

Teaching course “Psychology of Interpersonal Relationships”

№№ Mod ules	Modules and themes	№ week	Date
1	Theme 1: <u>Introduction</u>: Basic terms and concepts of psychology of interpersonal relationships: communication, relationships, communication skills.	1	
	Theme 2: Categorization of interpersonal relationships. Types of communication. Psychodiagnostic tools of estimating communication skills	2	
	Theme 3: Speech, or verbal communication tools. Non-verbal communication tools. Recognition of facial expressions and gestures. Development of non-verbal communication skills	3, 4	
	Theme 4: Communication barriers. Effective Communication Skills.	5	
2	Theme 5: The concept of psychological intimacy. Deviation of emotional contact. Syndrome of “emotional cold” in interpersonal relationships. Socially approved the phenomena of "emotional cold": the modern form of marriage, the Internet and gadget addiction, workaholism, and other	6, 7	
	Theme 6: Psychological phenomena of "emotional cold": loneliness, interpersonal dependence, counter-dependence, fear of psychological intimacy.	8, 9, 10	
	Theme 7: Syndrome of “emotional cold” in the marital relationship	11, 12	
3.	Theme 8: Personal and family factors deviation of interpersonal contact.	13	
	Theme 9: Psychodynamic theory of the formation of the ability to mature interpersonal relationships (psychoanalysis, body-centered approach, Gestalt therapy)	14, 15, 16	
	Theme 10: Attachment Theory (J. Bowlby). Four distinguishing characteristics of attachment	17	
	Theme 11: Characteristics of interpersonal contact in a client-centered approach of Carl Rogers.	18	

Forms of Student Academic Work and Methods of Assessment.

Forms of class work and homework	Max score	Score	Result
Analytical reports	20	50-100	credit
Reports	10		
Participation in discussions and Master-classes	20		
test	40		
Total	100	0-50	Non-credit

Literature (provided to students):

- Bowlby J. Child Care and the Growth of Love. London: Penguin Books. - 1953.
- Firestone R. W. Fear of Intimacy/Firestone R. W., Catlett J. – Washington, DC: American Psychological Association. – 2006. – 358 p.
- Goldstein A.P. Skill training for community living: Applying structured learning therapy. /Goldstein A.P., Spafkin R.P., Gershaw N. J. New York et al.: Pergamon Press: Structured learning Assoc. – 1976. – 273 p
- Griffiths M.D. Internet addiction: does it really exist? // In: Psychology and the Internet: Intrapersonal, interpersonal, and transpersonal implications/ J. Gackenbach (Ed). San Diego, CA, Academic Press. 1998. P. 61–75
- Mellody P. The Intimacy factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love. /Mellody P., Freundlich L.S. – HarperSanFrancisco. – 2004. – 215 p.
- Morahan – Martin J. Loneliness and social uses of the Internet /Morahan – Martin J., Schumacher Ph. //Computers in Human Behavior. - Volume 19, Issue 6, November 2003, P. 659 – 671
- Robinson B. Chained to the Desk: A Guidebook for Workaholics, Their Partners and Children, and the Clinicians Who Treat Them / Robinson B. – NYU Press; 2Rev Ed edition, 2007. – 288 p.
- Schaeff A. W. Escape from intimacy: Untangling the “Love” addictions: Sex, romance, relationships /Schaeff A. W. – San Francisco: Harper & Row, 1989. – 165 p.
- Sternberg R.J. A Triangular Theory of Love /Sternberg R.J. // Psychological Review. – 1986. – 93. – P. 119 – 135.
- Yavorskaya E.V., Kocharyan A. S., Tereshchenko N.N. Role of «emotional coldness» syndrome in violations of partner communication // Scientific enquiry in the contemporary world: theoretical basics and innovative approach. Vol. 3 "Psychology and pedagogics". FL, USA, L&L Publishing, 2012. – P. 107-109.

Annotation of the Discipline.

1	<i>Title of the course</i>	“Psychology of interpersonal relationships”
2	<i>Description and the objectives of the course and its components.</i>	<p>The main objective of the course is to acknowledge students with the theories and practice of interpersonal relationships, to equip them with psychodiagnostic tools of estimating communication skills, predicting the communication barriers and deviation of interpersonal contact.</p> <p>Such theories as Attachment Theory, Conflict Theory, Triangular theory of love, Psychoanalytic theories of development, Interpersonal theory of codependency, Person-centered Approach Body-centered approach and others will constitute the theoretical foundation of the course.</p> <p>Students will be acknowledged with theoretical works by R.J. Sternberg, C. Rogers, J. Bowlby, B. K. and J. B. Weinhold, P. Mellody, R. W. Firestone, F. Perls, E. Berne and others.</p> <p>The empirical base of the course will consist in self-experience of participating in the thematic psychological master-classes, case-analyses of different types of deviation of interpersonal contact, psychodiagnostics own psychological characteristics of interpersonal communication. Special attention will be paid to the phenomenology and methods of overcoming of syndrome of “emotional cold” in interpersonal relationships.</p> <p>Seminars will be devoted to the discussions of theoretical views on the psychology of interpersonal relationships, developing the skills of effective communication and investigation own psychological characteristics.</p>
3	<i>Requirements:</i>	Social Psychology, Sociology, Theoretical Psychology, Psychotherapy
4	<i>Lecturer</i>	Nadiia N. Tereshchenko.
5	<i>Number of academic hours</i>	64 academic hours
6	<i>Forms and teaching methods of the course</i>	Lectures, seminars, discussions, master-classes
7	<i>System of assessment</i>	Credit, 100 accumulative points (analytical reports, reports based on reading materials, participation in discussions, tests)
8	<i>Language</i>	English