

UNIVERSITY OF SOFIA “SAINT KLIMENT OHRIDSKI”

DEPARTMENT OF GENERAL, EXPERIMENTAL AND DEVELOPMENTAL PSYCHOLOGY

<i>Course title</i> PERSONALITY PSYCHOLOGY, PART 1	
<i>Lecturer</i> Chief Asst. Prof. J. Balev, PhD	
<i>Assistant</i> Chief Asst. Prof. D. Petrov, PhD	
<i>Type of course</i> Obligatory	<i>Level of course</i> Bachelor
<i>Year of study</i> 2	<i>Semester</i> 3
<i>Number of credits</i> 6,5	<i>Total number of classes</i> 30 lectures and 30 seminars
Full time	<i>Language of instruction</i> English
<i>Assessment methods</i> Test and written assignments	

The academic course is an introduction to the topics of the personality psychology. The content is divided in 4 parts and range over major methodological problems in the field. The seminars examine the classic psychodynamic and learning theories of personality. A requirement for the students is the presentation of a written assignment during the semester. The final exam is an academic test.

I. The methodology of personality psychology

- 1. The object of study of personality psychology.** Sources and development of the field.
- 2. The specificity of the personality psychology among other psychological disciplines.** Definitions of personality.
- 3. Methods and measurement in personality psychology.** Research approaches and criteria of objectivity. Classification of methods.
- 4. Models of measurement in personality psychology.**
- 5. Personality assessment instruments.** Fundamental methods and their actual scientific status.

II. Models in personality psychology

- 6. A model for personality - explicit approaches.**
- 7. A model for personality - implicit approaches.**
- 8. The synthesis of the explicit and implicit approaches to personality - the five-factor model.**
- 9. Personality and behavior.** The “consistency paradox”. Dispositional approach, situationism and interactionism.

III. Psychodynamic theories of personality

- 10. The structure of personality – S. Freud.** Drives. Stages of development. Anxiety and defense mechanisms. Applications of psychoanalytic theory. Related research and actual scientific status.

- 11. The analytical psychology of C. G. Jung.** Conscious, personal and collective unconscious. Archetype and symbol. Dynamics of personality. Attitudes, functions and personality types. Application of Jungian methods in contemporary research.
- 12. The individual psychology of A. Adler.** Feelings of inferiority, compensation and overcompensation. Striving for superiority. Social interest. Style of life. Creative self. Birth order and personality. Psychopathology and application.
- 13. Neurosis and personality in the theory of K. Horney.** Basic hostility and basic anxiety. Neurotic needs. Intrapsychic conflicts. Neurotic trends: moving toward, against and away from people. Contemporary research.
- 14. Society and personality in the theory of E. Fromm.** Overview of Fromm's theory. The human needs. Mechanisms of escape from freedom. Character orientations. Personality pathology and psychotherapy.
- 15. The interpersonal theory of H. S. Sullivan.** Needs, dynamisms and energy transformations. Personifications. Stages of development. Psychological disorders and psychotherapy. Application of the theory.
- 16. The psychology of the Self in the theory of E. Erikson.** The Ego in Post-Freudian theory. Psychosocial development. Psychohistory and psychobiography. Methods of investigation. Contemporary research.
- 17. The personology of H. Murray.** Principles of personology. Classification of needs. Personality development. TAT.

IV. Learning theories of personality

- 18. B. Skinner's operant reinforcement theory.** Scientific behaviorism. Classical and operant conditioning. Reinforcements and punishment. Control of human behavior. Application and critical analysis.
- 19. The stimulus-response theory of J. Dollard and N. Miller.** Learning processes. Critical stages of development. Types of conflicts. Frustration-aggression hypothesis. Suppression, neurosis and psychotherapy.
- 20. The cognitive social learning theory of J. Rotter.** Basic assumptions. Predicting behaviour. Internal and external control of reinforcement. Interpersonal trust scale. Psychotherapy and empirical research.
- 21. The social cognitive theory of A. Bandura.** Triadic reciprocal causation. Modeling. Self- and collective efficacy. Processes of self-regulation. Critique and application.
- 22. The theory of learned helplessness of M. Seligman.** Helplessness and motivation. Explanatory style. The role of the optimism. Application of the theory.

CORE READINGS:

- Archer, R., Smith, S. (2008). *Personality assessment*. NY: Routledge.
- Bandura A. (1977). *Social Learning Theory*. Englewood Cliffs, New York: Prentice-Hall
- Corr, P. J & Matthews, G. (Eds) (2009). *The Cambridge Handbook of Personality Psychology*. NY: Cambridge University Press
- Ewen R.B. (1993). *An Introduction to Theories of Personality*. Hillsdale: Lawrence Erlbaum Associates, Publishers
- Feist, J. & Feist, G. J. (2008). *Theories of personality*, 7th ed. Boston: McGraw-Hill
- Hall C.S., Lindsey G. (1985). *Introduction to Theories of Personality*. New York: John Wiley and Sons, Inc.

- Hampson S. E. (1990). *The construction of personality. An Introduction.* (2nd ed.) London: Routledge.
- McRae and Costa
- Pervin L.A. (2003). *The science of personality.* 2nd ed. Oxford: OUP.
- Pervin L.A. (2008). *Personality: Theory and Research,* 3rd ed. New York: John Wiley and Sons, Inc.
- Schultz D., Schultz, S. (2009). *Theories of personality.* 9th ed. Belmont: Wadsworth.
- Seligman, M. (2006). *Learned optimism.* NY: Vintage books.