

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

<b>Predmet:</b>	Struktura in postopki psihosocialnega svetovanja
<b>Course title:</b>	Structure and Procedures of Psychosocial Counselling

<b>Študijski program in stopnja</b> Study programme and level	<b>Študijska smer</b> Study field	<b>Letnik</b> Academic year	<b>Semester</b> Semester
Psihosocialno svetovanje, druga	Psihosocialno svetovanje	Prvi	Drugi
Psychosocial counselling, master, second	Psychosocial counselling	First	Second

**Vrsta predmeta / Course type**

Obvezni / Obligatory

**Univerzitetna koda predmeta / University course code:**

SPPS / SPPC

<b>Predavanja</b> Lectures	<b>Seminar</b> Seminar	<b>Vaje</b> Tutorial	<b>Klinične vaje</b> work	<b>Druge oblike študija</b>	<b>Samost. delo</b> Individ. work	<b>ECTS</b>
40		40			100	6

**Nosilec predmeta / Lecturer:**

doc. dr. Tjaša Stepišnik Perdih / Assist. Prof. Tjaša Stepišnik Perdih, Ph.D.

**Jeziki /**  
**Languages:****Predavanja /**  
**Lectures:** Slovensko / Slovenian, Angleško / English**Vaje / Tutorial:** Slovensko / Slovenian, Angleško / English**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Pogoj za vključitev v delo je vpis v 1. letnik magistrskega študija. Opravljena predmeta Teoretične osnove kognitivno vedenjskega pristopa in Osnove psihosocialnega svetovanja.

**Prerequisites:**

Prerequisite for the subject is the enrollment in the 1st year of master study. Finished courses Theoretical Foundations of Cognitive Behavioral Approach and Fundamentals of Psychosocial Counselling.

**Vsebina:**

Vsebinsko je predmet razdeljen na dva glavna sklopa:

1. Strukturo svetovalnega pogovora (faze svetovalnega pogovora in njihove značilnosti, vloga klienta in svetovalca v posamezni fazi, načrtovanje svetovalnega pogovora),
2. Postopke svetovalnega pogovora (ocenjevanje, konceptualizacija primera, vzpostavitev in vzdrževanje svetovalnega delovnega odnosa, motivacijski intervju, uporaba osnovnih veščin in tehnik, zaključevanje svetovalnega pogovora).

Vsebine se obravnavajo glede na kognitivno vedenjski pristop.

**Content (Syllabus outline):**

The subject is divided into two main sections:

1. The structure of the counselling interview (the stages of the counselling interview and their characteristics, the role of the client and the counsellor in each phase, planning of the counselling interview),
2. Counselling interview procedures (assessment, case conceptualization, establishment and maintenance of a counselling working relationship, motivational interview, use of basic skills and techniques, completion of the counselling interview).

The content is addressed according to the cognitive behavioural approach.

**Temeljni literatura in viri / Readings:**

Izbor iz: / Selection from:

BECK, Judith S. *CBT. Basics and Beyond. 3rd Ed.* New York: The Guildford Press, 2021.

ANIĆ, Nada, ur. *Prispevki iz vedenjsko kognitivne terapije. Zbornik I.* Ljubljana: Društvo za vedenjsko in kognitivno terapijo, 2004.

ANIĆ, Nada, JANJUŠEVIĆ Peter. *Izbrane teme iz vedenjsko-kognitivne terapije. Zbornik II.* Ljubljana: Društvo za vedenjsko in kognitivno terapijo, 2007.

BIELING, Peter J., MCCABE Randi E., ANTONY Martin M. *CBT in Groups.* New York: The Guildford Press, 2006.

COREY, Gerald. *Theory and Practice of Counseling and Psychotherapy. 8th Ed.* Belmont: Brooks/Cole, 2009.

COREY, Gerald. *Theory & Practice of Group Counseling. 8th Ed.* Belmont: Brooks/Cole, 2012.

DRYDEN, Windy. *Counselling in a Nutshell.* London: Sage, 2006.

