Course Syllabus

Code - Course Title	**RPD426 - Aging and Psychological Counseling**
Course Type	VII. SEMESTER
Laboratory + Practice	2+0
ECTS	**4.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	DR. ÖĞR. ÜYESİ AYŞEN BALKAYA ÇETİN

Mode of Delivery	Face to face
Place of Delivery	On Campus
Used Educational Platforms	Face-to-face
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	No
Recommended Resources	Yaşlılarda Çatışma ve Stres Yönetimi 1 (2017). (Ed. Bahtiyar Eraslan Çapan). Anadolu Üniversitesi Yayınları 2. Basım, Eskişehir.Yaşlılarda Çatışma ve Stres Yönetimi II (2017). (Ed. A. Sibel Türküm). Anadolu Üniversitesi Yayınları 2. Basım, Eskişehir.Yaşlılarda Davranış Sorunları ve Uyum (2017). (Ed. Ramazan Akdoğan). Anadolu Üniversitesi Yayınları 2. Basım, Eskişehir.Yaşlılarda Görülebilecek Sorunlar ve Bakım Hizmetleri (2017). (Ed. Güler Balcı Alparslan). Anadolu Üniversitesi Yayınları 2. Basım, Eskişehir.Yaşlı Psikolojisi (2017). (Ed. Yıldız Kurtyılmaz). Anadolu Üniversitesi Yayınları 2. Basım, EskişehirYetişkinlik ve Yaşlılık Gelişimi ve Psikolojisi (2016) (Eds.: Hasan Bacanlı ve Şerife Işık). Açılım Kitap, İstanbul.
Work Placement	No
Aims of the Course	Objective: To explain the psychology of aging and the aging processes using scientific theories. To analyze the psychological, social, and physical maladjustments that occur in old age and their causes. To apply effective psychological counseling and support techniques for elderly individuals and their families.

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Explaining the Developmental Characteristics of the Elderly	
Week - 2		Common Psychological Problems in Old Age	
Week - 3		Behavior Problems and Adaptation in the Elderly	
Week - 4		Problems and Care Services in the Elderly	
Week - 5		Marriage and Family Relations in Old Age	
Week - 6		Stress, Conflict and Problems Experienced by the Elderly and Their Relatives	
Week - 7		Midterm	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 8		Coping Effectively with Stress and Conflict of the Elderly and Their Relatives	
Week - 9		Communication with the Elderly and Their Relatives,	
Week - 10		Guidance and Psychological Counseling Skills Offered to the Elderly	
Week - 11		Guidance and Psychological Counseling Skills Offered to Elderly Relatives	
Week - 12		Ability to Improve the Well-Being and Psychological Resilience of the Elderly and Their Relatives	
Week - 13		Exemplary Therapy Applications in Elderly Individuals	
Week - 14		Final exam	

Learning Outcomes

#	Learning Outcome
1	Understanding stress, conflict and problems experienced by elderly and their relatives
2	Being able to help elderly people and their relatives to cope effectively with stress and conflict
3	Developing communication, guidance and psychological counseling skills to work elderly people and their relatives
4	Improving physical and psychological integrity of elderly and their relatives

Sustainable Development Goals

✓ Health and Quality of Life ✓ Reducing Inequalities

Course Theme

✓ Educational Sciences and Educational Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

✓ Open-Ended Test

Community Service Activity

This course does not include any Community Service activities.