

## SOCIAL WORK

### MASTER PROGRAM IN SOCIAL THERAPEUTIC COUNSELING

**Degree:** Master

**Professional qualification:** Master in Social Therapeutic Counseling

**Duration of studies:** 1 academic year (two semesters)

**Mode of education:** regular

**Admission requirements:** completed education and qualification degree of "Bachelor" or "Master" in a field 3.4. Social activities and 3.2. Psychology, with an average grade of the diploma for completed higher education not lower than “good”.

Professional field 3.4 Social activities in the area of higher education 3.4 Social, economic and legal sciences at the South-West University “Neofit Rilski” is accredited by the National Evaluation and Accreditation Agency on 16.07.2018 for a 6-year period on the grounds of an overall assessment of 9.26 (nine, point twenty-six).

The program expands the fundamental, broad-based and specialized training in social activities acquired in the bachelor's degree. Graduates will have a wide interdisciplinary training, combining knowledge, skills and competencies in the field of social therapeutic counseling following the latest trends in this field on a European and global scale.

The program provides for the integration of knowledge and skills and the application of relevant competencies in practice with individuals, families, groups, communities and organizations.

**Areas of professional realization:** In the process of his training and research, the Master of Social Therapeutic Counseling is prepared to work as a:

- Manager.
- Administrative officer.
- Analytical specialist in social counseling and social therapy.
- At any structure within the social welfare system; at any system wherein a regulated position requiring the implementation of such activities exists, etc.

Successful graduates from the Master's Degree in Social Therapeutic Counselling can continue their studies in the country and abroad in other Master's Degree programs and Doctor's Degree programs.

**1. In order to obtain a Master's degree in social and therapeutic counselling, graduates must demonstrate the following knowledge:**

- 1.1. Theories, concepts, principles and regularities in the field of social activities, social counseling and social therapy.
- 1.2. Characteristics and evidence for the effectiveness of socio-therapeutic counselling.
- 1.3. Legislation and regulations, and their application in the practice of socio-therapeutic counselling.

- 1.4. The principles of equal opportunities and non-discrimination in legislation and policy.
- 1.5. The role and application of modern information and communication technologies in the planning, implementation, monitoring and management of social activities and socio-therapeutic counselling.
- 1.6. The importance of critical thinking and self-reflection in determining the plans for personal educational and qualification improvement.

**2. Graduates of the Master's degree in social and therapeutic counselling should have skills for:**

- 2.1. Using the results of scientific research in their practice, conducting quantitative and qualitative research, using their practical experience in informing scientific research.
- 2.2. Analysis, formulation and advocacy in the field of legislation and regulations related to the improvement of social welfare.
- 2.3. Analysis and account for the impact of inequality, discrimination and social exclusion in working with individuals, families, groups, communities and organizations.
- 2.4. Use of information and communication technologies and techniques for various purposes, including professional communication, data storage and processing, information retrieval, conducting research, analysis and interpretation of data in a statistical context, resource management.
- 2.5. Critical awareness of one's own conduct and practice, identification of the need for conduct change on the basis of the gained experience, and taking responsibility for further and continuous acquisition of knowledge and skills.
- 2.6. Teamwork skills and organizational skills.
- 2.7. Adherence to ethical and professional standards.
- 2.8. Practical skills for assessment, planning and intervention in working with individual clients and /or families.
- 2.9. Professional skills for organizing a supportive environment.

**3. Upon successful completion of the Master's degree in social and therapeutic counseling, qualified specialists must demonstrate competencies to perform the following:**

- 3.1. Application of theoretically-based approaches and methods of work in social practice, critical evaluation of the results of scientific research and literature and critical analysis of the evidence for effective practice.
- 3.2. Proactivity in the development of legislation, policies and practices in the field of social activities.
- 3.3. Identification, critical thinking, developing and implementing effective strategies to address human rights and social justice issues.
- 3.4. Management and control over one's own work in the context of the policies and changing requirements of the organization and the environment.
- 3.5. Oral, written and electronic format of communication with individuals, families, groups, communities and organizations.

## CURRICULUM

### MASTER PROGRAM SOCIAL THERAPEUTIC COUNSELLING

<b>First Semester</b>	<b>ECTS Credits</b>	<b>Втори семестър</b>	<b>ECTS Credits</b>
Policies for children at risk	4	Theoretical basics of	3
Basics of Counselling	4	Occupational Therapy	
Social Counselling	4	Leadership in Team	3
Social Therapy	4	Case Management	3
Therapeutic Behavior	4	Supervision	2
Elective Courses from First	4	Neurofeedback and	2
Group Practice	6	biofeedback in therapeutic	2
		counselling	
		Elective Courses from	15
		Second Group	
		Graduation:	
		State Theoretical exam	
		or Diploma Thesis Defense	
	<b>Total 30</b>		<b>Total 30</b>
<b>Elective Courses from First Group</b>		<b>Elective Courses from Second Group</b>	
Family Counselling	4	Art therapy	2
Counselling of Children and	4	Organization of social	2
Adults from ethnic minority	4	services in the community	
groups		Sexual Counselling	2
Communication and			
Communicative training			

