

<b>COURSE INFORMATION FORM</b>	
<b>Faculty / Institute</b>	Faculty of Science and Literature
<b>Department</b>	Psychology
<b>Course Code</b>	PSİ 433
<b>Course title</b>	Contemporary Approaches in Psychotherapy
<b>Instructional Language</b>	Turkish
<b>Programs that can take the course</b>	Psychology
<b>Course Type</b>	Elective
<b>Course Level</b>	Undergraduate
<b>ECTS Credit</b>	6
<b>Prerequisites</b>	PSİ 104- Introduction to Psychology II
<b>Course Content</b>	Information about basic concepts of psychotherapy, contemporary and scientific psychotherapy theories and psychotherapy research will be given. Some examples of contemporary psychotherapy theories will be examined and examples will be presented.
<b>The Aim of the Course</b>	This course will provide students with a critical assessment of the theories behind psychotherapy approaches and the key ideas identified as essential to the process of change in psychotherapy. Case studies will be used to highlight the differences in psychotherapy techniques. Video examples of various psychotherapy techniques and approaches will be used to develop the didactic course material.
<b>Course Outcomes</b>	At the end of this course, students will be able to: (1) learn basic ideas about psychotherapy process and outcome research, (2) learn about basic contemporary psychotherapy approaches, (3) understand the basic ideas behind various psychotherapy approaches, (4) describe the history, theoretical foundations, and basic features of several major types of psychotherapy.
<b>Textbook and / or References</b>	Corsini, R. J. ve Danny, W. (2012) <i>Modern psikoterapiler</i> (E. Güzelyazıcı, S. D. Çiftçi, ve M. Türkoğlu, Çev.). Kaknüs Yayınları. Yorulmaz, O. (2017) <i>Psikoterapide güncel konular: Klinik psikoloji perspektifinden çok boyutlu bir bakış</i> . Nobel Akademik Yayıncılık. Gülüm, İ. V. ve Soygüt-Pekak, G. (2018). <i>Etkili psikoterapistlik: Terapötik ittifak odaklı uygulamalar</i> . Türk Psikologlar Derneği Yayınları.

<b>Evaluation Criteria</b>	<b>Percentage</b>
<b>Attendance</b>	-
<b>Lab</b>	-
<b>Application</b>	-
<b>Field Study</b>	-
<b>Homework</b>	-
<b>Presentations</b>	-
<b>Projects</b>	-
<b>Seminar</b>	-
<b>Midterm Exams</b>	40%
<b>Quiz</b>	-
<b>Final</b>	60%
<b>Total</b>	100%

<b>Course Plan</b>	<b>Subjects to Be Discussed</b>
<b>1. Week</b>	Introduction
<b>2. Week</b>	Psychotherapy Process and Outcome Research
<b>3. Week</b>	Psychotherapy Relation
<b>4. Week</b>	Transtheoretical Model of Change
<b>5. Week</b>	Integrative vs. Eclectic Approaches
<b>6. Week</b>	Psychotherapy and Culture
<b>7. Week</b>	Psychodynamic/Psychoanalytic Therapy
<b>8. Week</b>	Cognitive Therapy
<b>9. Week</b>	Solution Focused Therapy
<b>10. Week</b>	Midterm
<b>11. Week</b>	Emotion-Focused Therapy
<b>12. Week</b>	Gestalt Therapy