**The name of the academic discipline:**

**“Short-term methods of psychotherapy in counseling practice”**

|  |  |
| --- | --- |
| **Specialty code and name** | 7-06-0313-01 Psychology |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **Number of in-class academic hours:** | 48 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 24 |
| - |
| 24 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam |
| **Number of credit points** | 3 |
| **Competences** | Apply psychotherapeutic methods in consultative practice, possess skills in analyzing data from psychotherapeutic and consultative practice. |
| **Summary of the academic discipline:**The discipline "Short-term methods of psychotherapy in counseling practice" is intended for advanced higher education in the specialty 7-06-0313-01 Psychology and is a discipline of the educational institution component of the module "Theoretical and practical foundations of psychological counseling and psychocorrection".The purpose of the academic discipline: to deepen the understanding of the structure of the psychotherapeutic process, general factors of the therapeutic effect of psychotherapy and its short-term forms, as the most economical and adequate for use in the counseling practice of a psychologist.The program of the discipline includes topics that reflect the most significant problems of the course: the main directions and forms of psychotherapy; classification of psychotherapy methods; the main short-term methods of psychotherapy used in the counseling practice of a psychologist. |