**TOTAL CREDITS FOR THE MASTER'S PROGRAM: 60 CREDITS**

## ANNOTATIONS OF THE COURSES

### I. COMPULSORY COURSES

#### **Policies for Children at Risk**

**ECTS credits:** 4.0

**Evaluation:** formative assessment and written exam

**Semester:** I

**Hours weekly:** 30+1s+0p

**Statute of the discipline:** compulsory

**Methodical guidance:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

Lecturers: Prof. Vaska Stancheva-Popkostadinova, PhD; Assist. Prof. Elena Kerankova, PhD

E-mail: [v\\_stancheva@swu.bg](mailto:v_stancheva@swu.bg); [e.kerankova@swu.bg](mailto:e.kerankova@swu.bg)

**Annotation:**

The course on is a fundamental part of the training of students in the specialty "Social-therapeutic counseling". It is a necessary part of the preparation of students in this specialty, because through it they gain knowledge about basic policies aimed at children at risk, which are implemented in Bulgaria.

The aim of this lecture course is to enrich and systematize the students' knowledge in the field of protection and support for children at risk, based on ratified international documents, national normative documents, strategic, program and planning documents. Knowledge of this type is necessary for the graduating masters in the program in Social-therapeutic counseling, given the fundamental importance of policies in organizing practice in this area.

After successful completion of the course, students should:

- have knowledge of the state policy for children at risk; of various sectoral policies and their respective normative, strategic, program and planning documents;
- analyze and critically evaluate policies for children at risk;
- have skills in applying this knowledge in a practical environment.

**Content:**

The concept of a child at risk; International documents on the rights of the child; Child Protection Act and regulations for its implementation; National Strategy "Vision for the deinstitutionalization of children in the Republic of Bulgaria"; Education policies; Policies in the field of healthcare; Programs and projects in support of policies for children at risk; Mechanisms for coordination, implementation and control of policies for children at risk.

**Organization of instruction and assessment:**

The teaching course is conducted by using traditional and contemporary methods of teaching and learning: lecture, multimedia presentation, discussion, video films, etc. Instructor's own research and practical experience is also used in the process of teaching. Seminars aim to expand and enrich the students' knowledge through independent research of literary sources, solving cases, analysis and evaluation of documents, etc. They encourage students' own research, contribute to increasing

their confidence and positive self-esteem. The exam is written taking into account the formative assessment during the semester.

## **BASICS OF COUNSELLING**

**ECTS credits:** 4.0

**Form of assessment:** written exam

**Semester:** I

**Weekly hours:** 2l + 0s + 0lab +0p

**Discipline status:** compulsory

**Course coordinating department:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturer:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD

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### **Annotation:**

Counselling is a specific type of assisting in professional activity. Counselling psychology was established in the '50s as an equal part of applied psychology, along with clinical, school, and organizational-industrial psychology.

The course is structured in three modules: counselling as a process; the structure of the consultation process; counseling-ethical aspects, specific context.

**The aim** of the course is to present the basic terminology, definitions, and application of counselling in social work practice.

The content of the course, its structure, the various current problems, and the formulated problem tasks, aim to create maximum opportunities for activating the independent and research work of the students.

In the process of training, students will acquire knowledge, characterized by a high degree of awareness of basic concepts and definitions of the nature and specifics of counselling. They will develop skills for understanding the nature of counselling; understanding the methodology and technology of counselling; defining the approaches, principles, methods and means of counselling.

### **Course content:**

Basic terminology, definitions, and concepts in the field of counseling. Aims and objectives, functions and structure of counseling, Counselling as a process, main stages and characteristics. Key components of the counselling. Counselling techniques. Therapeutic connection, transference and countertransference. Counselling in a specific context (hospital, school, etc.). Ethical aspects of counselling. Professional role of the social worker in the consultation process.

### **Organization of instruction and assessment:**

The course includes lectures, interactive teaching methods, videos, case studies. Practical exercises include simulations, case studies, video analysis of cases, work with documents and materials, engagement within a counselling team for work on real cases. Attendance at lectures is mandatory at 50% (8 of 16 lecture topics). Attendance at the practical exercises is mandatory at 100%. The exam includes the defense of a course project on a topic previously agreed with the examiner. The

final grade is formed by the exam grade and the on-going assessment of the tasks for extracurricular activities.

The exam includes the defense of a course project on a topic previously agreed with the examiner. The final grade is formed by the exam grade and the assessment of the tasks for extracurricular activities.

## **SOCIAL COUNSELLING**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 2l.+0s.+1p.

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturers:** Assoc. Prof. Viktoriya Sotirova, PhD; Chief Assist. Prof. Yoanna Tzvetanova, PhD

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### **Annotation:**

According to the qualification characteristics and the curriculum of the master's program "Social-therapeutic counselling", the training in the discipline "Social counseling" provides an opportunity to increase students' interest in issues in the field of social counseling: an overview of modern theories of counselling, types of counselling, stages and features.

The aim of the training is to acquire specific knowledge and competencies for the scientific and theoretical foundations of social counselling, mastering basic concepts of terminology related to social counselling, counselling techniques, a range of problems and requirements for professionals in this field, modern approaches and methods of consulting.

