

*Title and Code of Course:* Personality Psychology 3.

*Instructor's Name:* Zsuzsanna Mirnics PhD

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Credit Point Value: <b>6</b>	Number of Lessons per Week: <b>2</b>	Type of Course: <b>Seminar</b> <input type="checkbox"/> <b>Lecture</b> <input checked="" type="checkbox"/>	Method of Evaluation: <b>Oral Examination</b> <input type="checkbox"/> <b>In-Class Presentation</b> <input type="checkbox"/> <b>Other: Written examination</b> <input checked="" type="checkbox"/>
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**Course Description:**

The course will provide an overview of some major classic and contemporary approaches to personality theory. Theories will be considered with respect to content, conceptual image of the individual, measurement and research methods as well as their applications and limitations.

The current course will review the evolution of psychodynamic theory and consider key concepts in psychoanalysis, ego psychology, object relations theory, self psychology, attachment theory, relational and intersubjective theories and current findings in cognitive neuroscience relevant to psychodynamic psychotherapy. It will also give an introduction to the main transpersonal theories of personality.

Course topics:

Ego Psychology by Anna Freud and Heinz Hartmann. Ego development, ego defenses and their hierarchy.

Individual psychology: Alfred Adler. Birth order, social interest, will to power, superiority and inferiority complex, compensation, style of life.

Attachment theory. Object Relation Theories.

Margaret Mahler: stage model, "psychological birth".

Melanie Klein: splitting, projective identification, stage model

Otto Kernberg: stages and defenses, explanation of BPD

Heinz Kohut: Self Psychology, self-object relations and development, explanation of NPD

Harry Stack Sullivan and the interpersonal approach, personalizations, dynamisms, self-system, orientations

Sociocultural Theories:

Karen Horney: neurotic orientations, feminine issues in psychoanalysis

Erich Fromm: basic human needs, social orientations, love and aggression theories

Mentalization Theory by Peter Fonagy: the role of mentalization deficit in psychopathology

Transpersonal Theories. Roberto Assagioli and Ken Wilber: transpersonal development

Stanislav Grof: basic perinatal matrices

**Bibliography:**

Carver, C. S., Scheier, M. F. (2017). Perspectives on personality. Pearson, Allyn and Bacon, Boston.

Engler B. (multiple editions): Personality Theories: An Introduction, Cengage Learning.

Ewen R. B. (multiple editions): An Introduction to Theories of Personality. Psychology Press.

Fonagy P., Target M. (multiple editions): Psychoanalytic Theories: Perspectives from Developmental Psychopathology, Wiley.

Mitchell S.A., Black M.J. (multiple editions): Freud and Beyond: A History of Modern Psychoanalytic Thought, Basic Books.

Schultz, D. P., Schultz, S. A. (2016). Theories of Personality, Belmont, CA: Wadsworth

Selected articles by Roberto Assagioli (from Dynamic Psychology and Psychosynthesis), Stanislav Grof (from Boorstein: Transpersonal Psychotherapy) and Ken Wilber (from Collected Works)