FELTHAM Colin, DRYDEN Windy. *Brief Counselling. A Practical Integrative Approach. 2nd Ed.* Open University Press, 2006.

GERARD, Egan. *The Skilled Helper. 9th Ed.* Belmont: Brooks/Cole, 2010.

HAWKINS, Peter, SHOHET Robin. *Supervision in the Helping Professions.* New York: Open University Press, 2006.

JACOBS, Ed E., MASSON Robert L., HARVILL Riley L., SCHIMMEL Christine J. *Group Counseling. Strategies and Skills. 7th. Ed.* Belmont: Brooks/Cole, 2012.

NELSON-JONES, Richard. *Practical Counselling and Helping Skills. 5th Ed.* London: Sage, 2005.

NEUKRUG, Ed. *The World of the Counselor. An Introduction to the Counseling Profession. 4th Ed.* Belmont: Brooks/Cole, 2012.

ROSENGREN, David B. *Building Motivational Interviewing Skills.* New York: The Guildford Press, 2009.

SHARF, Richard S. *Theories of Psychotherapy and Counseling. Concepts and Cases. 5th Ed.* Belmont: Brooks/Cole, 2012.

SOMMERS-FLANAGAN, John, SOMMERS-FLANAGAN Rita. *Counseling and Psychotherapy Theories in Context and Practice.* New Jersey: Wiley & Sons, Inc, 2004.

#### **Cilji in kompetence:**

Cilj predmeta je teoretično in praktično učenje postopkov procesa psihosocialnega svetovanja, spoznavanje strukture svetovalnega procesa in razumevanje vloge in nalog klienta in svetovalca v procesu psihosocialnega svetovanja.

Učna enota prispeva k razvoju naslednjih splošnih in predmetnospecifičnih kompetenc:

- sposobnost uporabe znanja v praksi in izvirnega, kreativnega reševanja problemov v novih ali neobičajnih kontekstih,
- etična refleksija in zavezanost profesionalni etiki, prevzemanje osebne in družbene odgovornosti, povezane z uporabo osvojenih znanj,
- zmožnost formulirati in uporabiti model psihosocialne pomoči v skladu z izbranim svetovalnim pristopom,

#### **Objectives and competences:**

The objective of the course is theoretical and practical learning of the psychosocial counselling process procedures, understanding the structure of the counselling process and understanding the role and tasks of the client and counsellor in the psychosocial counselling process.

Learning unit contributes to the development of generic and subject specific competences:

- the ability to apply knowledge in practice and the ability of creative problem solving in new or unusual contexts
- ethical reflection and commitment to professional ethics, acceptance of personal and social responsibility associated with the use of acquired knowledge
- the ability to formulate and to use the model of psychosocial help in line with selected counselling approach

- sposobnost soustvariti svetovalni odnos, izvesti ustrezno svetovalno intervenco in obvladati ustrezno zaključevanje svetovalnega procesa
- sposobnost raziskovanja, refleksije in nadzora svoje osebne vpletenosti v postopke psihosocialne pomoči, ki jih soustvarjajo in vodijo

- ability to co-create counselling relationship, to carry out appropriate counselling interventions and to master proper termination of counselling process
- the ability to research, reflect and control their personal involvement in the processes of psychosocial help, which they co-create and run

#### **Predvideni študijski rezultati:**

- učinkovito vzpostavljajte svetovalnega delovnega odnosa,
- aplikacija temeljnih postopkov svetovalnega procesa na delo s klienti
- zmožnost analize lastnih reakcij in doživljanja, ki jih imajo v odnosu s klienti
- osvojitev osnovne vrste intervencij in tehnik v kognitivno vedenjskem pristopu
- zmožnost izdelave konceptualizacije primera in načrtovanja svetovalnega procesa
- demonstracija osnovnih tehnik svetovalnega procesa pri delu s klienti

