

**CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY MASTER PROGRAM**

**EDUCATIONAL PLAN**

Valid starting with the academic year 2022-2023

Faculty:	Sociology and Psychology Faculty
University study cycle:	Master's
Bachelor's university study program name:	Clinical psychology and psychotherapy
Name of the qualification <sup>1</sup> acquired following graduating the study program:	Master in clinic psychology and psychotherapy
Study duration (years):	2
Education form <sup>2</sup> :	Full-time education (IF)
Teaching language:	Romanian
Geographic location of conducting the studies:	Timisoara, Romania
Study program classification within the science field framework	
Fundamental field:	Social sciences
Science branch:	Psychology and behavioral sciences
Bachelor's university study field:	Psychology
<u>Wide</u> study field name (according to DL-ISCED F-2013):	03 – Social sciences, journalism and information
<u>Restricted</u> study field name (according to DR-ISCED F-2013):	031 – Social and behavioral sciences
<u>Detailed</u> study field name (according to DDS-ISCED F-2013):	0313 – Psychology

<sup>1</sup> Qualification is the formal outcome of an assessment and validation process, which is obtained when a competent body/authority determines that a person has achieved learning outcomes corresponding to pre-established standards. Qualifications acquired by graduates of higher education study programmes are attested by diplomas, certificates and other academic documents issued only by accredited higher education institutions.

<sup>2</sup> Full-time education (IF) or part-time education (IFR).

## GENERAL UNIVERSITY STUDY PROGRAM INTRODUCTION

### 1. Study program mission

The Master's degree program on offer aims to meet the most demanding national and international academic evaluation standards, to be comparable with the academic offerings and scientific research offered in other national, European and international university centers.

As desirable future states, the objectives of the Master's Degree in Clinical Psychology and Psychotherapy are:

1. To train specialists in psychology, in particular in the fields of clinical psychology and psychotherapy at the level required by current and prospective developments in society;
2. To carry out scientific research in line with the needs of society and current trends in clinical psychology and psychotherapy;
3. To establish and develop as many national and international partnerships as possible with higher education and research institutions, with the aim of making curricula compatible and promoting education and scientific research comparable with similar ones in European countries;
4. Promoting a culture of quality in all areas of activity (teaching, scientific research and institutional development) by making optimal use of the human resources available to DP. Quality culture implies professionalism, competence, positive competitive climate, decision-making transparency, effective professional communication, ethical behavior, solidarity of individual and collective responsibility.

The curriculum design of the Master of Clinical Psychology and Psychotherapy (PCP) is in line with the educational requirements identified on the labor market, being explicitly highlighted the correspondences with the requirements of the Romanian College of Psychologists (CPR) which grants the right of free practice in the field of psychology and with the DES/FSP/UVT mission. The name of the Master's degree program is directly related to the labor market (e.g. clinical psychologist, psychotherapist, etc.).

The curriculum of the master's degree program can be said to meet the requirements of all three types of master's degree programs:

- professional: it can be transparently deduced the professions on the labor market for which graduates are prepared, being endorsed by the Romanian College of Psychologists,
- research: subjects such as ethics and academic integrity, methodology and research standards in psychology have been explicitly introduced,
- didactic: the curriculum is in accordance with all ARACIS standards for the professional master's degree.

The Master's degree program offers opportunities for further studies in the doctoral cycle, in the Doctoral School of Psychology (with the field of Psychology) and in postgraduate programs.

The objectives and skills profile developed in line with identified labor market needs and the national qualifications framework are summarized below and detailed in the curriculum subject sheets.

General study program objective

Through the Master studies in Clinical Psychology and Psychotherapy we aim to meet the requirements of ARACIS and the Romanian College of Psychologists in the field of clinical psychology and psychotherapy.

