



**PJSC "Higher Education Institution
"INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT"**

Approved:

Name of the department

Minute No. _ dated “_” 2025

Head of the department

(signature)

(full name)

SYLLABUS
of the academic discipline
Psychological counselling

specialty: C4 Psychology

educational level: first (bachelor's) level

study program: «Psychology»

2025

General information about the academic discipline

Name of the academic discipline	Psychological Counselling
Code and name of the specialty	C4 Psychology
Level of higher education	first (bachelor's) level of higher education
Status of the discipline	compulsory
Number of credits and hours	5 credits / 150 hours Lectures: 34 hours Seminars / practical classes: 34 hours Independent work: 82
Terms of studying the discipline	5
Language of instruction	Ukrainian
Type of final control	exam

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Teacher's portfolio on the Institute's website	

Course abstract:

The course of the academic discipline “Psychological Counselling” includes the main theoretical approaches and models within which the theory of consultative interaction, the initial theoretical provisions of psychological counselling, techniques, techniques, methods of psychological counselling in the practice of a psychologist are revealed.

The subject of the discipline:

Directions of consultative work, methods, techniques, psychological means, psychotechnologies of consultative interaction.

The purpose of studying the discipline:

To ensure the achievement of professional competencies and program learning outcomes in the process of professional training of applicants for the consulting activity of a psychologist using methods, means, techniques of the consulting work of a psychologist.

The objectives:

- to form the skills and abilities of psychological counselling in applicants;
- to teach the use of various methods of consultative interaction, methods, tools, psychotechnologies;
- to promote the assimilation of ethical norms in the work of a psychologist-consultant.

Prerequisites: Psychological counselling is directly related to the disciplines: “general psychology”, “Age and pedagogical psychology”, “Fundamentals of psychological practice”, “Differential psychology”, social psychology, designed to lay the basic skills of a psychologist’s consulting work.

Program competencies and learning outcomes:

General Competencies (GC)	GC 4. Ability to learn and acquire modern knowledge. GC 5. Ability to be critical and self-critical. GC 6. Ability to make well-founded decisions. GC 7. Ability to generate new ideas (creativity). GC 8. Interpersonal interaction skills. GC 9. Ability to work in a team.
Specific (Professional) Competencies (SC)	SC 1. Ability to operate with the categorical-conceptual framework of psychology SC 8. Ability to organize and provide psychological assistance (individual and group). SC 9. Ability to carry out educational and psycho-preventive activities according to the request. SC 10. Ability to adhere to professional ethics standards.
Learning outcomes	
Program learning	PLO 9. Propose your own methods for solving

outcomes	<p>psychological tasks and problems in the course of professional activity, and be able to accept and justify your own decisions regarding their resolution (including the organization of early intervention measures).</p> <p>PLO 11. Develop and implement a plan for the consultation process, taking into account the specifics of the client's request and individual characteristics, and ensure the effectiveness of your actions (including working with individuals who have experienced psychological trauma, in particular as a result of war).</p> <p>PLO 15. Take responsibility for professional self-improvement, learning, and personal development.</p> <p>PLO 18. Implement effective measures to maintain health (one's own and others') and, when necessary, define the content of a supervision request.</p> <p>PLO 20. Present and justify determinism and hypotheses regarding the emergence and development of socio-psychological phenomena.</p>
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Content of the academic discipline

№	Topic name	Number of hours, including				
		Lec tur es	Pra ctic al clas ses	Inde pend ent work	Teaching methods/assessment methods	
Semester 5						
Content module 1. Psychological counselling in the activities of a psychologist						
Topic 1-2.	Psychological counselling as a direction of activity of a psychologist	4	4	6	Teaching methods: verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical (working with plots of legal cases); explanatory-illustrative; reproductive; problem-based	
Topic 3-4.	Theoretical approaches in psychological counselling	4	4	6		
Topic 5-6.	Conditions and rules of consulting work	4	4	6		
Content module 2. Methods, technologies and techniques of consulting work						

Topic 7-8.	Methods of establishing contact in consultative interaction	4	4	6	<p>presentation method; partially-search; research; interactive methods (situation analysis; discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative teaching methods (competence; project-research); case method.</p> <p>Assessment methods: oral control (oral survey, assessment of participation in discussions, other interactive teaching methods); written control (control, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence); method of self-control and self-assessment; evaluation of case studies.</p>
Topic 9-10.	Purpose and results of psychological counselling	4	4	6	
Topic 11.	Criteria for the success of psychological counselling	2	2	6	
Topic 12.	Special Issues in Psychological Counselling	2	2	6	
Topic 13.	Features of counselling depressive clients. Counselling clients with alcohol and drug addiction	2	2	8	
Topic 14	Features of counselling clients with self-regulation difficulties	2	2	8	
Topic 15.	Features of psychological counselling for clients in crisis situations	2	2	8	
Topic 16.	Content and Organization of Counselling on Marital Issues	2	2	8	
Topic 17.	Counselling parents regarding difficulties in relationships with adult children	2	2	8	
Modular test work					
Total :		34	34	82	
Form of control: exam					

