

Title and Code of Course: Personality Psychology 2. – ERPB BPSA 1280			
<i>Instructor's Name:</i> Zsuzsanna Mirnics Ph.D.			
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Credit Point Value: 3	Number of Lessons per Week: 2	Type of Course: Seminar <input type="checkbox"/> Lecture <input checked="" type="checkbox"/>	Method of Evaluation: Oral Examination <input type="checkbox"/> In-Class Presentation <input type="checkbox"/> Other <input checked="" type="checkbox"/>
Course Description:			
<p>This course deals with foundations of personality as they emerge in the theories set forth by major theorists of the field. Special emphasis is placed on contemporary theorists and the application of their contributions to an understanding of the normal personality.</p> <p>Topics of the course: Phenomenological approaches. Humanistic Psychology Abraham Maslow, Carl Rogers. Key elements of the humanistic approach. Person-centered therapy. The three main preconditions of change in psychotherapy. Key principles of existential therapy. Existential anxiety, freedom and responsibility. Existential Psychotherapy. Theories of Rollo May, Viktor Frankl and Irwin Yalom Gestalt Theory: Fritz Perls. The meaning of Gestalt, the Gestalt cycle of experience. Distortions, resistances and contact. Therapy techniques: chairwork, bodywork, dramatic techniques. The philosophy of transactional analysis. Eric Berne's theory. Ego states, transactional model of communication, scripts. Mechanisms of personality change. Systems Theory and Family Therapy. The family as a system. Normal and dysfunctional families. Basic family processes. Main family therapy approaches. The transpersonal viewpoint in Psychology. Main transpersonal theories by Stanislav Grof, Roberto Assagioli and Ken Wilber. The application of transpersonal thinking. Transpersonal therapy techniques.</p>			
Bibliography:			
<p>Berne, E (in different editions). Games People Play. Carver, C. S., Scheier, M. F. (2017). Perspectives on personality. Pearson, Allyn and Bacon, Boston. Boorstein, S. (ed.,1996). Transpersonal Psychotherapy, State University of New York Press, Albany. Frankl, V. E. (2006). Man's Search for Meaning. An Introduction to Logotherapy. William J. Winslade. Beacon Press, Boston. Maslow, A.H, (1998). Toward a Psychology of Being. NY: Wiley. Perls, F. (1973). The Gestalt approach, Science and Behavior Books. Rogers, C. (2004). On Becoming a Person: A Therapist's View of Psychotherapy. Houghton Mifflin Harcourt. Yalom, I. D. (in more additions). Existential Psychotherapy. Basic Books.</p>			