

INTERPERSONAL RELATIONSHIPS AND WELL-BEING

COURSE OUTLINE

1. GENERAL			
SCHOOL	School of Health Sciences		
ACADEMIC UNIT	Department of Social Work		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	0804.6.018.0	SEMESTER	255th
COURSE TITLE	Interpersonal Relationships and well-being		
INDEPENDENT TEACHING ACTIVITIES if credits are awarded for separate components of the course	WEEKLY TEACHING HOURS	CREDITS	
	0	4	
Total	0	4	
COURSE TYPE general background, special background, specialised general knowledge, skills development	Elective		
PREREQUISITE COURSES	None		
LANGUAGE OF INSTRUCTION and EXAMINATIONS	English		
OFFERED TO ERASMUS STUDENTS	Yes (in English)		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW116/		
2. LEARNING OUTCOMES			
Learning outcomes			

This course will introduce the students to the psychology of human relationships. It will address knowledge and skills needed for positive relationships in the community, family, and career settings. Its primary focus will be romantic relationships, although other kinds of close relationships (e.g., family, friends, work relationships) will also be discussed. The goals of this course are: (1) to provide students with a comprehensive overview of the research in the psychology of human relationships and of its underlying theories; (2) to help students acknowledge the significance of interpersonal relationships in their daily life; (3) to help students discern those problem situations in which interpersonal skills are required; (4) to cope with unhealthy relationships and respond non-violently, with awareness and empathy; (5) to learn how to effectively apply knowledge in daily living. The course is largely experiential as it includes a lot of classroom activities. Hopefully, by successfully completing this course the students will have:

Knowledge (of):

- identify and describe the core theories of the psychology of human relationships
- acknowledge the significance of interpersonal relationships,
- assessments tools for measuring people's dysfunctional relationships
- strategies to improve interpersonal relationships (through experiential activities)

Skills:

- interpret, critically evaluate, and discuss scientific research related to human relationships,
- develop a better understanding of the self and others in terms of how we relate to other people,
- to assess people's interpersonal dysfunctional relationships
- to develop and maintain healthy interpersonal relationships

Abilities

- apply knowledge in daily life experiences and interpersonal relationships (e.g., improve other's people dysfunctional relationships)
- acquire insight into their own dysfunctional relationships and apply knowledge and skills to improve their relationship

General Competences

- Independent work
- Teamwork
- Interdisciplinary work
- Respect of diversity and multicultural environments
- Accountability and sensitivity of gender issues
- Display of social, professional, and ethical accountability
- Decision-making
- Autonomous work
- Critical thinking and self-criticism
- Advancement of free, creative, and inductive thinking

3. SYLLABUS

1 st week: Introduction to the psychology of interpersonal relationships
 2nd week: Relationships in modern society
 3rd week: Impact on health, mental health, well-being, and happiness
 4th week: Psychological resilience and social networks
 5th week: Theories of interpersonal relationships
 6th week: Assessment of interpersonal relationships
 7th week: Kindness and forgiveness
 8th week: Stress, conflicts, and conflict resolution
 9th week: Infidelity, betrayal, and jealousy
 10th week: Coercion, manipulation, exploitation, and interpersonal violence
 11th week: Interpersonal skills and coping strategies
 12th week: Compassionate, empathetic, or non-violent communication
 13th week: Dissolution and Loss

4. TEACHING and LEARNING METHODS - EVALUATION		
DELIVERY Face-to-face, Distance learning, etc.	Face-to-face / In vivo	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY Use of ICT in teaching, laboratory education, communication with students	• Support of learning process through the asynchronous platform e-class • Use of power point during lectures. • Use of video/DVD during lectures. • Email, fb, Microsoft Teams (communication with students)	
TEACHING METHODS The manner and methods of teaching are described in detail.	Activity	Semester workload
	Lectures	40
	Class activities / Experiential activities	40
	Analysis of audiovisual material	20
	Homework	20
	Reading	60
	Course total	180
STUDENT PERFORMANCE EVALUATION Description of the evaluation procedure	a. Final exam test of multiple-choice type b. Homework and class presentations of group projects c. Group Discussions d. Self-Assessments e. Attendance and Participation Assessment criteria are referred upon eclass. Exam degrees are uploaded at eclass and exam papers are available upon request by the students.	

