

Transilvania University of Braşov, Romania

Study program: Clinical Psychology, Psychological Counseling and Psychotherapy

Faculty: Psychology and Education Sciences

Study period: 2 years (master)

1st Year

Course title	Code	language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Advanced Theories in Developmental Psychology	TAPD	Romanian	4	1	1	-	-

Course description (Syllabus): Development concept-contemporary challenges and approaches. Theories of cognitive development. Theories of personality development. Theories of moral development. Theories of emotional development. Adolescence-dynamics of development; stage theories and adolescent development, theory of social maturity-Robert Kegan, autonomy, risk-taking depression and suicide in adolescence, drug use in adolescence - implications in clinical psychology and counseling. Adult – the dynamics of development. Erikson stage development theory, ego development theory-Jane Loevinger, life stage theory-Levinson, life course Theory, life events theory-Baltes-engaged in clinical psychology and counseling.

Course title	Code	language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Ethics and Deontology in Applied Psychology	EDPA	Romanian	4	1	1	-	-

Course description (Syllabus): Professional ethics and deontology – origins and role. Professional bodies and their role in regulated professions. The deontological code of psychologists. Ethical principles in applied psychology. Ethical decisions in the professional activity. Ethical issues in clinical psychology practice. Ethical issues in psychological counseling and psychotherapy practice. Ethical issues in the research conducted in clinical psychology, psychological counseling, and psychotherapy.

Course title	Code	language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Quantitative Research Methods	MCCT	Romanian	7	1	2	-	-

Course description (Syllabus): The research problem identification. Research aims and hypotheses. Correlational, experimental and quasi-experimental research designs. Sampling methods. Statistical techniques for research hypotheses testing. Internal and external validity of the quantitative research. Conducting psychopedagogic, laboratory and ground experiment: preparation, implementation and finalization. Laboratory and experimental research report writing. Evidence-based and scientifically validated applied practice in main fields of psychology.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Advanced Theories in Personality Psychology	TAPP	Romanian	5	1	1	-	-

Course description (Syllabus): Explaining personality in psychology. The biological basis of personality: (1) evolutionary perspectives on personality; (2) genetics and personality: heritability and environmentality; (3) constitutional and physiological aspects of personality. Culture and personality. Recent theoretical models of personality – personality

traits and personality factors. Intelligence and professional adaptation. Group differences in personality: sex, race, social class differences. Personality and interpersonal attraction. Personality and intimate relationship. Differential issues in personality: optimism, irrational beliefs, social anxiety, and social attitudes. Stress, coping and mental health – individual and group differences.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Ethics and Academic Integrity	EIA	Romanian	2	1	-	-	-

Course description (Syllabus): Academic ethics in the 21st century: necessity and finalities. The moral values of the University and the rules of conduct arising from them. Code of ethics and University deontology of UTBv. Norms of academic ethics in assessment situations. Academic writing: contemporary requirements and norms in the field. Ethics in the elaboration of dissertation work. Plagiarism and other forms of dishonesty in academic writing. Ethical aspects in university relations.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Entrepreneurship in psychological practice	APP	Romanian	4	1	1	-	-

Course description (Syllabus): Entrepreneur and entrepreneurship. The decision to open a business; Motivation. Business ideas. Sources of business ideas. Methods that can generate new business ideas. Forms of exercising the profession of psychologist. Legal forms for starting and running a business. Economic enterprises and commercial companies. Liberal professions. Typology, formation stages. The individual psychology cabinet. BUSINESS MARKETING: general marketing concepts, market and customers, competition and market segmentation. Product: goods and services; Pricing; Promotion and business communication; Placement and Distribution. BUSINESS PLANNING: business plan structure; marketing plan and financial plan (income and expenses, break-even point, cash flow). Presentation of the business plan.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Qualitative Research Methods	MCC	Romanian	7	2	1	-	-

Course description (Syllabus): Qualitative approach in psychological research: features of qualitative research. Qualitative research design. Case studies, comparative studies, retrospective studies, longitudinal studies. Selection of research groups and methods. Qualitative data analysis: thematic analysis. Inductive analysis of qualitative data: data encoding and categorization. Interpretation of qualitative data. Conditions regarding the quality of qualitative research: triangulation, generalization. Ethical principles of qualitative research with human participants.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychological Assessment	EP	Romanian	6	2	1	-	-

