**Name of the academic discipline:**

**"Techniques of short-term therapy in the work of a psychologist"**

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| **Specialty code and name**  |  1-23 01 04 Psychology  |
| **Course of study** | 4 |
| **Semester of study** | 7 |
| **Number of classroom hours:** | 34 |
| **Lectures****Seminar sessions** **Practical exercises**  **Laboratory classes**  | 14 |
|  |
| 20 |
|  |
| **Current certification form (credit/ differentiated credit/exam)**  |  test  |
| **Number of credits** | 3 |
| **The formed competencies**  | To develop, apply and interpret psychodiagnostic techniques in the process of scientific and applied activity of a psychologist Apply systematic knowledge about the patterns of human mental development in ontogenesis and the causes of its disorders in psychodiagnostic, psychocorrective, consultative and pedagogical work. |
| **Summary of the academic discipline:**Theoretical aspects of short-term therapy. Basic approaches to short-term psychotherapy. Phases of psychotherapy. Methods and tools of short-term psychotherapy. The main directions of short-term therapy. Ericksonian psychotherapy. Rational-emotive-behavioral psychotherapy by A. Ellis. Short-term positive therapybasic skills of desensitization and processing by eye movements. Anxiety management methods. |