

COURSE DESCRIPTION

Course title: Psychological Skill Training: Empathy and Group Dynamics
Syllabus
Course code: PSYB17-135:14

The goal of the course

This course aims to develop psychological skills of BA students. Smaller group of students (approximately of 15 individuals) work regularly together in playful and non-learning situation. Using communication or art psychology exercises we aim to develop communication skills, self-representation, active listening, empathy, giving supportive feedback. We also encourage students to talk about their experiences as a member of the group.

Conditions of the course completion

Maximum 1 missed classes will be tolerated (in case of distance learning participation on online consultations). As it is a skill training, grading is based on active presence and contribution to activities

Detailed syllabus

1. 15TH SEPT

Welcoming students, introduction, practice of introducing ourselves, clarification of group rules, expectations from the course

2. 29TH SEPT

Name learning and remembering, collecting psychological skills based on areas of interest, art-work on psychological skills and their representation

3. 13TH OCT

Exercises to develop skills of empathy, collaboration, and practicing how to express emotions, thoughts under group circumstances

4. 27TH OCT

Problem solving in groups, group decision, communication within the group and how it is related to the effectiveness of the group

5. 10TH NOV

Practicing non-verbal communication and possible ambivalence between the meaning of verbal communication and non-verbal gestures, the role of posture, practicing skills of empathy, active listening, and problem sharing in pairs

6. 24TH NOV

Developing expression of emotion with visual art exercise and practicing recognizing facial expressions, self-expressions with art-work

7. 8TH DEC

One-way communication exercise and its effects on the listener, self-rating on psychological skills, closing and summary