Course description (Syllabus): Test and psychological evaluation. Basic qualities of psychometric instruments: standardization, fidelity and validity. The specifics of psychological evaluation in the fields of education, health, work, human resources and transport. Rules for drawing up the psychological report. Psychological evaluation at the level of the labor collective: psychological evaluation after cancellation and diagnose and plan organizational change. The factorial approach of personality (Eysenck; Cattell). NEO Personality Inventory revised. California Psychological inventory. Myers-Briggs typological indicator. Self-Directed Search Holland.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Clinical Psychology	PCL	Romanian	7	2	1	-	-

Course description (Syllabus): Inter-relation among clinical psychology, psychopathology, health psychology and psychoanalysis. Bio-psycho-social approach in clinical psychology. The role of communication in clinical psychology. Models of diagnosis in clinical psychology. Compliance and quality of life. Research methods in clinical psychology. Psychological intervention in clinical context.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychological Counseling and personal development	CPDP	Romanian	6	2	1	-	-

Course description (Syllabus): Basic concepts for psychological counseling in clinical field. Counselor's basic skills involved in psychological assistance and counseling. Psychological counseling in situations of intra- and interpersonal conflicts. Psychological counseling in developmental field and age involution. Counseling for career and vocational guidance. Psychological counseling in addictive behavior and licit or illicit substances abuse. Psychological counseling for a healthy life style.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Emotions Management in Psychological Counseling and Psychotherapy (optional subject)	GE	Romanian	4	1	1	-	-

Course description (Syllabus): Understanding the emotional experiences specific to psychological counselling process or/and psychotherapy – theoretical framework. Theories of emotion. Emotion generation. Theoretical models of emotion regulation. Emotion regulation and building alliance in psychotherapy. Development of emotion regulation skills for optimization of professional behaviour of psychological counsellor or psychotherapists. Using emotion for overcoming resistance – personal efficacy and efficiency of the therapeutic intervention. Antecedents and consequences of emotion management in psychological counselling and psychotherapy. Group supervision and peer-group supervision.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychopathology and Therapeutic Intervention at Third Age (optional subject)	PPVT	Romanian	4	1	1	-	-

Course description (Syllabus): Vulnerability to psychiatric disorders in old age. Vulnerability assessment. Anxiety disorders in old age. Therapeutic interventions. Depression in old age. Prevalence, symptoms, therapeutic interventions. Dementia in old age. Therapeutic interventions. Family counseling. Substance abuse in old age. Therapeutic interventions. Family counseling. Late onset schizophrenia and delusional disorders in old age. Therapeutic interventions.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Psychological interventions to change lifestyle (optional subject)	PP	Romanian	4	1	1	-	-

Course description (Syllabus): Theories about lifestyle. Lifestyle factors to improve mental health. Psychological intervention strategies. Types of interventions. The process of designing an intervention.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Health psychology and psychosomatics (optional subject)	PSV	Romanian	4	1	1	-	-

Course description (Syllabus): Psychosomatics - theories and concepts. Etiological factors in psychosomatics. Mental stress - fundamental concept in psychosomatics. Mental health-optimization strategies. Psychosomatics in children and adolescents. Psychosomatic disorders of adults. Psychosomatic disorders of the digestive system. Somatoform disorders of the central nervous system. Emotional factors in cardiovascular somatoform disorders. Therapy of somatoform disorders in adolescent, children and adults.

2nd Year

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Positive psychotherapies	PTP	Romanian	6	1	2	-	-

Course description (Syllabus): Positive psychology according to Martin Seligman and Positive Psychotherapy according to Nossrat Peseschian. Subjective Well-Being: Correlates, Predictors, and Heritability. Flourishing, optimism and positive emotions. Flow. Hope and gratitude. The balance model.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Group psychotherapies	PTG	Romanian	5	1	1	-	-

Course description (Syllabus): Definitions and history of group therapies. Organizing and planning a group intervention: member selection criteria, member preparation, logistics. Types and characteristics of groups. Phases of group development. Therapeutic group factors (I. Yalom). Psychoanalytic and psychodynamic group therapy. Cognitiv-behavioural group therapy. Humanistic and experiential group psychotherapies. Psychodrama: mechanisms of change.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Unifying Experiential Psychotherapy (child, adolescent, adult)	PEU	Romanian	6	2	1	-	-

