

## Module card

I. GENERAL INFORMATION									
<b>WITELON COLLEGIUM STATE UNIVERSITY DEPARTMENT OF SOCIAL STUDIES AND HUMANITIES</b>									
<b>Field of study:</b>		Psychology							
<b>Form of study:</b>		Erasmus							
<b>Module title:</b>		Interpersonal training							
<b>Module type:</b>									
<b>Language of lecture:</b>		English							
<b>Year of study:</b>		<b>Forms of teaching including number of teaching hours:</b>							
<b>Semester (winter/summer):</b>		winter	Lectures	Classes	Laboratory	Project	Workshop	Seminar	Other
<b>Total number of ECTS credits:</b>		5					<b>30</b>		
<b>Form of completion:</b>		Assessment of work in classes, attendance at classes							
<b>Prerequisites:</b>		None							
II. LEARNING OBJECTIVES									
<b>Learning objectives:</b>									
<p><b>Objective 1:</b> To provide students with in-depth knowledge of the types of social bonds and the psychologically relevant principles that govern them.</p> <p><b>Objective 2:</b> To provide knowledge, skills, and competencies related to building greater awareness of one's strengths and weaknesses in the context of one's functioning in society.</p> <p><b>Objective 3:</b> To develop the ability to provide and receive psychological support in society.</p>									
IV. PROGRAMME CONTENT									
<b>Content of the programme (topics of classes, presented with a breakdown into individual forms of classes with the indication of the number of hours needed for their realization)</b>									
Code	Course topics in practice							Number of hours	
W1	Signing a group contract. Introduction in group work. Settling participants into the group, presentation.							2	
W2, W3	Developing communication skills – expressing thoughts and feelings, active listening, and deepening sensitivity to non-verbal cues							4	
W4, W5, W6	The role of psychosocial skills in the psychology profession. Participation in the group process							6	
W7, W8,	Recognizing the phases of group development. Identifying group roles and selfcontrol.							4	
W9, W10	Analyzing your own style of functioning in a group. Building awareness of your strengths and weaknesses in the context of your own functioning in a group.							4	
W11, W12	Practicing giving and receiving feedback. Developing the ability to give and receive psychological support.							4	
W13, W14	Summary and feedback of group work. Interpersonal training as the experience of a future psychologist – theory and own reflections.							4	
W15	Discussion of the theoretical foundations of interpersonal training and the individual essay task							2	
VIII. RECOMMENDED LITERATURE									
<p><b>Basic sources:</b></p> <ol style="list-style-type: none"> <li>1. McKay, M., Davis, M., Fanning, P. (2018). Messages: The Communication Skills Book</li> <li>2. Yalom I.D., Leszcz M. (2020). The Theory and Practice of Group Psychotherapy, Basic Books</li> </ol>									
<p><b>Additional sources:</b></p> <ol style="list-style-type: none"> <li>1. Teyber E., Teyber F. (2016). Interpersonal Process in Therapy: An Integrative Model (MindTap Course List), Cengage Learning</li> </ol>									