

Psychology courses taught in English:

<http://psych.phil.muni.cz/en>

PS_BA004 Introduction to Psychology

Course objectives:

At the end of this course the student should: Know the position of psychology among other fields of social sciences; gain the general knowledge of basic, applied and special psychological disciplines; understand what abilities are necessary to be a good psychologist; know where the psychological education comes in use

Syllabus:

1. Science and scientific knowledge. Structure of social sciences. Psychology among sciences. Different disciplines of psychology - general, specific and applied psychology disciplines. Distinguishing Psychology, psychiatry, psychotherapy. Study of psychology at Faculty of Arts MU.
2. Historiography of psychological ideas. Psychology and soul. Philosophy and psychology. Body - mind question. Central systems of modern psychology. Substantial psychological categories. Concepts and terms.
3. Research method. Common sense and psychology. Universality of theory and singularity of individual. Data and facts. Problem, hypothesis, theory. Levels of analysis.
4. Human behavior. Basic mental processes: cognition, motivation, emotion.
5. Learning as a process of adaptation. Human and subhuman learning.
6. Personality. Theories of personality. Traits and states. Self and self-concept. Nativism and environmentalism.
7. Individual in society. Social perception and communication. Attitudes. Language. The relation between language and mind. Experience of individuals and language.
8. Psychopathology. Norms and normality. Three kinds of understanding of the normality. Selected psychical disorders.
9. Phylogeny, ontogeny, and anthropogeny. Levels of development.
10. Psychology in practice. Application of the psychology in problem solving.

PS_BB047 Critical study of scientific literature

Course objectives:

Throughout the course, students will gradually develop skills necessary for employing a critical approach in searching, studying and using scientific sources in psychology. At the end of the course, they should be able to identify arguments in scientific texts, use theoretical and methodological knowledge to evaluate evidence provided by authors, compare and contrast different points of view, clearly identify points of conflict or controversy, and verify cited sources of information/evidence. They should become more sensitive to the difference

between facts and interpretations, to misinterpretations, and to contextual factors that might have an impact on how ideas are presented in literature (time, trends and current concerns, journal policies, authors' backgrounds, current views of psychological science, etc.). Finally, students will obtain basic skills in using available information to form their own perspectives of various debatable issues and in providing logically coherent arguments for their opinions, as well as consistent and well-based counter-arguments against ideas they disagree with.

Syllabus:

1. Course introduction. What is a critical approach? Critical approach v. dismissive / black-and-white thinking.
2. Successful scientific publishing. What makes an idea a “good” idea? What makes an argument a “good” argument? Deductive and inductive thinking in psychological scientific texts. Appropriate language of science. Factors influencing the publication process.
- 3.-6. The “Undermining Effect” debate: Guided analysis of published studies and criticism – theoretical arguments, methodology, conclusions and context.
- 7.-11. The “Priming Effect” debate: Supervised analysis of published studies and criticism – theoretical arguments, methodology, conclusions and context.
12. Comments/discussion on the final assignment: Independent analysis of published studies and criticism on a pre-selected topic.

PSB_116 Presentation Skills in English

Course objectives:

At the end of the course students should be able to: 1. create a structure of a scientific presentation, 2. present results of scientific work at conferences, 3. react against objections and questions, 4. use presentation and audio-visual aids effectively.

Syllabus:

1. Theoretical introduction - methods of presentation, goal-setting
2. Planning and designing of presentation, target group, analysis of needs
3. Preparation of presentation, making provision for presentation conditions
4. Aim and content of presentation, structure, succession of information
5. Non-verbal communication
6. Verbal communication
7. Audiovisual aids and ways of its usage
8. Training of presentation skills

The course offers extensive amount of e-learning material.

PSX_513 Strategies for effective learning

Course objectives:

The course offers a practical overview of theories and findings in psychology that might help any learner find their best way to get the most from their learning experience. Throughout the course, the student will be introduced to the principles of goal-directed learning and will try out specific goal-focused and motivation-enhancing strategies to help them study more effectively. At the end of the course, the students will know how information is processed in

goal-directed behaviour, and how active goals affect the ways we perceive, remember and access new knowledge. They will gain insight into what goals direct their own studying experience, and what impact this has on their learning outcomes. They will also learn and try out different strategies of shifting focus to more effective goals in their studying (i.e. developing knowledge and competence rather than simply passing an exam) and making studying more enjoyable and varied.