### **Course content:**

Historical foundations: emergence and development of social counselling, basic theoretical approaches; Nature and features of social counseling; Individual counseling; Group counseling; Professional consulting; Family counseling; Age approach in social counseling; School counselling; Social counselling of children at risk; Social counselling of children with special educational needs (in the field of special pedagogy); Social counselling in crisis; Social counselling on leisure issues; Logical-axiological (cognitive) approach to counselling; Behavioral approach to counselling; Transactional analysis and combined therapeutic-consultative approaches.

### **Training and assessment technology:**

The application of interactive teaching methods within the practical exercises and during the lectures provides an opportunity to improve the intellectual and practical skills of the students. Solving specific problems, as well as cognitive and practical tasks, allow for the full development of student's key and professional competencies. Creating a creative atmosphere by using the opportunities of dialogue and situational methods in teaching and analysis of various cases, creates opportunities for awareness of the professional roles of the future master.

At the end of the training course, an exam is taken in the form of a written test on all taught material. The summarized final grade is formed by the following indicators: activity and participation of the students in the separate classes, their semestrial results, and the obtained score from the final exam.

## **SOCIAL THERAPY**

**ECTS credits:** 4.0

**Assessment type:** written exam

**Semester:** I

**Total number of classes:** 2l+0s.+1p.

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Chief Assist. Prof. Yoanna Tzvetanova, PhD

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### **Annotation:**

The course in "Social Therapy" is both general and basic for the training of students in the specialty "Social Therapeutic Counseling".

The course is a necessary part of the preparation of students in this specialty, because it provides knowledge about the nature of the issues in the field of social therapy: an overview of modern theories, types and features.

The aim of the master's course is to acquire specific knowledge and competencies for the scientific and theoretical foundations of social therapy, mastering basic concepts of terminology related to social therapy, therapeutic techniques, a range of problems and requirements for professionals in this area, as well as modern approaches and methods.

Upon successful completion of the course, students should acquire theoretical knowledge in the field of social therapy and practical skills to influence clients, to apply therapeutic activities in practice, and to acquire skills for independent professional work and teamwork.

### **Course content:**

Nature and features of social therapy. Areas of application of therapeutic activity. Principles. Main problems in the course of therapeutic activity. Basic skills in therapeutic activity. Social therapy as a basic method, practice and tool of social work. Modern approaches in socio-therapeutic work with individuals, groups and communities. Individual therapy. Nature and specifics. Stages in the therapeutic process. Group therapy. Definition and essence. Advantages and disadvantages of group social therapy. Group experience. Stages. Types. Psychoanalytic approach. System approach. Postmodern (narrative) therapy. Resilience. Drama therapy, types of modern practices.

### **Teaching and assessment:**

The application of interactive teaching methods within the practical exercises and during the lectures provides an opportunity to improve the intellectual and practical skills of students. Solving a specific problem, along with cognitive and practical tasks, allow for the full development of key and professional competencies of students. Creating a creative atmosphere through the use of the

possibilities of dialogue and situational methods in teaching, as well as the analyses of various cases, create opportunities for awareness of the professional roles of the future master.

The lectures and practical exercises use a complex, system-wide approach, analyzing the general and particular in the therapeutic behavior of professionals. Students will develop a critical attitude towards the development and implementation of analyzes and forecasts.

The exam is written. It includes 12 issues / definitions, norms, rules, processes, etc. /. The final grade takes into account the semestrial results and the grade from the final exam.

## **THERAPEUTIC BEHAVIOUR**

**ECTS credits:** 4,0

**Assessment type:** written exam

**Semester:** I

**Classes per week:** 2l+0s+1p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Ekaterina Mitova MD, PhD

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### **Annotation:**

The course in "Therapeutic Behavior (Relationship)" is essential for the training of students in a master's program in "Social Therapeutic Counseling".

The discipline of therapeutic relationship is a necessary part of the preparation of students in this specialty, because it provides knowledge about the nature of therapeutic relationship as part of the rehabilitation plan, in a new direction of social services in the community, such as case and therapeutic behavior. The course discusses the meaning and methods of creating a personal relationship with a client of social services and supporting his social participation.

**The aim** of the course is for students to learn the conceptual and practical significance of the professional-consumer relationship in the development of the therapeutic process.

To achieve this goal, the course includes a set of knowledge about the therapeutic situation, the meaning of the distribution of roles in it, the distribution of responsibilities between the professional and the user, and the basic principles of structuring the relationship in the therapeutic situation to ensure therapeutic goals. Utilization of skills for the creation, development and use of therapeutic relationship, the course includes assignments in which students practice what they have learned in the theoretical part.

Upon successful completion of the course, students should be able to:

- to master new perspectives on the various aspects of the problems of therapeutic behavior related to social rehabilitation;
- to apply these points of view in the specific cases of working with these problems;
- be able to evaluate and create therapeutic behavior strategies on their own based on the acquired knowledge package.

