



**Universitas Negeri Surabaya
Faculty of Education,
Psychology Undergraduate Study Program**

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																											
Introduction to Psychotherapy	7320102043		T=2	P=0	ECTS=3.18	6	July 18, 2024																																											
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																												
			Yohana Wuri Satwika, S.Psi., M.Psi.																																												
Learning model	Case Studies																																																	
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																	
	Program Objectives (PO)																																																	
	PLO-PO Matrix																																																	
		P.O																																																
PO Matrix at the end of each learning stage (Sub-PO)	P.O																																																	
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="17" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;"></td> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">16</td> </tr> </table>																Week																		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Week																																																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																		
Short Course Description	This course discusses the basic concepts of psychotherapy, various psychotherapy techniques or models, underlying theories and paradigms, general and specific procedures, and the application of psychotherapy as well as the advantages and limitations of each therapy technique.																																																	
References	Main :																																																	
	<p>1. 1. Corey, G. 2009. <i>Theory and Practice of Counseling and Psychotherapy</i>. 8th. Belmont, CA: Thomson 2. Sommers-Flanagan, J., Sommer-Flanagan, R. 2004. <i>Counseling and Psychotherapy Theories in Context a Practice; Skills, strategies, and techniques</i>. New Jersey: John Wiley & Sons, Inc 3. Norcross, J. C., Vandenbos, G. R., Freedheim, D. K. 2010. <i>History of Psychotherapy: Continuity and Change</i> Slamet, S., Markam, S. 2003. <i>Pengantar Psikologi Klinis; Bab VIII Intervensi dalam Psikologi Klinis</i>. Jakarta: Press</p>																																																	
	Supporters:																																																	
Supporting lecturer	Dr. Diana Rahmasari, S.Psi., M.Si., Psikolog. Onny Fransinata Anggara, S.Psi., M.Psi., Psikolog Nanda Audia Vrisaba, S.Psi., M.Psi., Psikolog																																																	
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)																																											
		Indicator	Criteria & Form	Offline (offline)	Online (online)																																													
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																											

1	Know and understand the definition, goals and functions of psychotherapy and counseling, forms or models of psychotherapy, and the effectiveness of psychotherapy	<ol style="list-style-type: none"> 1. Able to explain the definition, goals and functions of psychotherapy 2. Be able to explain the differences between psychotherapy and counseling 3. Able to explain forms or models of psychotherapy, as well as the effectiveness of psychotherapy 	Criteria: <ol style="list-style-type: none"> 1. Activeness (quantity of participating) 2. Organization of ideas/arguments 3. Accuracy of argument 	Small Group Discussion (SGD) 2 X 50			0%
2	Know and understand the basic concepts of analytical psychotherapy, analytical brief, object relations, and individual approach, as well as the application of the approach, and the application of psychoanalytic therapy to various disorders	Able to explain the basic concepts of analytical psychotherapy, analytical brief, object relations, and individual approach, as well as the application of the approach, and the application of psychoanalytic therapy to various disorders	Criteria: <ol style="list-style-type: none"> 1. Activeness (quantity of participating) 2. Organization of ideas/arguments 3. Accuracy of argument 4. Language Usage: 5. Accuracy 6. Clarity 7. Attitude and intonation during discussion/question and answer (voice-expression, volume and intonation) 	Contextual Instruction (CI) 2 X 50			0%
3	Know and understand the basic concepts of Jungian psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of Jungian psychotherapy and the application of therapeutic approaches to various disorders	Criteria: <ol style="list-style-type: none"> 1. A. Contents <ol style="list-style-type: none"> 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6. B. Presentation <ol style="list-style-type: none"> 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input 	Cooperative Learning (CL) 2 X 50			0%

4	Know and understand the basic concepts of Adlerian psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of Adlerian psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
5	Know and understand the basic concepts of existential psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of existential psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%

6	Know and understand the basic concepts of person-centered and gestalt psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of person-centered and gestalt psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
7	Know and understand the basic concepts of reality psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of reality psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
8	UTS	UTS	Criteria: UTS	UTS 2 X 50			0%

9	Know and understand the basic concepts of behavioral psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of behavioral psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
10	Know and understand the basic concepts of cognitive psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of cognitive psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%

11	Know and understand the basic concepts of feminist psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of feminist psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
12	Know and understand the basic concepts of constructivist psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of constructivist psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%

13	Know and understand the basic concepts of family systems psychotherapy and the application of therapeutic approaches to various disorders	Able to explain the basic concepts of family systems psychotherapy and the application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%
14							0%
15	Know and understand the basic concepts of multicultural psychotherapy and non-western theories and application of therapeutic approaches to various disorders	Able to explain the basic concepts of multicultural psychotherapy and non-western theories and application of therapeutic approaches to various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Cooperative Learning (CL) 2 X 50			0%

16	Know and understand the integrative perspective in counseling and psychotherapy and its application in various disorders	Able to explain the integrative perspective in counseling and psychotherapy and its application in various disorders	Criteria: 1.A. Contents 2.1. Mastery of material 3.2. Match between the content presented and the content of the paper 4.3. Slide displays (images, diagrams, photos, videos, material flow) support presentations 5.4. Ability to defend arguments 6.B. Presentation 7.5. Voice quality (volume, voice articulation, intonation) 8.6. Demeanor (point of view, effective body movements, calm) 9.7. Dress politely and neatly 10.8. Correct use of language 11.9. Responsive and ready to accept input	Contextual Instruction (CI) 2 X 50			0%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

- Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- Forms of assessment:** test and non-test.
- Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.