Syllabus:

1. Cognitive processing and goal-directed behaviour: Why and how does our brain learn? What do we remember and what do we forget? How do we access what we have learned?
2. Competing motivations in learning: Mastery v. performance goals. Promotion v. prevention goals. Mindsets. Intrinsic and extrinsic motivation. Introjected and autonomous regulation. Consequences of goal conflict. Why do students always end up learning the necessary minimum for passing a test?
3. Reducing conflict and making step-by-step progress: Making clear-cut decisions. Entering and maintaining implementational mindset. Finding structure. Monitoring progress. Obtaining feedback. Identifying and responding to one's own needs.
4. Self-motivation: Finding ways to boost inspiration. Finding ways to enhance positive structure and obtain feedback. Finding and removing aversive stimuli and triggers of stress associated with studying.
- 5.-6. Enhancing one's own learning experience: Studying as enquiry. Creating study materials.

PSX_111 Stress management, coping (theory & practice)

Course objectives:

Seminar is focused on methods for coping of every day stress.

The techniques, which would be mediated to participants, are as these ones:

Autogenic training

Jacobson progressive myorelaxation

5S technique

Principals of body-therapy

Principals of massages and automassages

Principals and basal steps of regenerative soma-exercises

At the end of the course participants would be able to apply the principals of mental hygiene in their lives (incl. special techniques of relaxation, concentration or physical regeneration/training).

Syllabus:

Stress, what is it about. Basic rules and principals of coping. Stress management. The brain and body in stress situations (neuro/physiology of the stress). Case studies from psychotherapy/practice. Teaching of the seminar is full-adapted to needs of participants. The specific content of the seminar will be specified at the beginning of the semester in according to the needs of students. Techniques, which would be presented, are as these ones: Autogenic training, Jacobson progressive myorelaxation, 5S technique, Principals of body-therapy, Principals of massages and automassages, Principals and basal steps of regenerative soma-exercises. The course is taught annually.

PSX_511 Psychology of Mental Health and Well-being

Course objectives:

The aim of the course is to provide students with key scientific findings on mental health and wellbeing and suggest their applications in daily life. Students will be introduced in the science of Positive psychology and Mental Hygiene - their background, main research topics and findings, and practical interventions for enhancing quality of life. At the end of the course students should be able to understand not only the effects of stressors on mental health, but also understand the importance of positive mindset, i.e. positive thinking (optimistic, hopeful, creative and flexible thinking), positive emotions and character strengths for improving well-being and flourishing of the individual.

Syllabus:

1. Introduction to Positive Psychology and Mental hygiene. 2. Mental health, Well-being, Quality of life. 3. Self-knowledge and self-control, methods of self-knowledge. 4. Stress and Coping strategies. 5. Self-regulation and Mind control. 6. Positive thinking: Hope and Optimism. 7. Power of positive emotions. 8. Character strengths and virtues. 9. Psychosomatics and Mental health. 10. Introduction to Relaxation techniques. 11. Practical interventions for enhancing mental health and well-being
The course is taught annually.

PSX_112 Persuasion

Course objectives:

Student will learn: The theory of persuasion and its practical applications, to apply the theory of persuasion, to think about the communication in the new ways and to apply advanced persuasion techniques, to discover manipulation of others and to resist more easily, to use acquired psychological knowledge in communication process.

Syllabus:

