

Transilvania University of Brașov, 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	5	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
Methods of quantitative research	MCCT	Romanian	5	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: evolutionary perspectives on personality; genetics and personality: heritability and environmentality; 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			
				course	seminar	laboratory	project
Ethics and Academic Integrity in Psychology	EIADP	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			
				course	seminar	laboratory	project
Emotions Management in Psychological Counseling and Psychotherapy	GE	Romanian	5	1	2	-	-

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
Methods of qualitative research	MCC	Romanian	6	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	5	1	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	PC	Romanian	5	1	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	5	1	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
Positive psychology	PP	Romanian	5	1	1	-	-

Course description (Syllabus): Basic concepts of positive psychology. Cultivation of emotional health, identifying and developing individual strengths, establishing and achieving personal goals. Research methods in positive psychology. The PERMA model of positive psychology and analysis of cases from its perspective: design of an intervention plan based on the principles of positive psychology, analysis of the results obtained from the intervention and presentation of the case study.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Entrepreneurship in psychological practice (optional subject)	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	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Clinical Assessment and Intervention in Psychological Trauma (optional subject)	EICTP	4	1	1	-	-

Course description (Syllabus): Defining the concept of psychological trauma and the typology of trauma, insecure attachment and developmental trauma, clinical assessment of trauma, validated psychotherapeutic interventions in psychological trauma, the therapeutic relationship and the importance of the safety framework, prevention of retraumatization and professional boundaries, protective factors and the role of the support network, ways to cultivate resilience and hope in therapy.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychological interventions for lifestyle changes (optional subject)	IPSV	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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Psychosomatics – Assessment and Intervention (optional subject)	PSEI	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	4	1	2	-	-

Course description (Syllabus): Positive psychology according to Martin Seligman and Positive Psychotherapy according to Nossrat Peseschnian. 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	3	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			
				course	seminar	laboratory	project
Unifying Experiential Psychotherapy (child, adolescent, adult)	PEU	Romanian	4	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
Clinical Psychodiagnostics	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
Case Conceptualization in Clinical Psychology	CZPC	Romanian	3	-	2	-	-

Course description (Syllabus): The clinical psychologist's role and responsibilities, tools, methods, techniques used in the field of clinical psychology, stages in conducting clinical diagnosis and preparing the psychological assessment report, stages in conducting interventions in the field of clinical psychology and evaluating its effectiveness.

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 Specialization - Foundations and Design	CAPS-FP	Romanian	3	-	-	-	28

Course description (Syllabus): Negotiation of the internship contract in the field of specialization, preparation and presentation of the research activity, analysis of the theoretical synthesis for the dissertation report, self- and inter-evaluation of the internship activity.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Practical Training in Clinical Psychology	PSPC	Romanian	3	-	-	-	28

Course description (Syllabus): Preparing the framework and the tools required for conducting the psychological assessment process involving the use of standardized psychological instruments, the collection and interpretation of the data obtained through testing, the formulation of a clinical diagnosis, the elaboration of the psychological report in clinical psychology, the implementation of the intervention process in clinical psychology, and consideration of the ethical aspects involved.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Professional Development Training (practice)	TAP	Romanian	3	-	-	-	28

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
Couple and Family Psychotherapy	PCF	Romanian	5	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
Psychopathology of Children and Adolescents	PCA	Romanian	5	2	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
Case Conceptualization in Psychotherapy	CZPT	Romanian	5	-	2	-	-

Course description (Syllabus): The psychotherapist's role and responsibilities. Specific methods and techniques of research in the field of psychotherapy. Elaboration of the psychological evaluation. Design of the therapeutic intervention. Evaluation of the effectiveness of therapeutic interventions. Consideration of the ethical aspects involved in psychotherapy. Preparation and presentation of the applied research report.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Applied Research in the Field of Specialization - the Elaboration of the Dissertation Thesis	CAPS-D	Romanian	5	-	4	-	-

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
Supervised Clinical Activity	ACS	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 Training in Psychotherapy	PSPT	Romanian	5	-	-	-	28

Course description (Syllabus): The role and responsibilities of psychological counsellors and psychotherapists. Research methods specific to psychological counselling and psychotherapy. Steps in clinical diagnosis. Steps in psychological counselling and psychotherapy. Consideration of the ethical aspects 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
Current empiric approaches in psychotherapy (optional subject)	AECP	Romanian	3	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.

Course title	Code	Language of instruction	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Mental Health Promotion (optional subject)	PSM	Romanian	3	1	1	-	-

Course description (Syllabus): Psychological and social factors in health and illness, health promotion in addictive behaviours, psychological assessment of risk behaviours, mental health education programmes, public health issues and interventions, mental health awareness and education