

Name of the course: MSP2205 Helping theories and methods

Name of the lecturer: Szatmáry Ágnes

Weekly hours: 1+1/week

Week	Topics of Course
1.	Provide information on the contents of the course, requirements, literature, methods of assessment and timetable.
2.	About helping relationships in general. A brief history of helping relationships. Conceptual definitions.
3.	Theoretical foundations of targeted conversation communication.
4.	The model of helping relationships - Carl Rogers' approach.
5.	Characteristics of the role of helper and client, needs, expectations.
6.	The helping relationship as an interpersonal influence, creating an impression. Theories and practical aspects of social perception and influence.
7.	Nature of crises and resolution techniques, crisis intervention.
8.	Ways to regulate one's tension. Defense mechanisms, coping strategies.
9.	Questioning as power. Different forms of questioning techniques, types of questions.
10.	General theoretical and methodological issues of counselling.
11.	The manifestations of the helping relationship in the work of social pedagogy.
12.	The limits of personal competence. Ethical issues of assistance.
13.	Watching the video which related to the course. That will be the basis of the evaluation.
14.	Discussing the experience of the course. Assessment of essays.

Participation in the course:

Participation in practical sessions is mandatory. The allowable amount of semester absence in full-time training is three times the number of contact hours per week of the subject. If this is exceeded, the semester cannot be evaluated (Art. 8 § 1 TVSz)

Semester requirement: practice ticket.

Semester requirement: examination.

Method and timing of the assessment: the student will prepare an essay, related to the topics of the course. Deadline for the submission: 15. May 2025.