#### **Intended learning outcomes:**

- effective establishment of the counselling working relationship
- application of fundamental methods of counselling process when working with clients
- to analyse their own reactions and experience in the relationship with clients
- to master the various types of intervention and techniques in cognitive behavioural approach
- the ability of case conceptualisation and planning counselling process
- demonstration of basic techniques of counselling process when working with clients

#### **Metode poučevanja in učenja:**

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov)
- eksperimentalne vaje, ki vključujejo različne oblike izkustvenega skupinskega dela (skupinske diskusije na podlagi predhodnega študija teoretskih virov, skupinski proces, svetovalno delo v trojkah, intervizije in supervizije, delo v vrstniških skupinah, igre vlog, demonstracije metod in tehnik)

#### **Learning and teaching methods:**

- lectures with students' active participation (lecture, discussion, questions, examples, problem solving exercises)
- experimental exercises involving various forms of experiential teamwork (group discussion on the basis of previous study of theoretical resources, group process, therapeutic work in threes, interventions and supervisions, work in peer groups, role play, demonstrations of methods and techniques)

<ul style="list-style-type: none"> <li>- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij</li> <li>- individualne in skupinske konzultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj)</li> </ul>	<ul style="list-style-type: none"> <li>- use of online classroom or other contemporary ICT tools</li> <li>- individual and group consultations (discussion, additional explanation, dealing with specific questions)</li> </ul>
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<b>Načini ocenjevanja:</b>	Delež (v %) / Weight (in %)	<b>Assessment:</b>
Ocenjevanje demonstracije pridobljenih svetovalnih veščin in spretnosti. Izdelava komentiranega transkripta odlomka iz svetovalnega dela s pisnim izdelkom.	40	Evaluation based on demonstration of acquired counselling skills. Producing commented transcript excerpt from the counselling work with written assignment.
Pisni izpit.	60	Written exam.
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading is in accordance with the Faculty's evaluation Ordinance.

**Reference nosilca / Lecturer's references:**

STEPIŠNIK PERDIH, Tjaša. Čustveno procesiranje in relacijska zakonska in družinska terapija = Emotional processing and relational marital and family therapy. *Kairos: slovenska revija za psihoterapijo*, 2018, letn. 12, št. 3/4, str. 143-163.

TAUBNER, Svenja, SALIBA, Andrea, HEINONEN, Erkki, PROTIĆ, Sonja, VOLKERT, Jana, ADLER, Asta, BARKAUSKIENE, Rasa, CONEJO CERÓN, Sonia, DI GIACOMO, Dina, STEPIŠNIK PERDIH, Tjaša, et al. Mediators and theories of change in psychotherapy with adolescents: a systematic review protocol. *BMJ open*. Mar. 2021, vol. 11, iss. 3, str. 1-5. ISSN 2044-6055. <https://bmjopen.bmj.com/content/bmjopen/11/3/e042411.full.pdf>,

KRIVEC, Jana, RAKOVEC, Primož, STEPIŠNIK PERDIH, Tjaša. The role of ICT in adolescents dealing with psychosocial problems. In: MAKAROVIČ, Matej (ed.), RONČEVIČ, Borut (ed.). *Technology and social choices in the era of social transformations*. Berlin [etc.]: P. Lang, 2020. Str. 59-79, ilustr. ISBN 978-3-631-80821-4.

STEPIŠNIK PERDIH, Tjaša, ŠPACAPAN, Ajda. Interocepcija plesalcev ter njihovo zavedanje čustev in telesnih občutkov = Interception [!] of dancers and their awareness of emotions and bodily sensations. V: RADUJKOVIĆ, Mladen (ur.), SEČAK, Svebor (ur.). *10. jubilejna znanstvena konferenca Alma Mater Europaea Za človeka gre 2022: Etični izzivi digitalne transformacije = The 10th Annual Conference of Europe's Sciences and Arts Leaders and Scholars, Alma Mater Europaea Annual Conference It's About People 2022: Embracing Digital Transformation for a*

*Sustainable and Ethical Future : zbornik recenziranih in strokovnih prispevkov za področje plesa = proceedings book with peer review on scientific and professional contributions on dance*. 1. izd. Maribor: AMEU - ECM, Alma Mater Press, 2022. Str. 44-50, ilustr. ISBN 978-961-7183-06-1. <https://press.almamater.si/index.php/amp/catalog/view/51/55/151-1>.