### **Contents of the course:**



The therapeutic relationship as socially. Therapeutic situation: definition, nature. Nomination as an opportunity to build a therapeutic relationship: adoption, clarification and redrafting. Use of the therapeutic framework to build therapeutic relationships, delays, absences unauthorized contacts with professionals. Recognition of anxiety in the therapeutic interview: work with anxiety and build confidence. The lack of development in the course of the therapeutic relationship.

Recognizing and dealing with resistance and protecting the client. Failures in the rehabilitation plan as an opportunity for development. Promoting autonomy: unauthorized contacts with similar clients. Teamwork. Creating a therapeutic situation with involuntary client.

Use of the procedure for involuntary treatment. Role of targeting and directional professional in building a therapeutic relationship. Work and organizational environment as an element in building a therapeutic relationship. Legal Basis and therapeutic relationships.

### **Teaching and Assessment:**

The lectures and practical exercises will use a complex, system-wide approach, analyzing the general and particular in the therapeutic behavior of professionals. Students will develop a critical attitude towards the development and implementation of analyzes and forecasts. The seminars are held in appropriate facilities for practical training support targeted at assimilation of lectures or using authentic documents, materials and more. For each topic the base or materials are specified. In the process of training students receive ongoing evaluation of presented theoretical work and assignments in the form of multimedia presentations and developed support materials for a user of social service.

The course ends with a written exam - a test that in which 12 questions from a predefined syllabus are included. The criteria according to which the questions are assessed: accuracy, clarity and precision in the presentation of scientific information.

## **THEORETICAL BASICS OF OCCUPATIONAL THERAPY**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Classes per week:** 2l+0s+1p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Ekaterina Mitova MD, PhD

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### **Annotation:**

The program is designed for students in the master's program "Social Therapeutic Counseling", majoring in "Social Work". Through the proposed material in the lecture course, basic knowledge about occupational therapy such as science, assessment models and intervention is given. Studying the regularities of these interactions, the requirements for creating optimal living conditions for children and people at risk are considered. Deviations from the normal morpho-functional state as a result of the harmful effects of the physical and social environment, as well as the possibilities for their adaptation are also considered. Attention is paid to the role and place of occupational

therapy in socio-therapeutic work, as well as the places of its application, emphasizing the effect of teamwork.

**Course content:**

History of occupational therapy. Origin and development of occupational therapy in Europe, USA, Canada, Australia. Development of occupational therapy in Bulgaria. Introduction to occupational therapy. Subject, purpose and tasks. Relationship with other disciplines. Social policy of Bulgaria. Obstacles and prospects for children and people at risk. Nature and principles of occupational therapy assessment. Methods and tools for occupational therapy assessment. Nature and principles of occupational therapy intervention. Intervention strategies. Occupational therapy and ergonomics. Adapting the environment. Teamwork. The place and role of the occupational therapist in the multidisciplinary team. Occupational therapy approaches at work with / with children living in social services. Occupational therapy approaches to work with / with people with disabilities and the elderly living in social services.

**Course organization and assessment:**

The lecture course is conducted in the traditionally established way with the use of many schemes and sketches for illustration. The lectures are supported by examples from the long-term practice of the holder. The practical exercises are carried out in the bases provided for the purpose, or when using authentic documents, materials, etc. The base or materials are indicated for each topic.

The exam is written. It includes 12 questions (definitions, norms, rules, processes, etc.).

The final grade takes into account the results of the current control and the grade from the exam in a ratio of 4: 6 conditional parts.

## **TEAM LEADERSHIP**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Classes per week:** 2l+0s+1p

**Course type:** compulsory

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sports

**Lecturer:** Assoc. Prof. Ekaterina Mitova MD, PhD

**E-mail:** [ekaterina@swu.bg](mailto:ekaterina@swu.bg)

**Annotation:**

The Team Leadership course is both general and basic for the training of students in the master's program "Social-therapeutic counseling". The discipline of Team Leadership is a necessary part of the preparation of students in this specialty, because it provides knowledge about the nature of the ethics of professional behavior and ultimately the therapeutic framework for working with each individual client, in a new for our country social service in the community, such as socio-therapeutic counseling.

**The aim** of the course is for students to understand the essence of the development of the service social-therapeutic counseling, maintaining the standards of good practice, ethics of professional behavior and ultimately the therapeutic framework in working with each individual client, requires an organizational culture in which participation and authorship is a basic principle of presence in the organization. Promoting the ability to participate and author in organizations is one of the functions of leadership, which utilizes the human factor for the purposes of the work task and improving the quality of services in the community. Supporting the leadership process in organizations contributes to staff motivation and reduction of burnout. The development of the clients of the service goes in parallel with the development of the professionals and the professionalism in the specific organization.

Upon successful completion of the course, students should be able to:

- to master new perspectives on various aspects of leadership problems related to the social-therapeutic counseling service;
- to apply these points of view in the specific cases of working with these problems;
- be able to evaluate and create strategies for improving the quality of services on the basis of the acquired knowledge package.

#### **Contents of the course:**

Leadership Theories. Leadership as the subject of study. Identification, symbolization and leadership. Leadership, following and primary task. The need for the study of leadership. Leadership in the context of human organizations. Leadership and organizational culture. Transformational leadership. Learning organization. Leadership team. Implementation of leadership in organizational roles. Technology leadership. Coalition building and negotiation. Dysfunctional leadership and organizational context. Abuse and inappropriate use of leadership and narcissistic leadership. Disqualification of leadership.

#### **Teaching and Assessment:**

The course is conducted in traditionally approved way by using multiple diagrams and sketches to illustrate. Self-training provides:

- training exercise on any topic /plan synopses; methods and others./; preparation for solving tests and the development and analysis of case studies
- exercise preparation for every topic/plan- conspectus, methodologies, etc/, preparation for taking tests and developing and analysis of cases
- developing themes with theoretical and practical focus /lists with topics are applied separately/.

The examination is conducted in writing. During the training, students have one written test, like the main part of the monitoring.

## **CASE MANAGEMENT**

**ECTS credits:** 3.0

**Assessment type:** written exam

**Semester:** II

**Classes per week:** 2l+0s+1p

**Course type:** compulsory

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD

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**Annotation:**

This course aims to offer students the necessary knowledge and skills for the role of a key professional in the social system of society, in social assistance and in social work with children and people at risk. The meaning and methods of case management in social work are considered. Topics are covered for the criteria and procedure for inclusion in a care program, monitoring their implementation and discharge from the program.

The expected learning outcomes are reduced to the formation of students' professional skills for care planning, risk management and working with other professionals in the context of the community.

**Contents of the course:**

Introduction. Origin of the method and definitions. Casework in helping professions today - doubts and expectations. Theoretical paradigms: evidence-based practice. The role of the bio-psycho-social approach, psychoanalytic and systemic paradigms. From service to needs or from needs to service? Macro and micro practical interactions in social work by case. Reconceptualization of the problem of relationships in the process of helping. The role of resources for successful case work. Indications for admission to a case coordination program. Formulation of a case in social work. Development of an individual therapeutic plan. Traditional problems, modern services. Differentiation of cases in social work. Social work on an individual case against the poverty subculture. Interventions with an individual client. Standard and intensive case coordination. Effectiveness of case coordination programs.

**Teaching and Assessment:**

The course is conducted in traditionally approved way by using multiple diagrams and sketches to illustrate. The lectures are supported by examples from the long-term practice of the holder.

The examination is conducted in writing. During the training, students have one written test, like the main part of the monitoring.

**SUPERVISION (INDIVIDUAL AND GROUP)**

**ECTS credits:** 2.0

**Form of assessment:** written exam

**Semester:** II

**Weekly hours:** 1l + 1p

**Discipline status:** compulsory

**Course coordinating department:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturers:** Prof. Vaska Stancheva-Popkostadinova, MD, PhD; Chief Assistant Prof. Silviya Miteva, PhD

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**Annotation:**

The subject of the lecture course is the supervision in social work. Supervision is a process of professional support for professionals from the helping professions, within which it is possible to discuss the experienced problem situation, issues and conflicts in the professional intervention, proceeding according to certain rules. In addition, supervision is a means of encouraging criticism/critical thinking of one's own work and analytical and reflective skills. It combines elements of specialized counseling and psychotherapy. Through supervision one creates conditions for awareness of one's own behavior in the profession and the feelings related to it, as well as for taking actions for positive change.

**The aim** of the course is to provide students with in-depth knowledge of the process of supervision and the possibilities for its application in the practice of social-therapeutic counselling.

**Course content:**

Basics of supervision (purpose, tasks, rules). Stages/levels of supervision. The role of the supervisor. Types of supervision. Models for supervision. Procedural aspects. Importance of supportive supervision for burnout prevention. Development of the supervised and supervisor: intervention styles/types.

**Organization of instruction and assessment:**

The lecture course and practical exercises are conducted with the help of audiovisual equipment, as well as interactive methods, presentations and discussions of cases, and video analysis of cases. The final exam is written. The final grade takes into account the results of the on-going assessment and the grade from the final exam.

**NEUROFEEDBACK AND BIOFEEDBACK IN THERAPEUTIC COUNSELLING**

**ECTS credits:** 2.0.

**Hours per week:** 1l+0s+1p

**Evaluation form:** exam

**Type of exam:** written

**Semester:** II

**Course coordinating department:**

Department of Logopedics

Faculty of Public Health, Health Care and Sport

**Lecturer:** Assoc. Prof. Elka Goranova, PhD

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**Course annotation:**

The biofeedback methodology is part of modern applied neuroscience, behavioral therapies, and training. An extremely fast-growing field for the formation and modification of behavior and behavioral reactions with the help of computerized systems, including hardware (sensors) and software (audiovisual presentations). The tasks are entirely practically oriented towards creating skills and habits for conducting biofeedback training for the formation and modification of desired behavioral patterns and elimination of unwanted ones in social-therapeutic counseling.

**The expected results of the course are:**

- To master practical skills for forming and modifying desired behavioral patterns and eliminating unwanted ones.
- To be able to use biofeedback methods and technologies in their training work to achieve different goals when working with people from the target groups.
- To know the biofeedback methods and to be able to consult the interested parties which method in which type of training can be used efficiently and effectively.

