



## List of courses

### FALL MODULE

#### **Prevention and intervention programmes**

Course description: Students will gain information about specific childhood particularities, current socio-pathological phenomena at schools, factors, and possible impacts on the personality of the child and its behavior. The course focuses on prevention and intervention programmes that can be carried out at schools. Students will also receive publications in English, will have presentations for university students, and will also work with secondary school pupils.

#### **Work and organizational psychology**

Course description: This course provides a review of work and organizational psychology. Students will understand theoretical background of modern approaches. Students will also improve their ability to solve relevant problems in work, organizational or company environment.

#### **Introduction to study of psychology**

Course description: This course provides general orientation in psychology science. Students will learn basics about psychology disciplines that will help them to better understand various approaches and areas in psychology.

#### **Introduction to Psychotherapy**

Course description: This course provides a basic insight into psychotherapy. The process of psychotherapy, its participants, methods and factors contributing to effective psychotherapy will be discussed. Students will gain knowledge about main approaches, as well as ethical questions in psychotherapy.

#### **Introduction to Personality Psychology**

Course description: Course gives an overview mainly on various topics, such as historical development and basic concepts of psychodynamic, trait, biological, humanistic, behavioral, and cognitive perspectives on personality. Also, temperament and personality, neurobiological models of personality - theory, research and application will be discussed. There will be introduced also topics of personality and interpersonal relationships - research on love in long-term romantic relationships and personality assessment.



## SPRING MODULE

### **Developmental and training programmes**

Course description: The course provides information about experiential learning and its specifics. It focuses on terminology and methods of development (experiential education, training, facilitation, etc.). Experience itself is a vital part of the course and students will experience different types and methods used in developmental and training programmes.

### **Positive psychology and mindfulness**

Course description: This course provides an introduction on positive psychology with an emphasis on the concept of mindfulness. The course offers a combination of theory and practice. Mindfulness will be introduced from the theoretical perspective and practical mindfulness-based interventions will be discussed.

### **Positive psychology for the workplace**

Course description: This course introduces positive psychology and its application in workplace environments. The course offers a combination of theory and practice. Positive psychology concepts of individual character strengths, meaning and mindsets will be discussed in relation to different kinds of workplaces.

### **Specific Learning Disability**

Course description: Students will acquire knowledge about specific learning disability (dyslexia, spelling disability and dyscalculia) in line with DSM-5. We also focus on pre-school intervention based on phonological awareness skills (Elkonin's method). Students will gain the skills of using MABEL diagnostic battery – tests of literacy and preliteracy skills in different European languages.

### **Introduction to Biological Psychology**

Course description: The course explores the biological basis of human behaviour, brain anatomy, nervous system organisation, neurotransmission, neuroendocrine regulation of behavior, genetics, psychoneuroimmunology as well as mental disorders that arise from malfunctions of the nervous system.

### **Introduction to Clinical Psychology**

Course description: This course provides a basic insight into clinical psychology. Knowledge about the work of a clinical psychologist and recipients of various psychological treatments will be presented. Methods of diagnostics and intervention will be discussed. Students will gain knowledge about main areas of interest in clinical psychology.