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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Psychology** |
| Study Module (if applicable) |  |
| Course title | Introduction to the Psychotherapy |
| Level of study | **x Bachelor** ☐ Master’s ☐ Doctoral |
| Type of course | **x Obligatory**☐ Elective |
| Semester  | **x Autumn** ☐Spring |
| Year of study  | **fourth** |
| Number of ECTS allocated | **5** |
| Name of lecturer/lecturers | **Marina Hadži Pešić** |
| Teaching mode | **xLectures**☐Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning **x Other** |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| Introduction to the subject of psychotherapy, important characteristics of the contemporary psychotherapy and its relationship with other disciplines. Understanding the importance of the therapeutic relationship for achieving changes in psychotherapy. Understanding theoretical and practical bases of different psychotherapeutic approaches. Introduction to the psychotherapeutic process and its phase, as well as to the basis interventions that are used in certain psychotherapeutic approaches. Introduction to the beneficial and missing points of singular psychotherapeutic approaches. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| It is expected that students after course understand the basic psychotherapeutic principles of the different psychotherapeutic approaches, as well as methods and techniques that are related to the singular psychotherapy approaches. It also expected that students can assess which psychotherapeutic approach is (contra)indicated for certain patient (client). After the course, students will adopt skills for conducting the first psychotherapeutic interview and making psychotherapeutic contract with the client. Main topic of the course are: Introduction lecture (developmental history of psychotherapy and its relationship with other disciplines, psychotherapeutic setting and ethical principles), Introduction to the Psychoanalytical psychotherapy schools (Classical psychoanalysis and psychoanalytical psychotherapy, Analytical psychotherapy (Jungian psychotherapy), Brief psychodynamic psychotherapy, Group analytic psychotherapy), Existential Therapy, Cognitive and Behaviour Therapy, Gestalt Therapy, Transactional Analysis, Body psychotherapy, Psychodrama, as well as Integrative Psychotherapy. |
| **LANGUAGE OF INSTRUCTION** |
| **xSerbian** (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **5** | **Written examination** | **20** |
| **Practical teaching** | **15** | **Oral examination** | **40** |
| **Teaching colloquia** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |