


4.00 credits

30.0 h + 15.0 h

Q2

Teacher(s)	Cornil Aurélien (compensates Zech Emmanuelle) ;Zech Emmanuelle ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<ul style="list-style-type: none"> - Definition and types of interviews - The setting of the helping interview : definition, contexts, rules of functioning of the psychologist/ speech therapist (e.g., length and timing of the session, frequency and interval, honorarium, taking notes and recordings, personal contacts), ethics and deontology (respect, professional secrecy, acting out), importance and usefulness of the setting - Relational responses (exploratory, estimative, reassurance, interpretative, comprehensive, solution-problem) - The relational attitudes of the psychologist and speech therapist (authenticity/congruence, empathy, unconditional positive regard) - The techniques and tools of the helping interview (types of questions and types of reflections) - Nonverbal communication (proxemics, kinesthesia, paralanguage, autonomic responses, silences)
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>On successful completion of this course, each student will be able:</p> <p>At a conceptual level</p> <ul style="list-style-type: none"> - to master knowledge that help explain and understand the quality of interactions between a psychologist/speech therapist and a client (A1). - to master knowledge concerning helping interviews intended to improve a given situation (B1) - to analyze a situation (individual) in relation to theories, concepts, research findings, methods and tools dealing with the provision of a helping interview(A2) <p>At a practice level</p> <ul style="list-style-type: none"> - to plan an intervention in the form of a helping interview intended to improve a given situation (at the individual level) (B2) <p>1</p> <ul style="list-style-type: none"> - to listen to others: to listen actively and understand in an empathic and respectful manner a person in the interpersonal context of a consultation/interview at a basic level (i.e., only one client/patient; adult; face-to-face situation; simple problems) (D1) - to interact and collaborate in a subgroup in a manner appropriate for learning situations, during the practical exercises outside the classroom (at home) and in the supervised series (D2) - to adopt a critical constructive attitude to others and oneself in learning situations, during the practical exercises outside the classroom (at home) and in the supervised series(D3) - to act as a professional in the field of psychology and speech language, referring to the principles of, among others, ethics and deontology(E3) - to use the means and opportunities for one's own self-development as a person and professional (F1 and F2)
Evaluation methods	Written exam with open-ended (short and long development) and/or closed questions: 100% of the points
Teaching methods	Lectures are given alternatively with supervised practical sessions. If necessary due to the health situation, the lectures and practical sessions will be given at a distance.
Content	<p>The lectures (volume 1 ; 30 hours) present the key-concepts with illustrations of helping interviews situations and the presentation of the practical exercises frame to be performed by the students in subgroups of 4. Depending on the health recommendations and the number of registered students, the lectures will be given either in the presence of all the registered students, either in the presence of some of the registered students while the remaining others will have access a livre-streaming retransmission, either remotely for all the registered students.</p> <p>Attention will be paid to see the content of the lectures before the practical sessions so that the practical exercises can be carried out on the basis of the theoretical knowledge acquired.</p> <p>The Volume 2 (15 hours) deals with the practical exercises. They are subdivided in</p> <p>(1) sessions organized in series supervised by facilitators that have themselves a practice of the interview (7 sessions of 2 hours). If necessary due to the health situation, these sessions will be provided remotely and their duration will be subject to change.</p> <p>(2) work done « at home » in subgroups of 4 students (6 exercises). The practical exercises consist of role plays and several guided exercises that intend to acquire know-how and way of being in relation to doing helping</p>

	<p>interviews at a basic level of skill. If necessary due to the health situation, these homework assignments will be adapted so that they can be carried out remotely while preserving the safety of the students.</p> <p>(3) self-learning of basic relational skills with an e-learning website (this site presents theoretical backgrounds, videos clips, exercises and decoding of the responses, MCQ tests, Jaeken & Zech, 2014) : http://www.uclouvain.be/helpingskills.</p> <p>The practical exercises necessitate the personal and active involvement of the students. Students are required to sign an informed consent assuring the confidentiality of the contents before they are allowed to participate to the exercises.</p>
Inline resources	MoodleUCL et helpingskills website
Bibliography	<p>Le manuel qui se rapproche le plus de ce qui est enseigné en partie théorique est : Bioy, A., & Maquet, A. (2003). <i>Se former à la relation d'aide</i>. Dunod. (conseillé mais pas obligatoire)</p> <p>Les bases conceptuelles des attitudes relationnelles en entretien d'aide (authenticité, considération positive inconditionnelle, empathie) sont explicitées dans le livre: Zech, E., Demaret, G., Priels, J.-M., & Demaret, C. (Eds.). (2021). <i>La psychothérapie centrée sur la personne et expérientielle: Fondements et développements contemporains</i>. De Boeck Supérieur. (conseillé mais pas obligatoire)</p>
Other infos	<p>Explicit relationships with the course LPSP1309 : Deontology of the psychological practice and the course LPSP1201 : Clinical psychology (partum on person-centered and experiential therapies).</p> <p>Materials: syllabus (theory and exercises), lecture presentations with illustrations (audio and/or video cases), practical work sessions supervised by teaching assistants, MoodleUCL (series management, provision of working documents, forums), e-learning website for self-learning. Registration for the course on MoodleUCL is compulsory.</p>
Faculty or entity in charge	EPSY

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Psychology and Education : Speech and Language Therapy	LOGO1BA	4		
Bachelor in Psychology and Education: General	PSP1BA	4		