Grading system and requirements.
 Table of distribution of points received by students
Semester 5

	Ongoing knowledge control																Modular tests	Exam	Total points	
Topic	T o p i c 1	T o p i c 2	T o p i c 3	T o p i c 4	T o p i c 5	T o p i c 6	T o p i c 7	T o p i c 8	Topic c 9	T o p i c 1										
Work in a seminar session	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	20	40	100	
Independent work	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1				

*The table contains information about the maximum points for each type of educational work of a higher education applicant.

When assessing the mastery of each topic for the current educational activity, the education applicant is given marks taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of education applicants and the distribution of points they receive are regulated by the Regulations on the assessment of educational achievements of higher education applicants at PJSC "HEI" MAUP".

Modular control. Modular control work on the educational discipline "Psychological counselling" is carried out at the last lesson of the module in written form, in the form of testing, namely, closed-form tests: test-alternative, test-correspondence.

Criteria for evaluating the modular test work in the academic discipline "Psychological counselling":

When evaluating the modular test work, the volume and correctness of the

completed tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
- the grade "good" (B) is given for the completion of 80% of all tasks;
- the grade "good" (C) is given for the completion of 70% of all tasks;
- the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;
- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
- the grade "unsatisfactory" (FX) is given if less than 50% of the tasks are completed.

Absence from the modular test work - 0 points.

The above grades are transformed into rating points as follows:

- "A" - 18-20 points;
- "B" - 16-17 points;
- "C" - 14-15 points;
- "D" - 12-13 points.
- "E" - 10-11 points;
- "FX" - less than 10 points.

The final semester control in the academic discipline « Psychological Counselling » is a mandatory form of assessing the learning outcomes of a student. It is carried out within the time limits established by the educational process schedule and in the volume of educational material determined by the syllabus of the academic discipline.

The final control is carried out in the form of an exam. The student is admitted to the final control provided that he/she performed all types of work outlined in the syllabus.

The final (semester) grade of the discipline for which the exam is provided is formed from two components: the results (grade) of the ongoing control; exam grade.

The maximum number of points for the ongoing control is 60, for the examination is 40.

The minimum amount by which the exam is considered as passed is 25 points.

The grade for the ongoing control is formed as the sum of rating points received by the student during the seminars/practical classes and incentive (if provided) points.

After evaluating the student's answers on the exam, the professor summarizes the points received for the ongoing control measures and points for the exam to obtain the final grade for the course.

Scale for the assessment of exam tasks

Scale	Total points	Criteria
Excellent level	30-40	The task is completed with high quality; the

		student has achieved the maximum score in the assessment of theoretical knowledge.
Good level	20–29	The task is completed with high quality and a sufficiently high proportion of correct answers.
Satisfactory level	10–19	The task is completed with an average number of correct answers; the student has demonstrated theoretical knowledge with significant errors.
Unsatisfactory level	0–9	The task is not completed; the student has demonstrated theoretical knowledge with major errors.

Assessment of additional (individual) types of educational activities.

Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific societies and problem groups, preparation of publications, etc. in excess of the tasks established by the relevant syllabus of the academic discipline.

By decision of the department, applicants who participated in scientific research work and performed certain types of additional (individual) types of educational activities may be awarded incentive (bonus) points for a certain educational component.

Incentive points are not normative and are not included in the table of distribution of points received by students and the main scale of the assessment system.

One event can be the basis for setting incentive points only for one most relevant educational component.

The total number of points scored by students for completing tasks for independent work is one of the components of the academic performance in the academic discipline. Independent work on each topic according to the work program of the academic discipline is evaluated in the range from 0 to 3 points using standardized generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)

The maximum possible assessment of independent work (individual tasks)	Level of execution			
	Excellent	Good	Satisfactory	Unsatisfactory
1	1	0,75	0,5	0

Forms of control: ongoing control based on the performance of practical work; ongoing control of knowledge acquisition based on the assessment of oral answers to questions, messages, reports, etc. (in practical (seminar) classes); individual or collective project that requires the formation of practical skills and abilities of students (selective form); solving situational tasks; a summary made on the topic studied

independently; testing, performing a written test; draft articles, speech abstracts and other publications, other forms that contribute to the full assimilation of the educational program and the consistent development of skills for effective independent professional (practical and scientific and theoretical) activity at a high level.