**Course content:**

Behavioral approach - basic paradigms, methods, techniques, and applications. Functional systems as a regulator and organizer of human behavior. Basic psychophysiological law. Tonic and phase activity of the motor functional system. Executive motor functional system - volitional motor control. Direct, indirect, and hyper direct pathway in the basal ganglia. Automation of motor skills and elimination of accompanying side effects. Stress and stress reactions. Interference between the affective functional system and the executive motor systems. Balance of vegetative/autonomic/nervous processes. Means and methods for managing stress reactions and recovery after exercise. Biofeedback - basic principles, methods, techniques, protocols. Neurofeedback - basic principles, methods, techniques, protocols. Biofeedback tools and methods for working with the target groups.

**Teaching and assessment technology:**

The lecture course offers training through pre-developed multimedia presentations on individual topics, which contain text, video materials, diagrams, etc. Teaching methods include teamwork, group discussions, etc. The current control and the exam are tests that are taken in the university electronic system Blackboard and the assessment is done automatically to avoid the subjective factor. Sample tests are available to students throughout the semester to acquire skills for solving tests in an electronic version.

## II. ELECTIVE COURSES

### FAMILY COUNSELLING

**ECTS credits:** 4.0

**Form of assessment:** written exam

**Semester:** I

**Weekly hours:** 2l + 0s + 1p

**Discipline status:** elective

**Course coordinating department:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturers:** Assist. Prof. Viktoriya Sotirova, PhD; Chief Assistant Professor Silviya Miteva, PhD

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**Annotation:**

The course is structured in three modules: *Family Theories, Fundamentals of the counselling process, Family counselling.*

Based on the acquired knowledge about the family as a system, as well as about the counselling process, students are expected to acquire basic knowledge about counselling families in situations of social disadaptation/maladaptation.

**Course content:**

Module ***Family theories***: Basic theories of the family. Methods for family research. Types of families. Family crises.

Module ***Fundamentals of the consultation process***: Key components of the consultation process. Stages in the consultation process. Counselling techniques. Therapeutic connection, transmission and countertransference.

Module ***Family Counseling***:

Specifics of Marriage and Family Counselling. The child in the family counselling process. Counselling families in crises. Counselling for a sick family member. Domestic violence. Counselling of families from minority groups. Family counselling in a specific context (hospital, school, etc.). Ethical aspects. The professional role of the social worker in the consultation process.

**Organization of instruction and assessment:**

The course includes lectures, interactive teaching methods, videos, and case studies. The practical exercises include simulations, case studies, video analysis of cases, use of authentic documents and materials, engagement within a counselling team for work on real cases, etc. Attendance at lectures is mandatory at 50% (8 of 16 lecture topics). Attendance at practical exercises is mandatory at 100%.

The final exam is written. The final grade takes into account the results of the on-going assessment and the grade from the final exam.

**COUNSELING OF CHILDREN AND ADULTS FROM ETHNIC MINORITY GROUPS**

**ECTS credits:** 4.0

**Evaluation:** formative assessment and written exam

**Semester:** I

**Hours weekly:** 30+0s+15p

**Statute of the discipline:** elective

**Methodical guidance:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturer:** Chief Assist. Prof. Maria Stoykova, PhD

**E-mail:** [m\\_stoikova@swu.bg](mailto:m_stoikova@swu.bg)

**Annotation:**

The aim of the course in Counseling of Children and Adults from Ethnic Minority Groups is to enrich and systematize students' knowledge in the field of counseling, emphasizing the development of sensitivity, self-reflection, knowledge of different perspectives and preparation for working with representatives of various ethnic minority groups. Knowledge of this type is necessary for the graduates in the program of Social Therapeutic Counseling given the multicultural nature of modern globalized societies and the need for effective cross-cultural communication.

**Content:**

Definition and meaning of culture as a starting point in counseling ethnoculturally diverse clients. Multicultural nature of the modern society. Majority and minority communities. Historical roots and modern perspectives in the development of multicultural counseling. Anti-discrimination and anti-oppressive foundations of multicultural counseling. Theories for the development of multicultural identity. Intercultural communication as a challenge to effective counseling. The concepts of cultural and intercultural competence: development models; challenges. Counseling for children and families from ethnic minority groups: ethnic specificity of socialization / enculturation. Strategies and skills. Multicultural approaches in working with groups of children and adolescents. Counseling adults and older people from ethnic minority groups.

**Organization of instruction and assessment:**

The teaching course is conducted by using traditional and contemporary methods of teaching and learning: lecture, multimedia presentation, discussion, video films, etc. Instructor's own research and practical experience is also used in the process of teaching. The seminars aim to broaden and enrich the students' knowledge and to build skills to work in multi-ethnic context through self-study of literature, role plays, solving cases, and so on. They encourage the students' own research and contribute to raising confidence and positive self-assessment. The exam is written.

