Course Specification Card for Elective Course: Medical Counselling

College	College of Medicine	Department	Clinical Neurosciences		
Course Name (English)	Medical Counselling	Course Name (Arabic)	الاستشارة الطبية		
Course Number	M- 15886, F-15887	Course Code	1000-432		
Credit Hrs.	1	**Contact Hrs.**	Theoretical	Practical	**T**
Teaching Language	English ☒ Arabic ☐		13	2	15
Teaching Method	☒ Face-to-Face	☐ Online			☐ Blended
Course Nature	☐ Compulsory		☒ Elective		
Course Type	☐ University Requirement	☒ College Requirement		☐ Program Requirement	
Level	Year 4	Pre-Requisite(s)			

Course Description

   This course will enable the students to provide brief supportive psychological counseling to the patients suffering from life threatening diseases, psychological problems, and unhealthy behaviors.

Topics	Learning Outcomes

1- Concept, History and Recent Trends of counselling in medical setting
2- Process and skills of psychological Counselling
3- Theories & therapies of Psychological counselling
4-Sress management & motivational interviewing
	• Define process of medical counselling.
	• Apply skills for counselling and psychotherapies in various psychological problems.
	• Apply psychological interventions in different clinical settings like:
	  • Cognitive Behavior Therapy.
	  • Family Therapy.
	  • Motivational Interviewing.
	  • Mindfulness Interventions.
	  • Stress Management.

Assessment Tools	☒ Periodic Exams	١٠%	☐ Short Exams	%	☒ Final Exam	٦٠%
	☐ Individual Assignments	%	☐ Group Assignments	%	☒ Oral Participations	٣٠%

Main Reference	▪ *Lectures and handouts*
Supporting References	Motivational interviewing : preparing people for change / ▪ by William R. Miller, Stephen Rollnick.-2nd ed.