STEPIŠNIK PERDIH, Tjaša, MACUR, Mirna. Zaznavanje stresa pri srednješolcih v prvem valu epidemije COVID-19 = Stress perception in high school students in the first wave of the COVID-19 epidemic. V: RAJKOVIČ, Uroš (ur.), BATAGELJ, Borut (ur.). *Vzgoja in izobraževanje v informacijski družbi = Education in information society : 8. oktober 2021, 8 October 2021, Ljubljana, Slovenia : Informacijska družba - IS 2021 = Information Society - IS 2021 : zbornik 24. mednarodne multikonference = proceedings of the 24th international multiconference : zvezek G = volume G*. Ljubljana: Institut "Jožef Stefan", 2021. Str. 131-134, ilustr. Informacijska družba. ISBN 978-961-264-220-4. ISSN 2630-371X. [http://library.ijs.si/Stacks/Proceedings/InformationSociety/2021/IS2021\\_Volume\\_G.pdf](http://library.ijs.si/Stacks/Proceedings/InformationSociety/2021/IS2021_Volume_G.pdf)

STEPIŠNIK PERDIH, Tjaša. Uporaba prevodnosti kože pri raziskovanju čustev. *Anthropos: časopis za psihologijo in filozofijo ter za sodelovanje humanističnih ved*, ISSN 0587-5161, [Tiskana izd.], 2018, letn. 50, št. 3/4, str. 39-52.

KRIVEC, Jana, STEPIŠNIK PERDIH, Tjaša. Comparison of self-perception between Slovenian, Finnish and Lebanese students = Primerjava samozaznave pri slovenskih, finskih in libanonskih študentih in študentkah. *Kairos : slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2019, letn. 13, št. 3/4, str. 155-175.

STEPIŠNIK PERDIH, Tjaša. Dissociative symptoms in young adults in Slovenia. V: *Proceedings of 104th the IRES International Conference, Rome, Italy, 20th-21st February, 2018*. Rome: [s. n.], 2018, str. 10-13.

STEPIŠNIK PERDIH, Tjaša. TRE for breast cancer survivors. V: *The legacy of trauma and dissociation : body and mind in a new perspective: abstracts, panels & simposia*, 7th Biennial ESTD Conference, Rome, October 24-26, . [Rome: s. n. 2019], str. 12.

STEPIŠNIK PERDIH, Tjaša. Navezanost in travma: poročilo z mednarodnega kongresa v Rimu od 19. do 21. septembra 2014 = Attachment and trauma: report from the international congress in Rome, 19th to 20st of September 2014. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2015, letn. 9, št. 4, str. 159-164.

STEPIŠNIK PERDIH, Tjaša. Disociacija: način, kako preživeti v odnosih. V: JEREBIC, Sara (ur.). *Zbornik povzetkov in člankov*. Elektronska izd. PDF. Ljubljana: Združenje zakonskih in družinskih terapevtov Slovenije, 2018, str. 33.

STEPIŠNIK PERDIH, Tjaša. TRE kot terapevtova skrb zase. V: GANC, Damijan (ur.). *Medsebojni odnosi in spremembe v terapiji: zbornik povzetkov in člankov*. Ljubljana: Združenje zakonskih in družinskih terapevtov Slovenije, 2016, str. 16.

STEPIŠNIK PERDIH, Tjaša. Senzomotorična psihoterapija. V: GANC, Damijan (ur.). *Kvaliteta (so)bivanja: zbornik povzetkov in člankov*. [S. l.: s. n. 2015], str. 8.

Predavateljica ima več let svojo terapevtsko prakso. / Lecturer has its own therapeutic practice for several years.