**COMMUNICATION AND COMMUNICATIVE TRAINING**

**ECTS credits:** 4.0

**Form of assessment:** written exam

**Semester:** I

**Weekly hours:** 2l+0s+1p

**Statute of the discipline:** elective

**Course coordinating department:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturer:** Assoc. Prof. Viktoriya Sotirova, PhD

**E-mail:** [viktoriya\\_sotirova@swu.bg](mailto:viktoriya_sotirova@swu.bg)

**Annotation:**

The course on "Communication and Communicative training" is designed for master's students majoring in "Socio-therapeutic counseling" and "Social activities." The education is based on the leading principles of social communication, with an emphasis on humans as a personality, as well as their behavior in the society and family.

The information in the course is characterized with a high level of information regarding basic concepts and definitions about the nature of communication, methods of socio-therapeutic work with different groups of beneficiaries. In the educational process in students are formed skills for understanding the nature of human feelings and behavior, through the creation of skills for empathy, listening, communication, assertiveness etc. As well as their role in the process, mastering skills and methods to apply different options for optimal solutions.

**Content of the course:**



The goal of the course is for the helping specialists to learn basics skills for communication, needed for socio-therapeutic counseling. The course aims to instruct students in the basic theoretical skills and information for a dynamic interview, types of behavior, listening and asking questions, skills to determine the defense mechanisms in the process of communication, skills to create a trusted relationship and working relationship, by determining the roles, responsibilities, standards of conduct; skills to solve conflicts.

**Technology of education and assessment:**

In the lectures a complex, system-wide method is used, by analyzing the general and private case in socio-therapeutic counseling, its positive and negative characteristics. Students build critical attitude towards the development and realization of therapeutic-consultative activity.

In the process the students receive a current assessment from tests and presented theoretical works. The course is concluded with a written exam. The criteria by which the given questions will be assessed are punctuality, clarity, and precision in the representation of the scientific information.

## **ART THERAPY**

**ECTS credits:** 2.0

**Assessment format:** written exam

**Semester:** II

**Weekly hours:** L-1, S-0, EA-1 (lectures, seminars, extramural activities)

**Status of the discipline:** selective

**Methodical guide:**

Department „Preschool and primary school pedagogy”

Faculty of Pedagogy

**Lecturer:** Prof. Gergana Dyankova, PhD

**E-mail:** [diankova\\_g@swu.bg](mailto:diankova_g@swu.bg)

**Annotation:**

The training in the discipline offers practical exercises that would enrich the professional competencies of the students. It focuses on the theoretical and practical aspects of conducting treatment through the arts. Technologies for application of individual and group art therapy using the means of theater, music, dance, play are studied. The use of the variety of arts for medical purposes, the cathartic effect of the perception and creation of works of art is an emphasis in the curriculum. Students get the opportunity to get acquainted with a variety of art therapy methods and approaches, as well as to receive a basic focus on professional competence for adequate art therapy to a certain group of patients.

In terms of content, the practical exercises include the following topics: (1) Therapeutic effectiveness of works of art and the artistic and creative process. (2) Psychoanalysis and art therapy. (3) Conversational, expressive and psycho-dramatic therapies. The main goal of the course is to stimulate students to professionalize in the field of art therapy: (1) To provide students with knowledge about the potential of art therapy and its relationships with other therapies, sciences and socialization. (2) To assist in the formation of skills for directing the future patients to certain activities according to the nature of the art-therapeutic impact. (3) To build a sufficient amount of knowledge on individual art therapy technologies. (4) To stimulate the academic activity of the students in the mastering of skills and competencies during the semester through preliminary preparation on thematic materials, work with art therapy tools. After completing the

course of study in the discipline, students must: have acquired knowledge about the nature of art therapy; to have acquired skills for independent management of art therapy technologies; to have acquired skills for self-preparation of art therapy technologies.

**Course content:**

Therapeutic effectiveness of works of art and the artistic and creative process. Suggestion and treatment. Perception of speech and music. Suggestion, suggestibility. Hypnosis. Nature of hypnosis. Hypnosis research and hypotheses. Organization, technologies for hypnosis. The art of autogenic training. Psychoanalysis and psychotherapy. Characteristics of psychoanalysis. Art and psychoanalysis. Dreams and dreams. Characteristics of gestalt therapy, analytical conversational therapy, non-analytical conversational therapy, behavioral therapy, expression therapy, drawing therapy. Psychodrama.

**Training technology and assessment:**

The training is conducted in provided bases, or using authentic documents, materials, etc. The base or materials are indicated in advance for each topic. In structural terms, the training includes theoretical and practical part. The exam is written. It includes 9 questions / definitions, analyzes, technologies, regularities, etc. from different modules of the curriculum. The final grade is formed by the results of the current control and the grade from the exam.

## **ORGANIZATION OF SOCIAL SERVICES IN THE COMMUNITY**

**ECTS credits:** 2.0

**Assessment type:** written exam

**Semester:** II

**Total number of classes:** 11+0s+1p

**Course type:** elective

**Course coordinating department:**

Department of Medical Social Sciences

Faculty of Public Health, Health Care and Sports

**Lecturer:** Chief Assist. Prof. Silviya Miteva, PhD

**E-mail:** [simil@swu.bg](mailto:simil@swu.bg)

**Annotation:**

The aim of the course is to develop an in-depth theoretical knowledge about the main problems, organization, condition and prospects of social services in the community. It facilitates a better understanding of the nature, features and organization of social services in the community. Knowledge of work methods, programs and the specifics of social work in this type of services. Successfully completed students build a system of knowledge about the specifics of the organization of social services in the community, methods and methodology of social work, form skills and habits for work in this type of services.