5. ATTACHED BIBLIOGRAPHY
Aron, E. N., & Aron, A. (1996). Love and expansion of the self: The state of the model. <i>Personal relationships</i>, 3(1), 45-58. Arnold, D., Calhoun, L. G., Tedeschi, R., & Cann, A. (2005). Vicarious posttraumatic growth in psychotherapy. <i>Journal of Humanistic Psychology</i>, 45(2), 239-263. Birtchnell, J., Newberry, M., & Kalairzaki, A. (Eds) (2016). <i>Relating Theory: Clinical and Forensic Applications</i>. London: Palgrave Macmillan. Dawn O. Braithwaite, D.O. & Schrodt P. (2014). <i>Engaging Theories in Interpersonal Communication: Multiple Perspectives</i>. SAGE Publications Duck, S. (2007). <i>Human Relationships</i>. SAGE Publications. Harvey, J. H., Pauwels, B. G., & Zicklund, S. (2001). Relationship connection: The role of minding in the enhancement of closeness. In C. R. Snyder & S. J. Lopez (Eds.), <i>The handbook of positive psychology</i> (pp. 423-233). New York, NY: Oxford University Press. Hatfield, E., & Traupmann, J. (1981). Intimate relationships: A perspective from equity theory. <i>Personal relationships</i>, 1, 165-178. Hatfield, E. C., Pillemer, J. T., O'Brien, M. U., & Le, Y. C. L. (2008). The endurance of love: Passionate and companionate love in newlywed and long-term marriages. <i>Interpersona: An International Journal on Personal Relationships</i>, 2(1), 35-64. Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. <i>Journal of personality and social psychology</i>, 52(3), 511-524. Hendrick, K., & Hendrick, S.S. (2012). Στενές σχέσεις: Θεμελιώδη ζητήματα της ψυχολογίας των διαπροσωπικών σχέσεων (Επιμ. Π. Κορδούτης). Αθήνα: Πεδίο. Keltner, D. (2009). <i>Born to be good: The science of a meaningful life</i>. New York, NY: W. W. Norton & Company, Inc. Lyubomirsky, S. (2011). <i>The How of Happiness. A Practical Guide to Getting the Life You Want</i>. New York: The Penguin Press. Lyubomirsky, S. (2013). The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does. New York, NY: Penguin. Park, C. L. (2010). Making sense of the meaning literature: an integrative review of meaning making and its effects on adjustment to stressful life events. <i>Psychological bulletin</i>, 136(2), 257-301. Available online at http://www.researchgate.net/publication/41654706_Making_sense_of_the_meaning_literature_an_integrative_review_of_meaning_making_and_its_effects_on_adjustment_to_stressful_life_events/file/32bfe5124f7cac0c86 Regan, P. (2011). <i>Close relationships</i> Routledge Συλλογικό Έργο (2011). Εισαγωγή στη Θετική Ψυχολογία. (Επιμ. Α. Σταλίκας και Π. Μυτσκίδου). Μοτίβο Εκδοτική Α.Ε. Sternberg, R. J. (1986). A triangular theory of love. <i>Psychological review</i>, 93(2), 119. Tedeschi, R. G. & Calhoun, L. G. (1996). The posttraumatic growth inventory: Measuring the positive legacy of trauma. <i>Journal of Traumatic Stress</i>, 9, 455-471. Ungar, M. (2008). Resilience across cultures. <i>British journal of social work</i>, 38(2), 218-235. Available online at http://pss-forum-2013.repssi.org/download/Media/Ungar-%20resilience%20across%20cultures%20(1).pdf Wong, P. T. P. (2004). The healing power of forgiveness. Available online at http://www.meaning.ca/archives/presidents_columns/pres_col_dec_2004_healing-forgiveness.htm E-books / E-readings: https://link.springer.com/content/pdf/10.1057%2F978-1-137-50459-3.pdf https://fbmedia-lys.com/get?cid=2481&kw=The%20Two%20of%20Me%20By%20John%20Birtchnell

