

GENERAL INFORMATION			
<b>SCHOOL</b>	School of Health Sciences		
<b>DEPARTMENT</b>	Social Work		
<b>LEVEL OF STUDIES</b>	Undergraduate		
<b>COURSE CODE</b>	0804.6.018.0	<b>SEMESTER</b>	6 <sup>th</sup>
<b>COURSE TITLE</b>	<b>INTERPERSONAL RELATIONSHIPS AND WELL-BEING</b>		
<b>TEACHING ACTIVITIES</b>		<b>HOURS PER WEEK</b>	<b>CREDITS</b>
Lectures & Class Exercises		3	4
<b>TYPE OF COURSE</b>	Optional		
<b>PREREQUISITE COURSE</b>	No		
<b>TEACHING LANGUAGE</b>	English		
<b>OFFERED TO ERASMUS STUDENTS</b>	Yes		
<b>ONLINE COURSE PAGE (URL)</b>	<a href="https://eclass.hmu.gr/courses/SW116/">https://eclass.hmu.gr/courses/SW116/</a>		
LEARNING OUTCOMES			
<p>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, and work relationships) will also be discussed. The <b>goals</b> 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.</p> <p>Hopefully, by successfully completing this course the students will have the skills to:</p> <ul style="list-style-type: none"> <li>• identify and describe the core theories of the psychology of human relationships,</li> <li>• interpret, critically evaluate, and discuss scientific research related with human relationships,</li> <li>• acknowledge the significance of interpersonal relationships,</li> <li>• develop a better understanding of the self and others in terms of how we relate to other people,</li> <li>• have the skills needed to develop and maintain healthy interpersonal relationships, and</li> <li>• apply knowledge to daily life experiences.</li> </ul>			
General abilities			
<ul style="list-style-type: none"> <li>• Independent work</li> <li>• Teamwork</li> <li>• Interdisciplinary work</li> <li>• Respect of diversity and multicultural environments</li> <li>• Accountability and sensitivity of gender issues</li> <li>• Display of social, professional, and ethical accountability</li> <li>• Decision-making</li> <li>• Autonomous work</li> <li>• Critical thinking and self-criticism</li> <li>• Advancement of free, creative, and inductive thinking</li> </ul>			
CONTENT OF THE COURSE			
<p>1<sup>st</sup> week: Introduction to the psychology of interpersonal relationships  2<sup>nd</sup> week: Relationships in modern society  3<sup>rd</sup> week: Impact on health, mental health, well-being, and happiness  4<sup>th</sup> week: Psychological resilience and social networks  5<sup>th</sup> week: Theories of interpersonal relationships  6<sup>th</sup> week: Assessment of interpersonal relationships</p>			

7 <sup>th</sup> week: Kindness and forgiveness
8 <sup>th</sup> week: Stress, conflicts, and conflict resolution
9 <sup>th</sup> week: Infidelity, betrayal, and jealousy
10 <sup>th</sup> week: Coercion, manipulation, exploitation, and interpersonal violence
11 <sup>th</sup> week: Interpersonal skills and coping strategies
12 <sup>th</sup> week: Compassionate, empathetic, or non-violent communication
13 <sup>th</sup> week: Dissolution and Loss

**TEACHING and LEARNING METHODS – EVALUATION**

<b>DELIVERY METHODS</b>	Face-to-face / In vivo	
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b>	<ul style="list-style-type: none"> <li>• Support of learning process through the asynchronous platform e-class</li> <li>• Use of power point during lectures.</li> <li>• Use of video/DVD during lectures.</li> <li>• Email, fb, Skype (communication with students)</li> </ul>	
<b>WAYS OF TEACHING</b>	<b>Activities</b>	<b>Workload of semester</b>
	Lectures	40
	Class activities / Experiential activities	40
	Analysis of audiovisual material	20
	Homework	20
	Reading	60
	<b>Total</b>	<b>180</b>
<b>STUDENTS' EVALUATION</b>	<ol style="list-style-type: none"> <li>1. Final exam test of multiple-choice type</li> <li>2. Homework and class presentations of group projects</li> <li>3. Group Discussions</li> <li>4. Self-Assessments</li> <li>5. Attendance and Participation</li> </ol> <p>Assessment criteria are referred upon eclass. Exam degrees are uploaded at eclass and exam papers are available upon request by the students.</p>	

**RECOMMENDED LITERATURE**

Arnold, D., Calhoun, L. G., Tedeschi, R., & Cann, A. (2005). Vicarious posttraumatic growth in psychotherapy. *Journal of Humanistic Psychology, 45*(2), 239-263.

Birtchnell, J., Newberry, M., & Kalairzaki, A. (Eds) (2016). *Relating Theory: Clinical and Forensic Applications*. London: Palgrave Macmillan.

Dawn O. Braithwaite, D.O. & Schrodt P. (2014). *Engaging Theories in Interpersonal Communication: Multiple Perspectives*. SAGE Publications

Duck, S. (2007). *Human Relationships*. 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.), *The handbook of positive psychology* (pp. 423-233). New York, NY: Oxford University Press.

Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of personality and social psychology, 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). *Born to be good: The science of a meaningful life*. New York, NY: W. W. Norton & Company, Inc.

Lyubomirsky, S (2011). *The How of Happiness. A Practical Guide to Getting the Life You Want*. 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. *Psychological bulletin*, 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.pdf](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.pdf)

Συλλογικό Έργο (2011). *Εισαγωγή στη Θετική Ψυχολογία*. (Επιμ. Α. Σταλίκας και Π. Μυτσκίδου). Μοτίβο Εκδοτική Α.Ε.  
Tedeschi, R. G. & Calhoun. L. G. (1996). The posttraumatic growth inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*, 9, 455-471.

Ungar, M. (2008). Resilience across cultures. *British journal of social work*, 38(2), 218-235. Available online at [http://pss-forum-2013.repssi.org/download/Media/Ungar-%20resilience%20across%20cultures%20\(1\).pdf](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](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>