

**ADD ON COURSE**  
**INTRODUCTION TO PSYCHOTHERAPEUTIC**  
**METHODS**  
**SYLLABUS**

This paper is a basic course on counseling and psychotherapy. The course is structured in having both theoretical and practical dimensions.

Module 1.

Introducing schools of thought in Counseling and psychotherapy. Basic skills in counseling, processes in counseling.

Module 2.

Cognitive Behavioural Therapy. History, Theoretical dimensions, Formulations, Assessment, Cognitive restructuring.

Module 3.

Hypnosis. History, Induction techniques, Deepenings, Self Hypnosis.

The course is 30 hours.

There will be 20 hours of classrooms hours and 10 hours of homework assignments.

Assessments:

Adherence to homework assignments.

Assignments