

Title and Code of Course: BPSA 1280 Personality Psychology 2.

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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 ☒
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Course Description:

This course will provide an overview of Personality Psychology, including the prevailing theories and research methods in the field. The present semester covers historical and contemporary aspects of Personality Psychology within the holistic-organismic, Gestalt, humanistic, systemic communicational, family and existential approaches. It also discusses the extent to which personality theories predict real-world outcomes such as mental health and relationships.

Topics:

Erikson's psychosocial theory. The epigenetic model and ego development. Stages of development, crises, virtues.

Lewin's field theory. Organismic theory by Goldstein and Angyal.

Gestalt Theory and Gestalt Therapy.

Humanistic psychology: Abraham Maslow

Humanistic psychology and person-centered therapy: Carl Rogers

Communication models: Eric Berne

Psychological systems theory

Family theories and family therapy approaches

Existential psychology: Viktor Frankl

Existential psychology: Rollo May

Existential psychology: Irwin Yalom

Bibliography:

Berne, E. (multiple editions): Games People Play. The Psychology of Human Relationships

Carver C.S., Scheier M.F. (multiple editions): Perspectives on Personality. Pearson.

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

Frankl V. (multiple editions): The Doctor and the Soul: From Psychotherapy to Logotherapy.

Goldenberg H., Goldenberg I. (1980): Family Therapy: An Overview, Cengage Learning

Maslow A.H. (multiple editions): Toward a Psychology of Being

Perls F. (multiple editions): The Gestalt Approach and Eyewitness to Therapy

Ritvo, E. C., & Glick, I. D. (2002). Concise guide to marriage and family therapy. American Psychiatric Publishing.

Rogers C.R (multiple editions): On Becoming a Person.