## 2. Competences and expected learning outcomes within the study program

### A. COMPETENCES<sup>3</sup>

Key-competences<sup>4</sup>:

- Digital skills
- Personal, social and learning to learn skills
- Entrepreneurial skills

Professional competences<sup>5</sup>:

- C1. Working with concepts fundamental to the field of clinical psychology
- C2. Designing and conducting research in clinical psychology
- C3. Critical evaluation of problematic situations and possible solutions in clinical psychology
- C4. Psychological assessment of the individual from a clinical perspective
- C5. Design and implementation of psychological interventions specific to the clinical field
- C6. Interpersonal relations and communication specific to the clinical psychology field

Transversal competences<sup>6</sup>:

a) Personal competences:

- autonomy
- responsibility
- personal development
- professional development

b) Interpersonal competences:

- social interaction
- integration of specialist knowledge into everyday life
- ethics in relations with others both professionally and personally

c) Global citizenship competences:

- personal and professional ethics in work and life
- active, involved, moral citizenship
- forward thinking, ecology, sustainability

### B. EXPECTED LEARNING OUTCOMES<sup>7</sup>

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<sup>3</sup> Competence is the demonstrated ability to select, combine and make appropriate use of personal, social and/or methodological knowledge, skills and abilities, and other acquisitions of values and attitudes, for the successful handling of a given category of work or learning situations and for effective and efficient professional or personal development.

<sup>4</sup> Key competences for lifelong learning are those competences that all citizens need for personal fulfilment and development, employment, social inclusion and active citizenship, and are developed in the perspective of lifelong learning, from early childhood and throughout adult life, through formal, non-formal and informal learning.

<sup>5</sup> Occupational competences are the ability to perform the activities required in the workplace at the quality level specified in the occupational standard. They are acquired formally, i.e. by completing a programme organised by an accredited institution.

<sup>6</sup> Cross-curricular competences are value and attitudinal acquisitions that go beyond a specific field/programme of study and are expressed by the following descriptors: autonomy and responsibility, social interaction, personal and professional development.

<sup>7</sup> Learning outcomes are statements that refer to what a learner knows, understands and is able to do at the end of a learning process and are defined as knowledge, skills, responsibility and autonomy.

a) Knowledge<sup>8</sup> - According to the European Qualifications Framework (EQF), the learning outcomes at level 7 of qualification, corresponding to Master's degree studies, involve highly specialized knowledge and critical awareness, some of which are at the forefront of knowledge in a field of work or study, as a basis for original thinking and/or research:

- Solving critical situations based on critical analysis, evaluation of solutions and alternatives, avoiding stereotypical scenarios;
- Correct, appropriate use of methods and tools in the fields of clinical psychology and psychotherapy;
- Appropriate use of professional communication;
- Development of psycho-diagnostic strategy, using expert knowledge;
- Development of psychotherapeutic intervention strategies;
- Designing and implementing psychotherapeutic intervention plans;
- Accumulating the latest knowledge in the field, allowing advanced research to be carried out;
- Developing psychological interpretations of behavior and mental processes at different levels;
- Carrying out, under supervision, assessments and interventions in the field of clinical psychology and psychological counselling.

b) Skills<sup>9</sup> - According to the European Qualifications Framework (EQF), the learning outcomes at level 7 of the qualification, corresponding to Master's degree studies, involve specialist skills for problem-solving in research and/or innovation, for developing new knowledge and procedures and for integrating knowledge from different fields:

- Management of critical situations;
- Psycho-diagnostic skills, skills in the use of psycho-diagnostic methods, choice of correct, relevant instruments, carrying out psycho-diagnosis;
- Development of new psycho-diagnostic instruments;
- Adaptation of existing instruments to the Romanian population;
- Advanced research skills in the field, allowing participation in doctoral studies;
- Appropriate use in professional communication of concepts specific to psychotherapy;
- Appropriate use in professional communication of concepts, methods and tools specific to psychological assessment (individual and group);
- Interpretation of the role of communication in professional activity and explanation of different types and methods of communication;
- Application of the principles of effective communication in psychological intervention in order to establish an effective contact appropriate to the specific characteristics of the beneficiary;

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<sup>8</sup> Knowledge is the result of assimilating information through learning. Knowledge is the body of facts, principles, theories and practices related to a particular field of work or study. Knowledge is described as theoretical and/or factual. Knowledge is expressed through the following descriptors: knowledge, understanding and use of specific language, explanation and interpretation.