Course description (Syllabus): Unifying Experiential Psychotherapy (child, teenager, adult) - conceptual framework. Professional empowerment of the experiential psychotherapist for children, teenagers and adults. The classic experiential approach: psychotherapy centred on person, gestalt-therapy and classic psychodrama. The client-psychotherapist alliance. The experiential diagnosis and the unifying psychotherapy. Approaches and methods in expressive-creative psychotherapy. The metaphor and the metaphoric scenario. Unifying Transgenerational Psychotherapy. Assessing the effectiveness of the intervention in Unifying Experiential Psychotherapy.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Child and Adolescent Psychopathology	PCA	Romanian	5	1	1	-	-

Course description (Syllabus): Psycho-somatic disorders. Attention deficit disorder. Affective disorders in children and adolescents (anxiety and depression). Autism spectrum disorders. Anorexia and bulimia in adolescence. Oppositional and anti-social behavior in children and adolescents.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Applied and Practical Research in the Field of Clinical Psychology	CAPS1	Romanian	4	-	-	-	2

Course description (Syllabus): Role and duties of the psychotherapist. Specific methods and techniques of research in the field of psychotherapy. Preparation of psychological evaluation. Preparation of therapeutic intervention. Evaluation of the effectiveness of therapeutic interventions. Ethical aspects involved in the development of psychotherapy. Preparation and presentation of the applicative research report. Auto and inter-evaluation of practice activity.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Couple and Family Psychotherapy	PCF	Romanian	7	2	1	-	-

Course description (Syllabus): Couple and family psychotherapy: conceptual framework, establishment of an alliance with the couple and the family and the stages of couple and family psychotherapy process. Ethics and behaviour in couple and family psychotherapy. The Experiential Psychotherapy of the family. The Transgenerational Psychotherapy of the family. The Experiential Psychotherapy of communication. The Narrative Psychotherapy of the family. The Structural Psychotherapy of the family. The Strategic Psychotherapy of the family. The Systemic Psychotherapy of the family, Emotionally Focused Therapy

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Clinical Psychodiagnosis	PDC	Romanian	4	1	1	-	-

Course description (Syllabus): Clinical interview as assessment methods. Observation in clinical context. Objective measures in clinical psychology. Projective measures in clinical diagnosis. Behavioral techniques as testing methods.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Applied Research and Practical Placement in Psychotherapy	CAPS2	Romanian	5	-	-	-	2

Course description (Syllabus): The role and tasks of psychological counsellors and psychotherapists. Specific research methods in psychological counselling and psychotherapy. Steps in clinical diagnosis. Steps in psychological counselling and psychotherapy. Ethics and behaviour in psychological counselling and psychotherapy.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Professional Development Training (practice)	TAP	Romanian	4	-	-	-	2

Course description (Syllabus): Self-image and self-assessment. Expressive skills (nonverbal and verbal). Relational, emotional and cultural intelligence. Managing stress. Mindfulness. Motivation and self-determination. Relevant personal and professional objectives. Tools, methods and means to increase productivity. Professional and personal development plans. Construction and presentation.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Supervised clinical practice	PCS	Romanian	5	-	-	-	2

Course description (Syllabus): Development of professional skills in clinical practice. Clinical consultation, anamnesis, therapeutic intervention, building the therapeutic relationship. Direct/indirect, structured/unstructured strategies and interventions. Predictors of the therapeutic alliance: therapeutic style, directness, attachment style, self-disclosure, impostor syndrome, ethics and confidentiality. The reflective process and the interpersonal process in clinical practice: affective exploration, non-explicit objectives, cognitive examination, images, mutual perceptions, identification of expectations.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Practical placement for dissertation	PD	Romanian	5	-	-	-	3

Course description (Syllabus): Preparation and presentation of the research report. Presentation of portfolio requirements for dissertation work. Analysis of theoretical synthesis for dissertation work. Elaboration of the research/intervention methodology for the dissertation paper. Establishment of instruments for Dissertation

Research. Elaboration of the dissertation research database. Data analysis. Elaboration of the preliminary report of the dissertation research. Auto and inter-evaluation of practice activity.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Counseling and Psychotherapy in Personality Disorders (optional subject)	CPTP	Romanian	4	1	1	-	-

Course description (Syllabus): Personality disorders - the etiology of personality disorders; assessment of personality disorders; current controversies. Personality disorders Clusters.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
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Current empiric approaches in psychotherapy (optional subject)	AECP	Romanian	4	1	1	-	-

Course description (Syllabus): Evidence-based approach in psychotherapy. Criteria for empirically validated psychological interventions. Implementation and application of evidence-based psychotherapy. Empirically supported therapy relationships. Models of emotional processing and principals of emotional change in emotion-focused approach. Evidence-based interventions for depression and generalized anxiety disorders.