Title and Code of Course: **Personality Psychology Seminar 1**

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Credit Point Value: **6**	Number of Lessons per Week: **2**	Type of Course: **Seminar** ☒ **Lecture** ☐	Method of Evaluation: **Oral Examination** ☐ **In-Class Presentation** ☒ **Other** ☒

Course Description:

The aim of this course is to introduce trait theories as well as cognitive-behavioral theory of personality and some psychoanalytic approaches. Students get familiar of the basic concepts in these approaches as well as their applications in the field of individual and family psychotherapy. Methods of the course include in-class presentations, discussion and self-experience exercises.

Bibliography:

Dobson K.S.(2001): Handbook of cognitive behavioral therapies, Guilford.
Engler B. (2013): Personality Theories, Wadsworth.
 Feist, J., Feist, G. J. (2009). Theories of Personality (7th ed.). New York: McGraw-Hill.
 Hogan R., Johnson J., Briggs S. (Eds, 1997): Handbook of Personality Psychology, Academic Press.
Howard P.S. (2000): The Owner's Manual for Personality at Work, Bard.
Kazantzis N., Reinecke M., Freeman A. (Eds, 2010): Cognitive and behavioral theories in clinical practice, Guilford.
Young J.E., Klosko J.S., Weishaar M.E. (2003): Schema Therapy: A Practitioner's Guide, Guilford.