<sup>9</sup> Skill is the ability to apply and use knowledge to accomplish tasks and solve problems. Skills are described as cognitive (involving the use of logical, intuitive and creative thinking) or practical (involving manual dexterity and the use of methods, materials, tools and instruments). Skills are expressed by the following descriptors: application, transfer and problem solving, critical and constructive reflection, creativity and innovation.

- Building a communication relationship adapted to the psychological characteristics and needs of the beneficiary.

c) Responsibility and autonomy<sup>10</sup> - According to the European Qualifications Framework (EQF), the learning outcomes related to level 7 qualifications, corresponding to Master's degree studies, involve managing and transforming work or study situations that are complex, unpredictable and require new strategic approaches, by taking responsibility for contributing to professional knowledge and practice and/or reviewing the strategic performance of teams:

- Responsible analysis and critical thinking in specific situations;
- Interpretation of concrete situations of psychological assistance;
- Professional ethics, respect for client autonomy;
- Responsibility in applying and interpreting specialist tests;
- Management of critical situations and emergencies;
- Ability to work both individually and in multidisciplinary teams.

### **3. Positions being able to be practiced within the labor market**

In the field of study:

- Psychologist specializing in clinical psychology (clinical psychologist) - COR 263401
- Psychologist specializing in psychological counselling (psychological counsellor) - COR 263402
- Psychologist specializing in psychotherapy (psychotherapist) - COR 263403

In related fields:

- Occupational therapist - COR 263419
- Research assistant in psychology - COR 263416

### **4. Insuring flexible learning trajectories within the study program**

Starting with the second semester, year 1 of studies, students have at their disposal optional courses, which allow them to accumulate knowledge and develop in a specific psychotherapeutic direction. There are a total of 18 optional subjects, 9 for each direction. Students have the possibility to choose between a minimum of 9, those per direction, and all 18 in order to develop their professional specialist skills. Having this option students are all trained in clinical psychology, becoming clinical psychologists, and then have the possibility to choose between the most sought after psychotherapeutic directions: cognitive-behavioral psychotherapy and family psychology.

### **5. Professional activity and student assessment**

The rights, obligations and conditions of students' professional activity at the West University of Timisoara are regulated by the Code of Students' Rights and Obligations and the Regulation on the professional activity of undergraduate and postgraduate students, approved by the UVT Senate.

The form and methods of assessment/examination for each subject in the curriculum are set out in the subject descriptions.

### **6. Study finalization exam**

In accordance with the Regulations on the organization and conduct of the examinations for the completion of undergraduate and master's degree studies at the West University of Timisoara, approved by the UVT Senate, the examination for the completion of master's degree studies in any master's degree program organized at UVT consists of a dissertation examination, for which 10 credits are awarded.

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<sup>10</sup> Responsibility and autonomy means the learner's ability to apply his/her knowledge and skills autonomously and responsibly.

The subjects and the bibliography corresponding to the final examinations are published on the website of each faculty and/or on the UVT website before the beginning of each academic year.

Enrolment for the final examination is subject to the student's choice of the subject of the final thesis within 60 days of the beginning of the academic year of the final year of study.

Submission of the final version of the final paper on the e-learning platform must be done at least 5 working days before the scheduled starting date of the exam.

Each graduation thesis will be accompanied, at the time of submission, by the Similarity Report resulting from the verification of the originality of the graduation thesis through a specialized software (Turnitin) on the UVT e-learning platform.

According to the structure of the academic year, at UVT the final exams can be held in 2 sessions, usually in July, and September.

The dissertation topics are chosen at the latest at the beginning of the second year of the master's degree course, together with the coordinator of the dissertation, either from the coordinator's list of proposals or on the basis of the master's proposal. In the second semester, a specialist subject is provided for to support the master's students in the preparation of the dissertation.

#### **7. Training for the didactic profession (if applicable)**

Students wishing to opt for a teaching career in pre-university education must also complete the Psycho-pedagogical Training Program (complementary to this study program) in order to certify their competences for the teaching profession and obtain the Certificate of Completion of this program. At the West University of Timisoara this program is organized through the Department for the Preparation of Teaching Staff (DPPD) and can be followed in parallel with university studies or on a postgraduate basis. For more information, visit the link: <https://dppd.uvt.ro>.

