Qualitative research design. Case study, comparative studies, retrospective studies, longitudinal studies. Qualitative research approach: formulation of the question of qualitative research and derivation of concepts. Selection of research groups and methods. Textual data: collection of textual data. Depth interview, Focus-group, narrative/ biographical interview. Observation. Visual data: collection of visual data (photo, video). Use of documents as qualitative research data. Online qualitative research. Qualitative data analysis: thematic analysis. Inductive analysis of qualitative data: data encoding and categorization. Interpretation of qualitative data. Conditions regarding the quality of qualitative research: triangulation, generalization. Ethical principles of qualitative research with human participants.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Psychological Assessment	EP	6	2	1	-	-

Course description (Syllabus): Test, Test and psychological evaluation. Basic qualities of psychometric instruments: standardization, fidelity and validity. The specifics of psychological evaluation in the fields of education, health, work, human resources and transport. Rules for drawing up the psychological report. Psychological evaluation at the level of the labor collective: psychological evaluation after cancellation and diagnose and plan organizational change. The factorial approach of personalities by H. J. Eysenck. The factorial approach of a personality of R. B. Cattell. NEO Personality Inventory revised (NEO PI-R). California Psychological inventory (CPI 434). Myers-Briggs typological indicator (MBTI). SDS Holland (Self-Directed Search).

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Clinical Psychology	PCL	7	2	1	-	-

Course description (Syllabus): Inter-relation among clinical psychology, psychopathology, health psychology and psychoanalysis. Bio-psycho-social approach in clinical psychology. The role of communication in clinical psychology. Models of diagnosis in clinical psychology. Compliance and quality of life. Research methods in clinical psychology. Psychological intervention in clinical context.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Psychological Counseling	CP	6	2	1	-	-

Course description (Syllabus): Basic concepts for psychological counseling in clinical field. Counselor's basic skills involved in psychological assistance and counseling. Psychological counseling in situations of intra- and interpersonal conflicts. Psychological counseling in developmental field and age involution. Counseling for career and vocational guidance. Psychological counseling in addictive behavior and licit or illicit substances abuse. Psychological counseling for a healthy life style.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Emotions Management in Psychological Counseling and Psychotherapy (optional subject)	GE	4	1	1	-	-

Course description (Syllabus): Understanding the emotional experiences specific to psychological counselling process or/and psychotherapy – theoretical framework. Emotion management within the Model of emotional intelligence skills (Mayer & Salovey). Theoretical models of emotion management in psychological counselling and psychotherapy (Gross' Processual Model, Hoschild's Emotion Labor Model). Emotion management – as part of professional identity. Learning the emotion display rules. Emotion regulation and building alliance in psychotherapy. Development of emotion regulation skills for optimization of professional behaviour of psychological counsellor or psychotherapists. Using emotion for overcoming resistance – personal efficacy and efficiency of the therapeutic intervention. Antecedents and consequences of emotion management in psychological counselling and psychotherapy. Group supervision and peer-group supervision – valuable resource for emotion regulation in therapeutic process.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Psychopathology and Therapeutic Intervention at Third Age (optional subject)	PPVT	4	1	1	-	-

Course description (Syllabus): Vulnerability to psychiatric disorders in old age. Vulnerability assessment. Anxiety disorders in old age. Therapeutic interventions. Depression in old age. Prevalence, symptoms, therapeutic interventions. Dementia in old age. Therapeutic interventions. Family counseling. Substance abuse in old age. Therapeutic interventions. Family counseling. Late onset schizophrenia and delusional disorders in old age. Therapeutic interventions.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methods of Prevention and Intervention in Crisis Situations and Addictions (optional subject)	MPI	4	1	1	-	-

Course description (Syllabus): Theoretical models of addictions. Psychological counseling in crises situations and addictions – theoretical background, principles and methods. Psychological reaction to crises: physiological, cognitive, behavioral and emotional responses. Risk behaviors – prevention strategies. Psychological interventions in specific crises situations: addictions, aggression, abuse, suicide attempts – Intervention methods and techniques. Social support factors in prevention and intervention in crises and addictions. Emotional costs of working in crisis situations: post-traumatic stress syndrome.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Positive Psychology (optional subject)	PP	4	1	1	-	-

Course description (Syllabus): Introduction to positive psychology. Happiness and well-being at different stages of life: childhood, adolescence, adulthood and old age. Emotions, motivation, purpose and meaning of life and well-being.

Stress, resilience and well-being. Attachment, support and relationships with others. Compassion and empathy. Critical outlook on positive psychology.

2nd Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Counseling and Psychotherapy in Personality Disorders	CPTP	6	1	2	-	-

Course description (Syllabus): Personality disorders - the etiology of personality disorders; assessment of personality disorders; current controversies. Personality disorders Cluster A - Therapeutic intervention - objectives, strategies; counseling and intervention in family; case studies. Personality disorders Cluster B - Therapeutic intervention - objectives, strategies; counseling and intervention in family; Antisocial personality disorder - multisystem therapy; case studies. Personality disorders Cluster C - Therapeutic intervention - objectives, strategies; counseling and intervention in family; case studies.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Occupational Health Psychology	PSO	5	1	1	-	-

Course description (Syllabus): Occupational Health Psychology: field of study and brief history of discipline. Occupational diseases-mental and physical diseases. Professional stress and burnout. Interference work-personal life. Discrimination and violence at work (harassment, aggression, violence in school, mobbing, bullying). Organizational and individual implications of work dependence and work phobia. Occupational health legislation.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Unifying Experiential Psychotherapy (child, adolescent, adult)	PEU	6	1	2	-	-

