

Study program: PSYCHOLOGY			
Level of studies: Master studies			
Course: Counselling with children and adolescents (MP105)			
Teachers: Jovana Trbojević Jocić			
Type of subject: elective			
ECTS: 6			
Prerequisites: /			
Course objectives			
Acquainting students with modern theoretical and practical concepts of counselling work with children and adolescents, understanding of psychotherapeutic methods and techniques applied in work with children and adolescents. Training students to apply the basic elements of psychological counselling in working with children and adolescents of different ages in different institutional contexts.			
Learning outcomes			
Understanding and applying the basic principles and techniques of counselling work with children and adolescents, in accordance with the age and type of problem. Planning and implementation of individual and group counselling work with children and adolescents; development of a plan and program for improving the mental health of young people, which includes the cooperation of adults (parents, educators, educational workers).			
Course unit contents			
<i>Lectures</i>			
Historical development of psychotherapy for children and adolescents. Research in the psychotherapy of children and adolescents. Attachment and counselling work with children and adolescents. Goals and possible outcomes of counselling work with young people. Prerequisites for successful counselling work. Different counselling approaches, techniques, and interventions in working with young people of different ages (psychodynamic approach, client-oriented therapy, behavioural and cognitive therapies, play therapy, family therapy...). Principles, goals, and techniques of group counselling work. Counselling work with parents and guardians. Counselling of young people with specific developmental topics (anxiety disorder, hyperkinetic disorder with/without behavioural disorder; depressive disorder, eating disorder...). Ethical issues related to counselling work with young people. Counselling work with young people as a multidisciplinary process.			
<i>Practice</i>			
Role playing, entering the roles of counsellors and young people (of different ages and different developmental and situational problems), in order to develop sensitivity for an optimal working alliance (climate of trust). Simulations of counselling work in different institutions (educational, clinical), analysis and discussion. Case study presentations, discussion and analysis of next steps. A case study with an adolescent.			
References			
<ol style="list-style-type: none"> Schmidt, J. (2008). <i>Counseling in Schools: Comprehensive programs of responsive services for all students</i>. Boston, MA: Allyn and Bacon. Thompson Prout, H., Fedewa A.L. (2015). <i>Counseling and Psychotherapy with Children and Adolescents: Theory and Practice for School and Clinical Settings</i>. Hoboken, New Jersey: John Wiley & Sons. McKay, D., Storch, E.A. (2011). <i>Handbook of Child and Adolescent Anxiety Disorders</i>. New York: Springer. Carr, A. (2006). <i>The Handbook of Child and Adolescent Clinical Psychology</i>, 2nd ed. London: Routledge. Lanyado, M., Horne, A. (2009). <i>The Handbook of Child and Adolescent Psychotherapy (Second edition)</i>. London: Routledge. 			
Number of active teaching hours			
Lectures: 2	Practice: 2	Other forms of classes: 0	Other classes: 0
Teaching methods			
Lectures, discussions, group and individual activities, seminars/essays.			
Examination methods (maximum 100 points)			
Exam prerequisites	No. of points:	Final exam	No. of points:
Practice tasks	15	Written exam	45
Colloquium	15	Oral exam	-
Seminar/essay	25		