**STUDIED SUBJECT LIST, BY STUDY YEAR AND SEMESTER**
**Study year I**

Academic year 2022-2023

No	Subject	C1	C2	Subject code	Semester I				Credit number	Semester II				Credit number
					Hour number/week					Hour number/week				
					C	S	L	P		C	S	L	P	
1.	Clinic psychology	DF	DO	PC111	1	2			5					
2.	Psychologic counselling	DF	DO	PC112	1	2			5					
3.	Clinic psycho-diagnosis and assessment	DF	DO	PC113	1	2			6					
4.	Development psychology	DF	DO	PC114	1	1			6					
5.	Psychology research methodology and standards	DS	DO	PC115	2	1			6					
6.	Research ethics	DC	DO	PC116	1	0			2					
7.	Psychopathology	DF	DO	PC121						1	1			5
8.	Health psychology	DF	DO	PC122						1	2			5
9.	Neurocognitive and personality trouble assessment	DS	DO	PC123						2	1			5
10.	Cognitive-behavioral psychotherapy	DS	DOP	PC124						1	2			5
	Family systemic therapy theoretic and clinic approaches			PC125										
11.	TCC case conceptualization	DS	DOP	PC126						1				5
	TFS experiential approach			PC127										
12.	Clinic psychology specialty practice	DS	DO	PC128								2	5	

Total					7	8			30	6	6		2	30
Total weekly didactic hours					15					13				
Elective subjects														
No	Subject	C1	C2	Subject code	Semester I				Credit number	Semester II				
					Hour number/week					Hour number/week				
					C	S	L	P		C	S	L	P	
1.	Volunteering I	D C	DFA C	PM11 6				1	2					
2.	Volunteering II	D C	DFA C	PM12 7									1	2

**Study year II**  
Academic year 2023-2024

No	Subject	C1	C2	Subject code	Semester I				Credit number	Semester II				Credit number
					Hour number/week					Hour number/week				
					C	S	L	P	C	S	L	P		
1.	Scientifically validated clinic practice guidelines	D S	DO	PC221	2				6					
2.	Child's psychopathology	D F	DO	PC212	1	1			6					
3.	Anxious trouble cognitive-behavioral interventions	D S	DOP	PC213	2	1			6					
	Family therapy therapeutic techniques			PC214										
4.	Affective trouble cognitive-behavioral interventions	D S	DOP	PC215	1	2			6					
	TF approach individual psychotherapy			PC216										
5.	Specialty practice – cognitive-behavioral therapy reflexive approaches	D S	DOP	PC217				4	6					
	TF specialty practice			PC218										
6.	Psychopharmacology	D S	DO	PC211						2				6
7.	Personality trouble cognitive-behavioral interventions	D S	DOP	PC222						2				6
	TF approach couple psychotherapy			PC223										
8.	Psychosis cognitive-behavioral interventions	D S	DOP	PC224						1	1			6

	TF approach family psychotherapy			PC224											
9.	Acceptance and commitment therapy introduction	D S	DOP	PC226						1	1				6
	TFS trauma, abuse and rehabilitation, psychanalytic approach			PC227											
10.	Cognitive-behavioral therapy specialty practice	D S	DOP	PC228						1	1				6
	TF specialty practice			PC229											
11.	Practice for the dissertation paper elaboration	D S	DO	PC230									2	3	
Total					6	4		4	30	6	2		6	30	
Total weekly didactic hours					14				14						
Elective subjects															
No	Subject	C1	C2	Subject code	Semester I				Credit number	Semester II				Credit number	
					Hour number/week					Hour number/week					
					C	S	L	P		C	S	L	P		
1.	Volunteering III	D C	DFA C	PM216				1	2						
2.	Volunteering IV	D C	DFA C	PM227									1	2	

**Remark**

DF	fundamental subjects
DD	field subjects (if applicable)
DS	specialty subjects
DC	complimentary subjects
DO	mandatory subjects
DOP	optional subjects
DFAC	elective subjects
C	course-type didactic activity
S	seminary-type didactic activity
L	practical-laboratory-type didactic activity
P	practice-stage-type didactic activity