1. Introduction to persuasion Persuasion fundamentals. Definition. Ethics. Historical perspectives (Aristotle, Plato, Cicero, sophists, Machiavelli, Martin Luther King, World War II and propaganda, Barack Obama, advertisement in 20th and 21st century)
2. Attitude and attitude change Attitudes. Tripartite model. Attitude measurement (Likert scale, Semantic differential). Functional approach to attitudes (utilitarian, ego-defensive, value-expressive, knowledge). Implicit attitudes. Attitude-behavior consistency.
3. Attitude change I. Summative model – beliefs and values (Fishbein). Theory of Reasoned Action (Fishbein, Ajzen). Theory of Planned Behavior (Ajzen). Modeling, reinforcing and change of attitudes. Social Judgment Theory (Sherif) – latitude of acceptance, latitude of rejection. Attitude accessibility.
4. Attitude change II. Elaboration Likelihood model – central and peripheral routes to persuasion. Heuristic-systematic model. Classical conditioning. Emotional and logical arguments.
5. Source factors Credibility - expertise, trustworthiness (knowledge bias, reporting bias), physical attractiveness, liking, similarity, closeness. Mere exposure effect. Sleeper effect. Empathy.
6. Message factors Subliminal perception. Supraliminal advertising. Guilt and fear appeal. Boomerang effect. Wording and vocabulary. Inoculation theory. Priming. Framing. Narrative approach. Sensation transference. Touch transference.
7. Recipient factors Self-monitoring. Cognitive dissonance theory. Self-fulfilling prophecy. Selective exposition. Selective attention. Selective perception. Selective retention.
8. Universal principles of persuasion I. Reciprocity. Commitment and consistency. Social proof. Contrast effect. Mental shortcuts. Face-in-the-door-technique. Foot-in-the-door-technique. Low-balling. Informational social influence. Automatic and reasoned actions.
9. Universal principles of persuasion II. Liking. Scarcity. Authority. Milgram study. Stanford prison experiment. Psychological Reactance Theory (Brehm).
10. Media effects and advertising Theory of hypodermic needle. Agenda setting (McCombs, Shaw).

Cultivation analysis (Gerbner). Spiral of silence (Noelle-Neumann). Two- and multi-step model of communication. Opinion leaders. Diffusion of innovations (Rogers). Fashion-permission complex (Godin). Humor and sex in advertising.

11. Persuasion and nonverbal communication Haptics, proxemics, kinesic, paralanguage.

12. Persuasion in society Political persuasion. Political communication. Neuromarketing.

Contemporary global problems and applications of persuasion theories. Culture and persuasion.

PSX_512 Human Nature: Key Studies in Psychology

Course objectives:

1) to get knowledge of key studies in several specific areas of psychology, 2) to induct general principles of human behavior and mental life on the basis of the obtained knowledge 3) to reflect and be able to apply the knowledge in everyday life situations

Syllabus:

1. Course information + behavioral economy: "laws" of human irrationality in behaviour and decision-making

2. Motivation and self-regulation: habits and goals; reason and emotion

3. Social psychology: conformity, obedience, group processes

4. Developmental psychology

5. Cross-cultural psychology: differences in basic psychological processes

PSB_114 Psychopathology: approaching an understanding (level 1)

Course objectives

The course explores factors which contribute to the development of psychopathology. This includes: genetics, loss, abuse, dysfunctional socialisation and choice of dysfunctional coping strategies. Knowledge of these factors can help in formulating an understanding of the patient/client during the process of clinical work.

Syllabus:

1. The formation of the mind. In this seminar we will explore some of the hypotheses about factors which may contribute to the formation of the mind. 2. Developmental processes. We will explore here some of the theories about the processes involved in the development of our internal world – particularly during childhood. 3. Mechanisms of defense. We will explore here some ideas about the way in which we attempt to defend ourselves from unpleasant thought, memories and feelings. 4. Loss, abandonment, fostering and adoption. In this seminar we will explore processes of loss and ways in which these processes may affect people. 5. Emotional and physical abuse. We will attempt to understand processes associated with emotional and physical abuse. 6. Sexual abuse. In this seminar we will attempt an understanding of processes associated with sexual abuse – both for the perpetrator and victim and the system they inhabit. 7. Family culture. We will explore here the ways in which family culture may contribute to the formation of the internal world. 8. Defensive responses associated with affronts. In this seminar we will attempt to understand ways in which people feel affronted, hurt and offended and how that has led them to a particular style of relating. 9. Defensive responses associated with depression. We will attempt to understand the ways in which loss, abuse and neglect may contribute to depression and what defensive responses people may use with regard to depression. 10. Control and avoidance. This seminar is about the ways in which people tend to use control and avoidance to try to calm down difficult feelings and how this control and avoidance can affect their lives. 11. Cut off from feelings, thinking and relating. In this seminar we will discuss the processes associated with the defense strategies of being cut off from feeling,

thinking and relating. We will mainly explore schizoid and somatising processes. 12. Taking risks with feeling, thinking and relating. Here we will discuss two literary examples of ways of managing feeling, thinking and relating. 13. What causes psychopathology? In this seminar we will draw together themes from the series of seminars and we will attempt to understand some underlying factors which might contribute to psychopathology.