Course description (Syllabus): Unifying Experiential Psychotherapy (child, teenager, adult) - conceptual framework. Professional empowerment of the experiential psychotherapist for children, teenagers and adults. The classic experiential approach: psychotherapy centred on person (Carl Rogers), gestalt-therapy (Frederic Perls) and classic psychodrama (Jacob Levy Moreno). The client – psychotherapist alliance (development and maintenance strategies). The experiential diagnosis (symptomatic, existential and transgenerational) and the unifying psychotherapy. Approaches and methods in expressive-creative psychotherapy (art therapy, drama therapy, music therapy, dance and movement therapy). The metaphor and the metaphoric scenario. Unifying Transgenerational Psychotherapy. Assessing the effectiveness of the intervention in Unifying Experiential Psychotherapy (child, teenager, adult).

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Child and Adolescent Psychopathology	PCA	5	1	1	-	-

Course description (Syllabus): Psycho-somatic disorders. Attention deficit disorder. Affective disorders in children and adolescents (anxiety and depression). Autism spectrum disorders. Anorexia and bulimia in adolescence. Oppositional and anti-social behavior in children and adolescents.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Applied Research and Practical Placement in Psychotherapy	CAPS	4	-	-	-	2

Course description (Syllabus): The role and tasks of psychological counsellors and psychotherapists. Specific research methods in psychological counselling and psychotherapy. Steps in clinical diagnosis. Steps in psychological counselling and psychotherapy. Ethics and behaviour in psychological counselling and psychotherapy.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Couple and Family Psychotherapy	PCF	7	2	1	-	-

Course description (Syllabus): Couple and family psychotherapy: conceptual framework, establishment of an alliance with the couple and the family and the stages of couple and family psychotherapy process. Ethics and behaviour in couple and family psychotherapy. The Experiential Psychotherapy of the family. The Transgenerational Psychotherapy of the family. The Experiential Psychotherapy of communication. The Narrative Psychotherapy of the family. The Structural Psychotherapy of the family. The Strategic Psychotherapy of the family. The Systemic Psychotherapy of the family

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Clinical Psychodiagnosis	PDC	4	1	1	-	-

Course description (Syllabus): Clinical interview as assessment methods. Observation in clinical context. Objective measures in clinical psychology. Projective measures in clinical diagnosis. Behavioral techniques as testing methods.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Applied and Practical Research in the Field of Clinical Psychology	CAPS	5	-	-	-	2

Course description (Syllabus): Organization of activity: research contract, safety and protection rules within the specialized practice. Role and duties of the psychotherapist. Specific methods and techniques of research in the field of psychotherapy. Preparation of psychological evaluation. Preparation of therapeutic intervention. Evaluation of the effectiveness of therapeutic interventions. Ethical aspects involved in the development of psychotherapy. Preparation and presentation of the applicative research report. Auto and inter-evaluation of practice activity.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Personal and Professional Development Training	TDPP	4	-	-	-	2

Course description (Syllabus): Self-image and self-assessment. Expressive skills (nonverbal and verbal). Relational, emotional and cultural intelligence. Managing stress. Mindfulness. Motivation and self-determination. Relevant personal and professional objectives. Tools, methods and means to increase productivity. Professional and personal development plans. Construction and presentation.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Special Practice	PS	5	-	-	-	2

Course description (Syllabus): Elaboration of the project of therapeutic intervention in the identified problematical aspects involved in carrying out the intended intervention. Implementation of the therapeutic intervention: contacting the participants, conducting the intervention, establishing ways of assessing the effectiveness of the intervention. Preparation and presentation of the intervention report. Auto and inter-evaluation of practice activity.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practical placement for dissertation	PD	5	-	-	-	3

Course description (Syllabus): Preparation and presentation of the research report. Presentation of portfolio requirements for dissertation work. Analysis of theoretical synthesis for dissertation work. Elaboration of the research/intervention methodology for the dissertation paper. Establishment of instruments for Dissertation Research. Elaboration of the dissertation research database. Data analysis. Elaboration of the preliminary report of the dissertation research. Auto and inter-evaluation of practice activity.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Fundamentals of Psychoanalysis (optional subject)	FP	4	1	1	-	-

Course description (Syllabus): Sigmund Freud - biographical landmarks of a life and exceptional works. Principles of classical psychoanalysis. Psychopathology of everyday life - failed acts. Conception of classical psychoanalysis on dreams. Symbolism of dreams. Oniric labor and dream-making mechanisms. The Dream between archaism and the fulfillment of desires. General Theory of classical psychoanalysis on neuroses. Human sexuality and libido. Sexual stadiality from the prism of psychoanalysis. Formation of symptoms, joint nervousness and anguish. The concept of narcissism and its implications in the transition to the second topic of psychoanalysis.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Integrative Psychotherapy (optional subject)	PI	4	1	1	-	-

Course description (Syllabus): Humanistic psychology and integrative psychotherapy approach: Values. Principles. Integrative psychotherapy process. A relational model of integration - Maria Gilbert & Ken Evans: Concepts. Principles. Methods. Co-creation of psychotherapeutic relationship as a central objective. Integration of clinical psychology elements and cognitive behavioural techniques. Ericksonian hypnosis techniques. Elements of gestalt integrative therapy. Integration of psycho-analytic psychotherapy elements. Integration of NLP elements. Initial and continuous education in integrative therapy. Ethical code of EAIP.