**Course content:**

The essence of social services in the community. Introduction to the discipline. Basic concepts and definitions. Social services in the community - a key factor for effective social inclusion - day center (day center for children and / or elderly people with disabilities). Organization of social

work in a day center for elderly people with disabilities - weekly care. Challenges and perspectives in the organization of the social service center for social rehabilitation and integration. Organization of social work in a center for public support and a center for work with street children. Effective social support of public canteens. Planning and organization of social work - foster care. Organization of social services in the community of residential type - family-type accommodation center (family-type accommodation center for children / youth without disabilities; family-type accommodation center for children / youth. Challenges, methods of organization of social work in family-type accommodation center for elderly people with mental disorders or dementia, family-type accommodation center for elderly people with physical disabilities, family-type accommodation center for elderly people with mental retardation, family-type accommodation center for the elderly. Organization of social work in a temporary accommodation center and crisis center - Specific features of work in a sheltered housing for people with mental disorders - Requirements and organization of work in a sheltered housing for people with mental retardation - Requirements and organization of work in a sheltered housing for people with mental disorders and people with physical disabilities. Organization of social work in a supervised home - specifics in the organization of social work in a shelter

### **Teaching and assessment:**

The course "Organization of social services in the community" is present in the master's program as an elective course with a schedule of 30 hours, of which 15 lecture hours and 15 practical exercises organized in one semester. The lecture material traces the issues of each social service in the community. The specifics of work, the type of users using the social service, the methodology, the methods and programs used are monitored, the requirements and the legal framework. The subject of attention is the specifics of each service.

The lectures aim to provide students with initial information about the areas, regulations, organization and management of social services in the community.

The practical exercises aim to actively acquaint students with the organization and management of social services in the community. The methods, means and ways of working in each social service are discussed.

The training course clarifies the nature and specifics of social work's theoretical and practical principles, and approaches that are applied in the organization of social services in the community.

## **SEXOLOGICAL COUNSELLING**

**ECTS credits:** 2.0

**Form of assessment:** written exam

**Semester:** II

**Weekly hours:** 1l + 0s + 1p

**Discipline status:** elective

**Methodical guide:**

**Course coordinating department:**

Medico-social Sciences Department

Faculty of Public Health, Health Care and Sport

**Lecturers:** Assoc. Prof. Mikhail Okoliiski, MD, PhD; Chief Assistant Professor Silviya Miteva, PhD

**Email:** [okolyskim@who.int](mailto:okolyskim@who.int) [simil@abv.bg](mailto:simil@abv.bg)

**Abstract:**

The course involves the study of two modules:

**Module “Introduction into Sexuality”**

Sexuality is presented as a system of concepts, patterns and theoretical constructs, the assimilation of which provides:

- systematization of life ideas about sexuality;
- a scientific view of the various serological phenomena in the life of the individual and society;
- the necessary knowledge to make sense of the manifestations of sexual dimorphism;
- introduction to sexuality at different ages - child, adolescent and adult sexuality;
- acquaintance with objective criteria for the assessment of sexual behavior;
- the distinction between normal and pathological in sexual manifestations.

**Module “Sexual Counseling”**

The importance of this part of the preparation of students is determined by the nature of their future profession - a social worker who will necessarily have to authorize and serological problems.

**Aim of the course:**

The course aims to provide students with knowledge about the theoretical foundations and practical methods in sexology and the peculiarities of sexuality in people with physical and mental disabilities, the unemployed, people in social isolation and others. This expands the field of professional competence of a social worker and his ability to solve personal and social problems related to his main job.

**Course content:**

Introduction to sexuality. Dimensions of serological phenomena - normal and pathological, anatomical-physiological and mental. Sexuality - the main category of sexology: definition of sexuality; genesis and prospects for development; sexually significant qualities; sexuality in personal and social terms. The problem of "sexual dimorphism": essence; empirical studies; basic dimensions - substrate, functional, personal; leading sexual characteristics in men and women. Levels of sexuality - the main criterion for assessing serological phenomena. Stages of sexual contact - "technology" of the partnership. Hierarchical signs for assessing sexuality.

Deviations in sexual behavior: violation of sexual orientation; replacement of the object of normal sexual attraction; sexual crimes. Social work in serological practice: individual serological consultation; group serological consultation; thematic repertoire. Serological counselling: models of sexual assistance; requirements for sex counsellors; models of sex counselling; procedures in the process of sexual counselling; consulting attitudes and skills.

**Organization of instruction and assessment:**

The lecture course takes place in the traditionally approved way by using different audio-visual aids, videos. Seminars are conducted primarily through the use of diagrams, videos, solving case studies, group discussions. The exam is written considering the ongoing evaluations during the semester. The ongoing assessment is based on the results of 1-2 tests on predefined themes from the syllabus.