PSX_002 Clinical psychology

Course objectives:

The aim is to provide knowledge on clinical approach in psychology of health, psychosomatic medicine and other medicine and non-medicine related branches of psychology.

Syllabus:

Clinical approach in psychodiagnostics, psychotherapy, and rehabilitation. General issues of health and illness, health psychology, international classification systems, issues of medical epidemiology and social and health policy at global, European and national level.

The course is taught annually.

PSX_003 Counselling psychology

Course objectives:

The subject is conceived as a systematic overview of relations with others psychological disciplines and contents of investigation with focus on counseling care of children and juveniles in individual stages of their development. Aim: providing of general knowledge base of psychological counseling for children and adolescents. After the course students will be able to adequate control terminology and will be familiar with the diagnostic categories. At the end of the course students will to state the strategy of counseling process for the above mentioned issues, adequate procedure of examination and build battery of relevant psychodiagnostic methods.

Syllabus :

Following issues will be discussed in this course: the structure of the counseling process (anamnesis, assessment and diagnostic methods), causes of school failure, attention disorders, specific study development disorders - dyslexia, dysgraphia, dysortography (definition, etiology etc.), pre-school period, school period, career, professional consultancy, emotion disorders in childhood and adolescence, mental deprivation, children and their school class, educational psychology. Program would be enriched with case studies. 1. Pedagogical-psychological counseling. Actual state, development, education, relation and cooperation with other disciplines, personality of psychologist. 2. Counseling care of children and adolescents in the life course. Counseling process, overview of the issues, diagnostic devices, types of examinations. 3. Developmental language disorders. Language development and its pathology, pronunciation disorders, articulation and speech rhythm, disorders of grammatical sentence construction, social use of language. 4. Mental deficiency Definition, diagnostics, epidemiology, etiology, and pathogenesis. Clinical forms of m. d., prognosis, differential diagnosis, professional care. 5. Pervasive developmental disorders. Autism, Asperger s syndrome, schizoid disorder in childhood. 6. Activity and attention disorders. Hyperactivity, impulsivity, hyperkinetic disorder, ADHD. 7. Pre-school age. Irregular development. School attendance capability. Laterality in counseling process. 8. School age Start of school attendance, school performance. School relevant deficiencies in structure of abilities. Specific developmental learning disorders. Gifted children. Rearing problems. 9. Professional and career counseling. 10. Emotional disorders in childhood and adolescence. 11. Children endangered by environment. Mental deprivation, CAN, prevention. 12. Child in school class. 13. Educational psychology.

The course is taught annually.

PSX_004 Social psychology

Course objectives:

Upon successful completion of the course, students will be able to define social psychology as the area of psychology which deals with the study of social behaviour and the mental experience of individuals in social context. Students will have a general knowledge of themes social cognition, causal attribution, self-system, interpersonal communication, social processes in group and culture. Students will demonstrate a functional understanding of discussed processes because the topics are shown in their relation to the world in which the instructor and the students live.

Syllabus :

1. Introduction into social psychology. Subject of study SP, SP in the context of related disciplines. History of SP. Basic trends in SP of 20th century, current influential paradigms. Research methods in SP, possibilities of application in SP.
2. Social cognition. a) social perception and categorization. Associative and constructivist models of social cognition. Scheme of processes of social perception. First impression versus complex review. Creating of impressions of other people, connection between perception and motivation. Distortions and mistakes in social perception. Connection between perception and attribution processes. b) self-relationship as a product of social interaction - cognitive, affective and behavioral components of self-system
3. Social Communication. Communication process. Syntax, semantics, pragmatics. Verbal and nonverbal communication. Communication styles and relationships. Communication axioms (Watzlawick, Bavelas, Haley, Jackson). Determinants of the efficient communication, assertivity.
4. Social processes in groups a) Microsocial processes Basic characteristics of the small group. Group development, group dynamics. Leadership styles. Social influence (social facilitation, loafing, deindividuation, group polarization). b) Macrosocial processes Introduction to the intercultural psychology (Hofstede). Ethnic relations.