To assess the learning outcomes of a student during the semester, a 100-point, national and ECTS assessment scale is used

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), practice	
		National scale assessment for exam, course project (work), practice	For pass/fail (credit)
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		
68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	fail unsatisfactory with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail unsatisfactory with mandatory re-study of the discipline

Course Policy.

- regularly attend lectures and practical classes;
- work systematically and actively in lectures and practical classes;
- catch-up on missed classes;
- perform the tasks required by the syllabus in full and with appropriate quality;
- perform control and other independent work;
- adhere to the norms of academic behaviour and ethics.

The course " Psychological Counselling " involves mastering and adhering to the principles of ethics and academic integrity, in particular, orientation on preventing

plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and author's, not overloaded with quotes, which must be accompanied by references to primary sources. Violations of academic integrity are considered: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, biased evaluation.

The assessment of the student is focused on receiving points for activity in seminar classes, completing tasks for independent work, as well as completing tasks that can develop practical skills and abilities, for which additional (bonus) points can be awarded (participation in round tables, scientific conferences, scientific competitions among students).

Methodological support of the academic discipline

Teaching and methodological materials that provide support for the discipline: lecture notes, methodological recommendations for conducting practical (seminar) classes and methodological recommendations for independent work of higher education students in the academic discipline " Psychological Counselling ".

Recommended sources of information.

Main:

1. Kovaleva I.B., Popova G.V. Fundamentals of psychological counselling: methodological guidelines for students of all forms of study in the specialty of psychology / I.B. Kovaleva, G.V. Popova – Kharkiv: NTU "KhPI", 2023. – 55 p.
2. Magdysyuk L. I. Fundamentals of psychological counselling: teaching aids / Lyudmila Ivanivna Magdysyuk, Raisa Petrovna Fedorenko. – Lutsk: Vezha-Druk, 2022. – 360 p.
3. Fundamentals of psychological counselling [Electronic resource]: electronic methodical recommendations for the course "Fundamentals of psychological counselling" for students of the first (bachelor's) level of higher education / compiled by M. E. Bilova. – Odessa: Odessa National University named after I. I. Mechnikova, 2023. – 31 p. – 0.5 MB.
4. Psychological technologies for promoting positive mental health of different segments of the population of Ukraine in conditions of martial law and post-war recovery: a practical manual / L.Z. Serdyuk, I.V. Danylyuk, O. A. Chykhantsova, et al.; ed. L.Z. Serdyuk. Kyiv: Institute of Psychology named after G.S. Kostyuk NAPS of Ukraine, 2024.168 p. <https://lib.iitta.gov.ua/742839>
5. Fedko S.L. Cultural appropriateness of psychological assistance: clinical grounds. Prospects and innovations of science. 2023. No. 1(19). P. 503-514.

Additional:

6. Tsilmak O. M. Plans for practical classes in the academic discipline

"Psychological Counselling": practical course. Odesa: Phoenix, 2021. 102 p.

7. Jungian Counselling: col. monographs Tkach R.M., Serbova O.V., Syngaivska I.V. and others, ed. Tkach R.M. K.: Talkom, 2021. 220 p.

8. EMDR. Emergency help: methodological recommendations / Tsarenko L. G.; ed. N. V. Prorok. Kyiv: Institute of Psychology named after G. S. Kostyuk NAPS of Ukraine, 2023. 109 p. URL: <https://lib.iitta.gov.ua/737770/>

9. Cavaiola A., Giordano A.L., Golubovic N. Addiction Counselling: A Practical Approach. Springer Publishing, 2022. 426 p.

10. Humphreys Keith Addiction: A Very Short Introduction (Series: Very Short Introductions). Oxford University Press, 2023. 144 p.

11. Humphreys Keith Addiction: A Very Short Introduction (Series: Very Short Introductions). Oxford University Press, 2023. 144 p.

Internet resources:

<https://lib.iitta.gov.ua/>

<https://nrat.ukrintei.ua/searchdb/>

<http://www.nbuu.gov.ua/>

<https://nlu.org.ua/>

<https://library.knu.ua/>

<https://dnpb.gov.ua/ua/>

<https://lib.udu.edu.ua/>

<http://psylib.kiev.ua>

<http://psihologiya.net/>

<http://www.nbuu.gov.ua>

: <http://www.socd.univ.kiev.ua/PUBLICAT/PSY/index.phtml>