The course is taught annually.

PSX_005 Psychology of personality

Course objectives :

The aim of the course is to introduce the basic concepts in personality theory and research. The attention is given to defining of personality, units of personality, structure and dynamics of personality, nature and nurture of personality, growth and development of personality, and methods of personality assessment.

Syllabus :

1. Introduction (aim of personality psychology, definition of personality, structure, dynamics, development).
2. Biological basis of personality / temperament - main theories.
3. Trait units (R.B. Cattell, H.J. Eysenck, Five Factor Model)
4. Cognitive units (intelligence, cognitive styles, cognitive schemata, attribution, beliefs)
5. Motivation (needs, interests, attitudes, values, goals, motivational models)
6. Consciousness, unconsciousness, self (-concept).
7. Nature - nurture debate, life-span development.
8. Personality assessment.

The course is taught annually.

PSX_006 Psychotherapy

Course objectives:

At the end of this course student should be well informed both about the broadest conception of the psychotherapy and systems of psychotherapeutic methods. This course also consists of the present-day and recent psychotherapeutic literature overview and its critical evaluation. A part of successful completion is gaining some experiences in psychotherapy practice.

Syllabus:

Issues and subjects: Historical overview of psychotherapy, Ethical issues of psychotherapy, Education in psychotherapy, the standing of psychotherapy in organizational structure of professional societies, Systematic overview of methods, schools and movements, Psychoanalytic psychotherapy (Freud, Jung, Adler), Neo-analytic approaches, Dynamic and communication psychotherapy, Rogerian therapy, Humanistic psychotherapy, Behavioural therapy, Group therapy orientations, Principles of psychotherapeutic community, Psychotherapeutic methods - overview, Methods of rational psychotherapy, Hypnosis and suggestion, Relaxation and imaginative methods, Training methods and systematic desensibilization, Abreactive methods and pharmacological psychotherapy, Empathetic psychotherapy, Group dynamics of therapy group, the role of the therapist in the group, Course and orientation of group session, Psychodrama, non-verbal methods, art therapy, music therapy, choreotherapy, Family therapy, Psychotherapy of psychosis, Psychotherapy of drug addiction, Psychotherapy in particular areas of medical science, Research in psychotherapy.

The course is taught annually.

PSX_007 Research in psychology

Course objectives:

Main objectives. Students should understand individual theoretical methodological issues and method. One should be able to utilize it within own research practice.

Syllabus:

Introduction to understanding science. Different ways of acquiring knowledge. Common sense. Problem of demarcation. Theory and experience. Functions of science. Causality. Finality. Causality as reality or construct of mind. Mistakes in reasoning the causal relations between phenomena. Open and semi-open system in psychology. Understanding causal relations within whole system. Methodology. Method, methodic and technic. Essential methods in psychology. Extrospection and introspection. Object and subject of psychological searching. Positivism and phenomenology. Hermeneutics. Pragmatics. Nomothetic and idiographic paradigm. Logics in research. Induction and deduction, abduction. Concept and meaning. Terms. Definition. Subject and object of research. Psychic phenomena. Research in other humanities. Problem. Known and unknown. Problem in science as an knowledge about unknown. Problem as a question. Different kinds of questions. Theory as solving the problem. Structure of scientific theories. Hypothesis. Verification. Qualitative and quantitative aspect of research. The gap or two sides of the same river. Developing of theories. Quantitative part of research. Scale. Operational definition. Variables and invariants. Kinds of research variables. Internal and external validity. Sample and population. Sampling. Designs with two and more groups. Extent of sample. Various research designs. Prospective and retrospective design. Experimental and correlative design. Explorative and confirmative research. Project of research.

Weathington, B.L., Cunningham, C.J.L., & Pittenger, D.P. (2010). Research Methods for the Behavioral and Social Sciences. Hoboken, NJ: John Wiley & Sons, Inc.

The course is taught annually.

PSX_001 Diploma thesis

Course objectives:

In relation with the topic of diploma thesis the student has to choose a supervisor, with whom he/she works on his/her diploma thesis.

Syllabus:

Student works under the supervision on his/her thesis or dissertation.

The course is taught annually.